

OVERVIEW

Habits – Development of Looking, Communicating, Listening and Reacting i.e Develop and understanding of what it is we are looking for.

In all core skills focus on -Eyes, Hands, Feet

Use warm up times (10-12mins) to practice/revise/focus on Individual core skills
N.B Remember to Revisit the Individual Core, Group and Team Skills of the Previous 2 Years Age Group Based on ability, gradually build pressure (e.g. adjust time/space, introduce defenders etc.)

1. CORE SKILL

Skills	Skill Extension	
Catch	Running, Snap Pass, High Ball	
Grip/Carry	Into Contact	
	Fend or Bump	
Play The Ball	From All Starting Positions	
Passing	Dummy Half, Standing Pass, Running Pass	
	Snap Pass	
Footwork	Fast Feet Rhythm Jogging	*Feet Under Hips
	Change Direction	
	Late Feet	
Tackle	Tackle Front	
	Tackle Side	
	Tackle Behind	
Kicking. Drop Punt, Grubber, Chip.	Warm Ups, 1 on 1 Challenges and Games	

2. Group Skills (Open drills/Modified Games - Fun!)

Attack Skills – Focus on go Forward, Creating Space and Play to Space.	Skill Extensionr
Create Space 1. As Ball Carrier 2. At Ruck i.e Go Forward 3. Using Shape	2 v 1 3 v 2 Continued. Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react Introduce basic ruck plays Introduce Triangle Shape

Defence Skills -Focus on Denying Space and time	Skill Extensions
Ruck Defence- Front Door -	Habits, Language, Marker System
	Reload to Line Speed
2 Man Tackle	Peel to Marker
	Peel to Reload

3. Team Skills

Attack Skills. Focus on go Forward, Creating Space and Play to Space. N.B Numbers	Skill Extensions
Understanding the Field	N.b. 50%. (Numbers in Space)

12 Years Runaway Bay Skills Development Model 2019 - 2024

Go Forward	K.O.G All Starts
Attack	Look for gold
3. Team Skills Cont.	
Defence Skills -Focus on Denying Space and time	Skill Extensions
Deny Space	Introduce units (Left/Middle/Right)
	Identifying Specific Positions for Your Line N.B 7&6
	Line Speed
	Reload
Situational Specific	Numbers Short Side
	Compression
Kick Chase	Kick Off
	General Play
Goal Line - Inside 10m	Marking, Body Positions, Spacing

START EFFICIENTLY

Start the activity as efficiently possible. A common fault of coaches is talking too much for no reason. A coach should assess what the activity is and then start off one of two ways:

- » For new activities, players need to see it and they need to do it. This is the best way for them to learn what to do. You can achieve this by:
 - Providing a demonstration for the players to see
 - Doing a half paced walk through of the activity
- » If the group already knows what the activity is, don't spend lots of time instructing. Just let them jump in and start.

OBSERVE

The next step is to observe what is happening. Try not to stop the activity or intervene if it's not needed. When you are observing, you should ask yourself the following questions:

- » Are they having fun?
- » Is the activity unsafe?
- » Are players appropriately challenged?
- » Are all the players equally engaged in the activity?

RESPOND APPROPRIATELY

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1. CORE SKILL

Skills	Skill Extensions
Catch	Dummy Half Pass. Flat on A line Running Pass Off 1 st Receiver Weighted Pass – Dummy Half Jump Passing Rolling Ground Ball From Kick
Grip/Carry	Into Contact → 2 Man Tackle → Play The Ball Into Contact → Line Break → Pass
	After Loose Ball Pickup Contact High Ball Catch Contact
Play The Ball	All Start Positions Release to Play The Ball
Passing	Dummy Half Running Receiver (6-7m) Dummy Half, Jump Pass (6 O'clock Weighted) Running Pass (7m) Pull Back Pass (Wrists)
Footwork	Mirroring Reaction Drills Rhythm Jogging
Tackle	Focus On Front Tackle Tech
Kicking. Drop Punt, Grubber, Chip.	Warm Ups, 1 on 1 Challenges and Games

2. Group Skills (Open drills/Modified Games - Fun!)

Attack Skills – Focus – Go Forward, Create/Play to Space.	Skill Extensions
Create Space 1. As Ball Carrier 2. At Ruck i.e Go Forward 3. Back 3/5	2v1/3v2/Introduce 3v3 (Build Pressure). Continue Triangle Shape, Introduce Box Shape Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react, continue ruck plays Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react
Play To Space 1. Kicking Options 2. Off +2	Finding The Grass Create Overlap/Linebreak

13 Years Runaway Bay Skills Development Model 2019 - 2024

Defence Skills - Focus – Denying Space	Skill Extensions
Introduce Defending Space	Habits, Communicate, Roles
Open Side	Slide 5 Defending 6 Attackers
3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Skill Extensions
Go Forward	<ol style="list-style-type: none"> 1. KOG 2. Left And Right Balance
Attack	<ol style="list-style-type: none"> 1. 50% - Recognise and react 2. Shape – Introduce Box Shape
Defence Skills - Focus - Denying Space	Skill Extensions
Situational Specific	Post Turn Over Scrum
Denying Space	Kick Chase to Start Sets Compression

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Providing a demonstration

- for the players to see
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14 Years Runaway Bay Skills Development Model 2019 - 2024

Attack Skills - Focus - Go Forward, Create/Play to Space.	Skill Extensions
Go Forward	1. KOG 2. Left And Right Balance
Attack	50% Recognise & React Playing for Repeat Sets N.B Building Pressure
Systems	Up and In Up to Slide Post Offload

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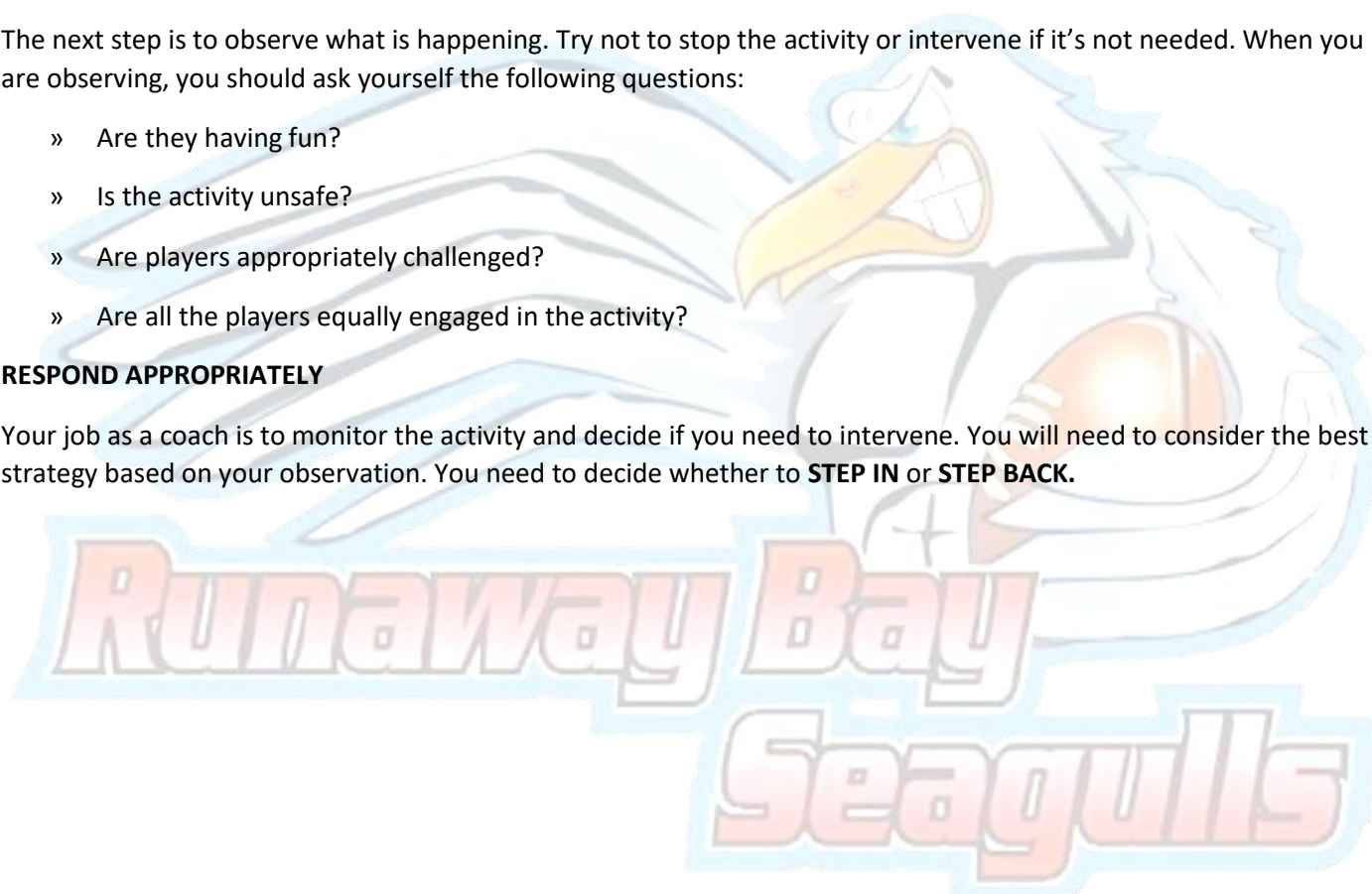
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Skills	Skill Extensions
Catch	Dummy Half Pass – Marker Pressure – A&B Pressure 1 st Receiver Catch v Semi Passive – A&B Pressure Dummy Half Moving Pass – A&B Pressure
	Running Pass at speed in confined space i.e. quick pass
Grip/Carry	Try Scoring v 1 Defender
Play The Ball	All Starting Positions v Multiple Defenders
Passing	Off Loads - Into Contact - Through Contact
Footwork	Line Running Option Running Lines
	Step to Space v 3 Defenders as ball carrier
Tackle	Revision (2 years Prior Skills)

2. Group Skills (Open drills/Modified Games - Fun!)

Attack Skills - Focus - Go Forward, Create/Play to Space.	Skill Extensions
Create Space. 1. As Ball Carrier 2. At Ruck 3. Short Side	4 v 3 Cont. Box Shape Cont. Isolate A Spot and Double up on Spot Creating An Extra Man On Short Side
Defence Skills - Focus - Denying Space	Skill Extensions
Denying Time and Space	3 Man Tackle & Reload N.B Lock the Ball 2 v 3 Defend Block Play Edge Defence Up and In Slide Front Door

3. Team Skills

Attack Skills - Focus - Go Forward, Create/Play to Space.	Skill Extensions
Go Forward	(Repeat above KOG) Post Offload - Vision, Communicate i.e principle's Play Before Kick – Various Situations
Attack	Vision, Counting, Numbers Post Offload N.B Width
Defence Skills - Focus - Denying Space	Skill Extensions
Denying Space and Time	Post Offload Kick Pressure

15 Years Runaway Bay Skills Development Model 2019 - 2024

Goal Line	Deny Repeat Sets
	Kick Pressure
	Spacing
	1/2/5/7/6 Roles

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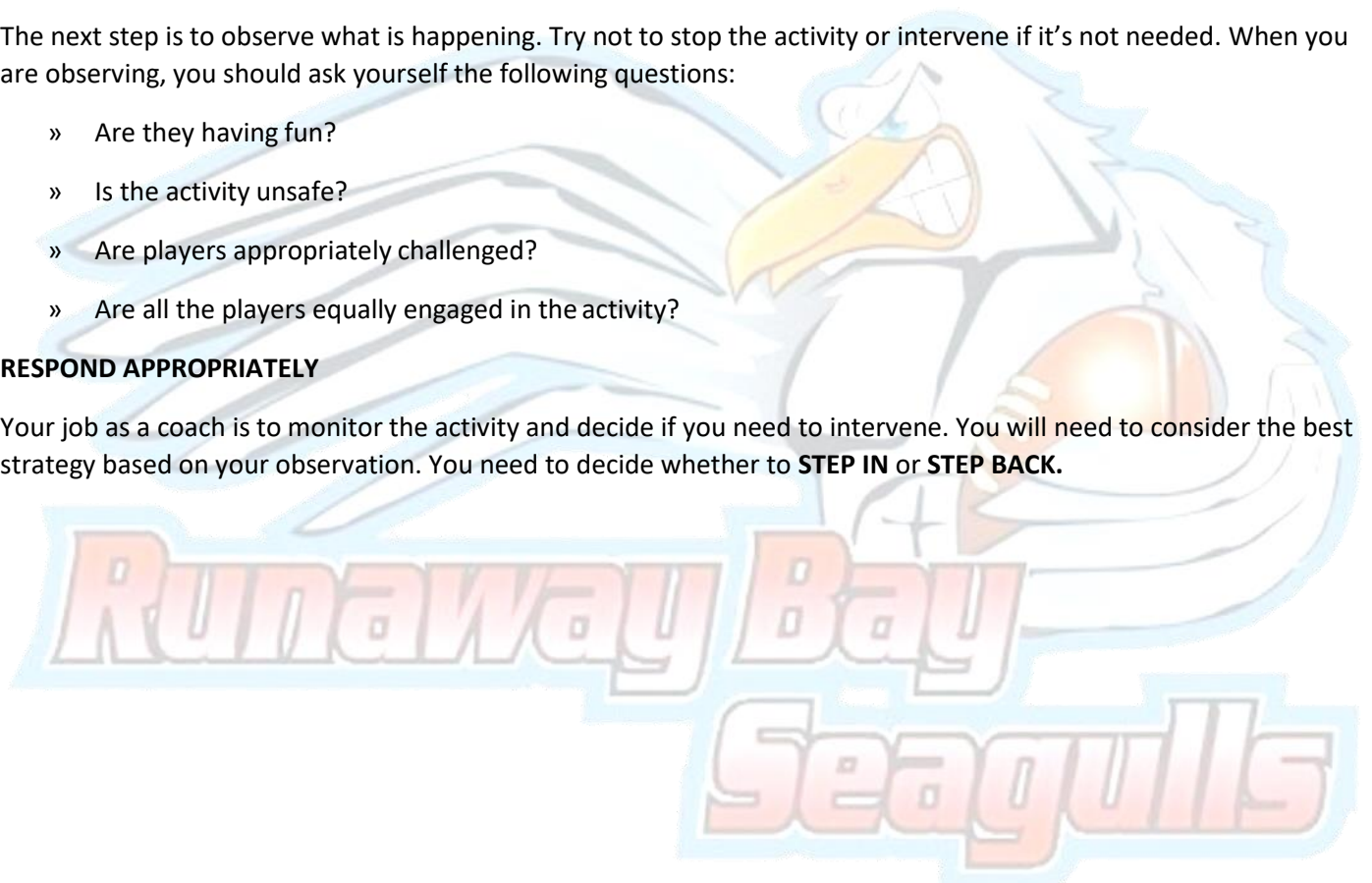
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Catch	Dummy Half Pass v Marker v A&B Def Pressure into Contact 1 st Receiver Moving v Marker v A,B,C Def Pressure Into Contact Running Pass at speed in confined space i.e. quick pass
Grip/Carry	Revision (2 years Prior Skills) Try Scoring v 2 Defenders
Play The Ball	Revision (2 years Prior Skills) Release Technique
Passing	Revision (2 years Prior Skills) Off Loads In and Through The Line
Footwork	Revision (2 years Prior Skills) Step to Space as ball carrier (Go Forward Yardage)
Tackle	Revision (2 years Prior Skills)
Kicking	

2. Group Skills (Open drills/Modified Games - Fun!)

Attack Skills - Focus - Go Forward, Create/Play to Space.	Skill Extensions
Create Space. 1. At Ruck 2. Set Starts	(Revise 15s) Moving Dummy Half Shapes v 1 & 2 Markers Using +1, +2 Shapes Box. N.B Squares Optional, V Line Speed, V Retreating Line, V Staggered Line ect Attacking Set Starts % or Points (Look & Respond) All Situational Starts N.B Positional Specific Roles
Go Forward	Set Starts Except Kick Reception - % Width / Points (Look & respond) - Situational Starts
Defence Skills - Focus - Denying Space	Skill Extensions
Denying Space and Time	2 v 3 Attackers - Block Play Front Door

16 Years Runaway Bay Skills Development Model 2019 - 2024

	Kick Pressure - Front Door N.B Specific Roles
3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Skill Extensions
Go Forward	Systems <ul style="list-style-type: none"> - Using Your individual assets within your team to suit the system - Play Before Kick - Focus on improving the middle third – Go forward - Improving KOG – Into attacking situations

3. Team Skills Cont.	
Attack	Team shape and balance.
Defence Skills - Focus - Denying Space	Skill Extensions
Denying Space and Time	Defending Repeat Sets – Through the Field Defending Attacking Kicks – Goal Line

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