



Mosman Junior Rugby Club

Rugby Coaching Under 7 Cycle 1

2018



An Overview

Welcome to the 1st cycle of our year. It is intended that this is a the most important cycle of the year. All coaches should see this cycle at the base that the rest of the year can be built on.

It is absolutely critical we stick to these guidelines, as they are tailored to the new approach to coaching we are following at Mosman Juniors, that of a a more games based coaching for Skill development. There has been a great deal of research done re a “game sense” approach to coaching. We are going into this new style with an ultimate goal of developing not only higher skilled players, but a player that has a great sense of the game.

It is imperative that we place a huge amount of importance of the contact area, i.e., the breakdown and tackle areas. I have provided each coach with a template that works on all skills, however the MAIN time will be spent on CONTACT games and drills.

The template for U7

It is the intention that every session is made up 80% games based and 20% drills and skills

Time	Skill	Activity	Coach	
0-5		Chat and run through •Crabs •races •ball place and pick up	Simple Start that will allow the coach to re-connect with EACH player	Warm-up
5-10		Game time Ball tag ! Piggy in the middle	Encourage fun ! Mistakes will happen	
10-15	Catch and Pass	Train Tracks Triple Tracks The Square	<ul style="list-style-type: none"> Start with the kids in 2's-3's 	CATCH & PASS
25-30	Tag and defend	Shadow Buster Tiger tails Tag and Back (Triangles) Offside game	The players are learning the importance of setting a defence line/wall	Defence
50 - 60		GAME time		

Warm-Up = 5 mins