COACHING RESOURCES

CORE COMPETANCIES

Under 14 Core Competency	
General Principles	Learning/Training to train - basics of rugby decision making Intro to tactical development Go Forward, Support, Continuity, Pressure
Core Skill Development	Catch Pass Left & Right (L&R) Basic decision making activities Evasion, footwork, speed, change direction Tackle progression (shoulder contact + leg drive) Intro to 2nd man into tackle Attack & defence breakdown Ball Carry Footwork & leg drive
Individual / Unit Skill Development	Scrum body shape and binding Lineout Technical Jump, throw, lift Scrum technical Overhead catch Kicking Goal kicking Clearing pass
Physical Development	Basic body weight activities ie. push ups, free squat, sit ups Core strength development