

# KIDS FIRST RUGBY



## STAGE 1 (Under 8) New player, Sampling

### Personal and Social

#### Play Fairly

**The child can:**

- Understand and respect simple rules
- Play by the rules
- Accept decisions.

#### Be confident

**The child is:**

- Keen to have a go and try new things
- Willing to demonstrate to others
- Able to accept constructive feedback.

### Physical and Movement

#### Link two skills

**The child can:**

- Catch and pass the ball.

#### Perform skills with some control and consistency

**The child can:**

- Catch and pass in one movement
- Can catch and pass the ball in one movement while running.

### Game Understanding

#### Understand performance (how to improve)

**The child can:**

- Describe what has been performed
- Explain why something or someone is good
- Describe what leads to team /individual improvement.

#### Use basic tactics and strategies

**The child can:**

- Suggest solutions or basic tactics
- Understand differences in simple tactics (attack and defence)
- Choose and put tactics into practice in different situations
- Change tactics/rules to make the game successful.

### Skill Focus

#### Passing

**The child can:**

- Pass the ball while moving.

#### Catching

**The child can:**

- Make a target
- Call for the ball
- Get into a good position to catch the ball (in space/not too far away)
- Keep the ball away from the body
- Catch the ball while moving.

### Rules

- 6 v 6
- 25m x 45m
- No coaches on the pitch
- Permitted to go to ground to score
- Size 3 ball

### Competition Framework

- Inter-club
- Triangular
- Festival: round robin, rock up and play. No leagues or knock-out.