



UNDER 8 PATHWAY MANUAL



australian
RUGBY

COACH DEVELOPMENT

The ARU and its Member Unions are pleased to be able to provide you the Under 8 Coaching Manual. Within you will find 16 session plans to help you kick-start this challenging season of coaching, teaching, training and motivating the beginner player.

What is Under 8 Rugby all about?

Under 8 Rugby is about developing the basic Rugby skills of seven and eight year old children. For many, this may be their first experience practicing rugby skills and playing small-sided rugby games.

The games within this manual focus on introducing players to the core rugby skills that will set them up for a life in the game. They include:

- Evasion, Catch and pass, Defence, Scrum and Lineout.

All games are by nature – fun, safe and highly active and aim to provide the best environment for children to learn, develop and enjoy the game of Rugby.

How to coach Under 8 Rugby?

It is most important that you as the coach are seen as fun, and not as the finger waving instructor. You are expected to deliver a safe and enjoyable modified introduction to the great sport of Rugby Union and not a ‘technical coaching program’.

The training sessions in this coaching manual each last 40 minutes; anything beyond this amount of time will be difficult for players to handle.

Each session includes four small-sided games, preceded by a warm-up and followed by a cool-down. The games are based on core Rugby skills and focus on providing a **REAL** Rugby experience for all players – which is short form for:

- **Rugby** practice and competition that is an **Enjoyable, Active, Learning** experience

The session guidelines are as follows:

Timings	Games
0 – 4 minutes	Warm-up
5 – 12 minutes	Evasion
13 – 20 minutes	Catch and pass
21 – 28 minutes	Defence – Tackle
29 – 36 minutes	Games
37 – 40 minutes	Scrum or lineout
37 – 40 minutes	Cool-down

How to play Under 8 Rugby

Match day consists of two 15 minute halves of seven-a-side Rugby tackle. It is played between both teams on a 1/2 field and managed by a referee.

Under 8 law and game style is designed to increase activity levels and promote attacking play. The focus is on providing players more opportunities to carry the ball, run into space, support team-mates and score tries.

These sessions have been developed with this philosophy in mind and will help your players gain improved skills, a greater sense of achievement and higher levels of enjoyment as a result.

Below is a season matrix for coaches to refer to before each session. In your manual you will find 16 sessions that should take you to the end of the season.. The below pathway principles have been developed as part of the ARU national literacy for the pathway age groups. All games are by nature to be fun, safe and highly active and aim to provide the best environment for your players to learn, develop and experience the game of rugby.

ELEMENT	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Maul				
Set Piece				
Games				

ELEMENT	SESSION 5	SESSION 6	SESSION 7	SESSION 8
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Maul				
Set Piece				
Games				

ELEMENT	SESSION 9	SESSION 10	SESSION 11	SESSION 12
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Maul				
Set Piece				
Games				

ELEMENT	SESSION 13	SESSION 14	SESSION 15	SESSION 16
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Maul				
Set Piece				
Games				

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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Practice of Rugby Skills

Activity outline. Relays, Practices and Games

1. Tag Rush
2. 1v 1 Beat Me Drill
3. Individual Standing Tackle Shape
4. One Knee Tackle Grip and Squeeze
5. North and South

Don't forget	Injuries/other comments	Session evaluation

SESSION PLAN 1

Tag Rush

Overview

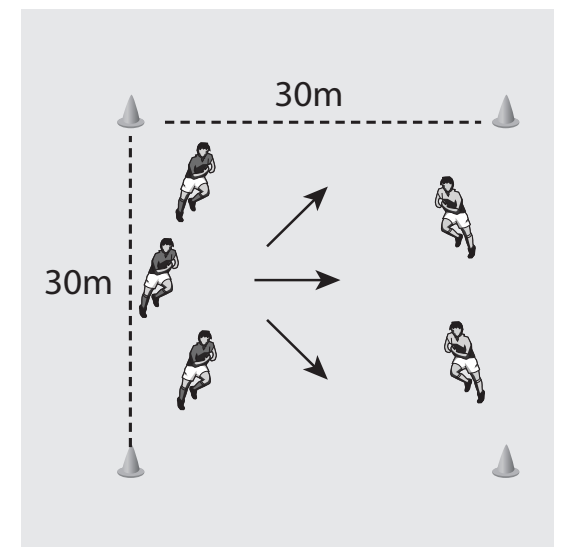
1. Players line up on the outside on one side of a 30m x 30m grid
2. One or two players are nominated as taggers
3. On the coaches call players try to get to the other side
4. Taggers must perform a two handed tag on the shorts

Coaching Points

- › Coach to encourage players to use evasion and footwork
- › Taggers must tag on the shorts with head to the side
- › Coach should look to incorporate a dynamic stretch or activity in between

Equipment

- › 4 markers and 1 ball.



1 v 1 Beat Me Drill

Overview

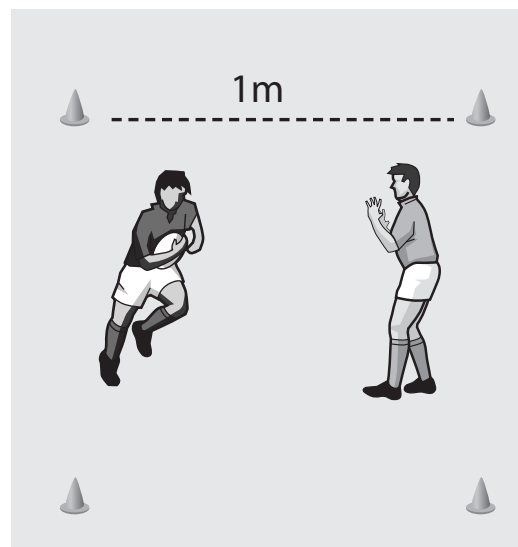
1. One player aligns directly opposite another player in a 1m x 1m grid
2. One player is the designated attacker who is carrying the ball in two hands
3. On the coaches call the ball carrier using evasion and footwork aims to beat the defender
4. Defender must perform a two handed tag on the shorts
5. Each try or tag is awarded a point to that player

Coaching Points

- › Coach can increase the size of the grid
- › Coaches may also include progress one grid to tackling on one knee when players are confident and show good feet
- › Encourage good ball carry, feet active and hands up at all times

Equipment

- › 4 markers and 1 ball.



Individual Standing Tackle Shape

Overview

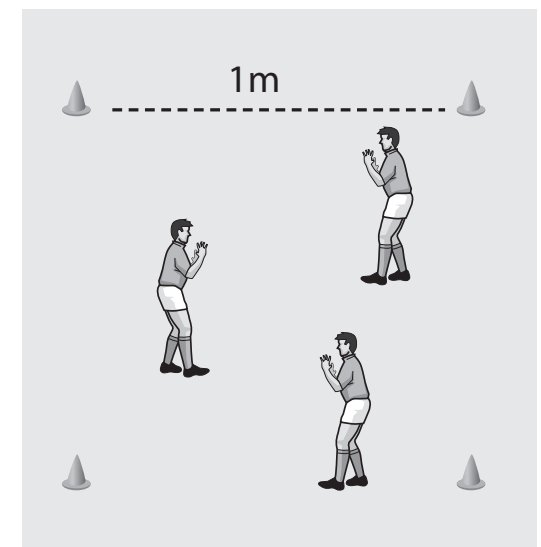
1. Coaches are looking for players to demonstrate strong stance in preparation for contact
2. Sink through hips, knees
3. Split stance, chin of chest, hands up elbows tucked

Coaching Points

- › Partner to push at hips – side, front and back
- › Maintain strong shape and squeeze your tummy
- › Change call – players change lead foot
- › Feet should be shoulder width apart

Equipment

- › 4 markers and 1 ball.



One Knee Tackle Grip and Squeeze



Overview

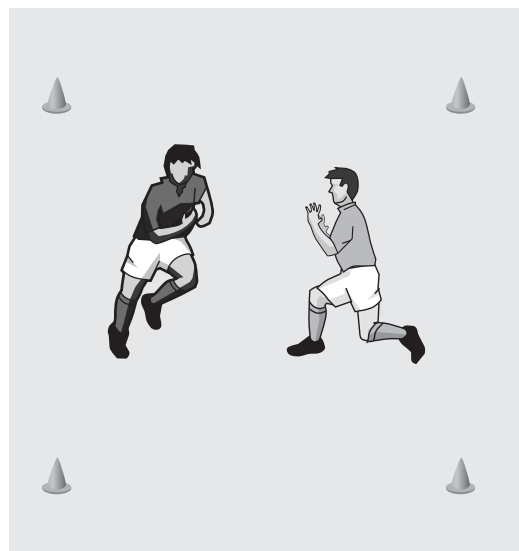
1. Grids must be 1 metre apart and all players tackling on the same shoulder
2. In a 1m x 1m grid a defender is on one knee
3. Defender position on one knee
4. Player shows wallaby hands – elbows in
5. Grip and squeeze on contact
6. Attacker can only move forward

Coaching Points

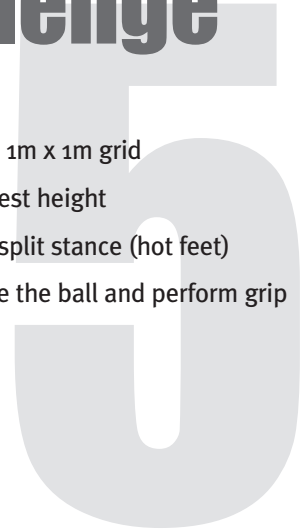
- › Coach to emphasize grip and squeeze in contact until attacker finds the ground
- › Defender should aim to get cheek on cheek in contact
- › Maintain 'shoulder on' through grip and squeeze

Equipment

- › 4 markers and 1 ball.



North and South Grip and Carry Challenge



Overview

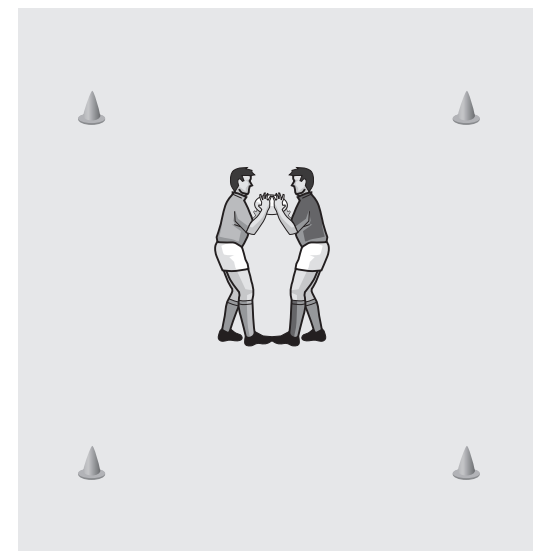
1. One player is nominated as North and the other as South 1m x 1m grid
2. Players stand opposite holding a ball between two at chest height
3. Both players holding the ball shuffle feet in a stationary split stance (hot feet)
4. On the coaches call of North or South one player will have the ball and perform grip and carry into contact

Coaching Points

- › Strong tuck and ball away from contact
- › Hips Square and feet shuffle moving forward on call
- › Control and body shape
- › Coach to allow upper body wrestle if players show strong contact position

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Tag Rush with Ball Carry
2. Passing Chain Challenge
3. Balance and Hip Push
4. Low Tackle Channel
5. Set Piece 1

Don't forget	Injuries/other comments	Session evaluation

Tag Rush with Ball Carry

Overview

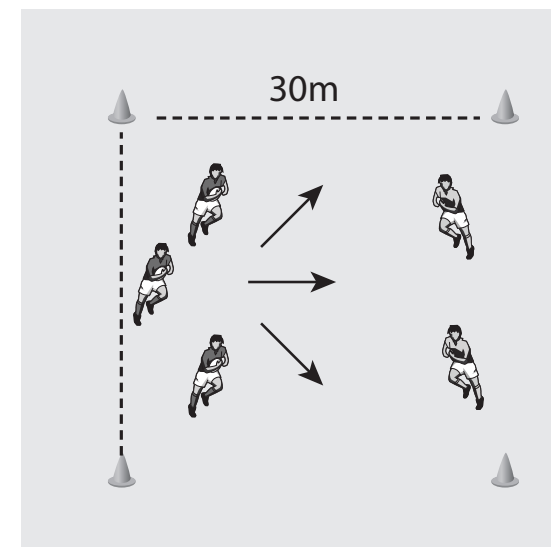
1. Players line up on the outside on one side of a 30m x 30m grid
2. One or two players are nominated as taggers
3. On the coaches call players try to get to the other side
4. Taggers must perform a two handed tag on the shorts
5. Ball runners are to run with the ball in two hands and score a try at the opposite end

Coaching Points

- › Coach to encourage players to use evasion and footwork
- › Taggers must tag on the shorts with head to the side
- › Coach should look to incorporate a dynamic stretch or activity in between

Equipment

- › 4 markers and 1 ball.



Passing Chain – Challenge

2

Overview

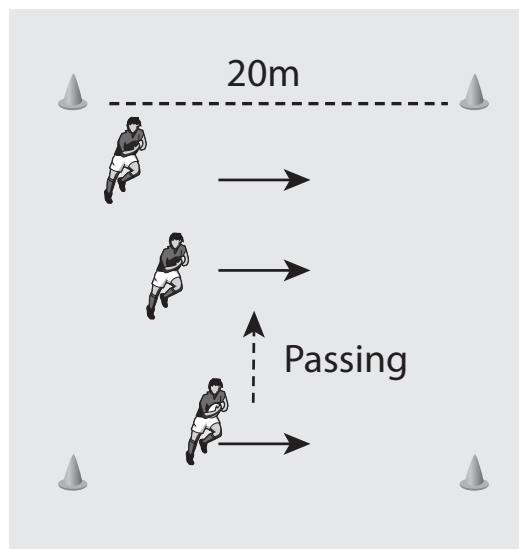
1. In a grid 20m x 20m players form two parallel lines (2m apart) of 5-7 players in each line
2. On the coaches whistle each line races to the other end by passing the ball between teammates
3. Players are to rotate positions as well as each passing chain having a go at starting behind

Coaching Points

- › Coaching cues include eyes up, hands up, target, fire wrists keep moving forward
- › If the second line catches the first line without dropping the ball the coach can make a challenge activity to the front line

Equipment

- › 4 markers and 1 ball.



Balance and Hip Push

3

Overview

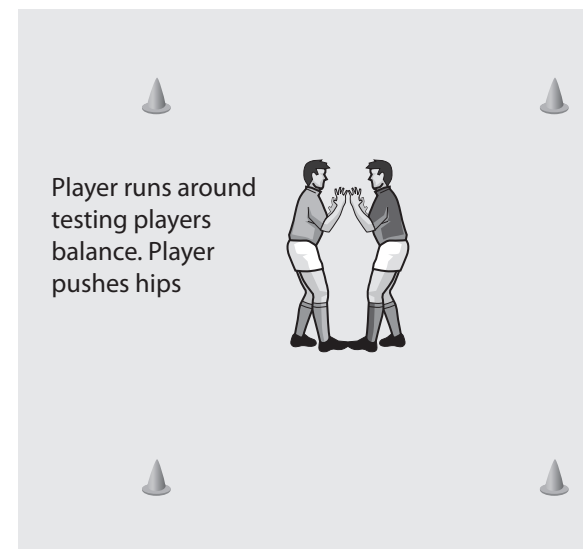
1. Two players in a nominated area start in a strong base and elbows in hands up
2. On the coaches whistle they attempt to push at the hips
3. The aim is for the playing pushing to find a weak spot
4. Player in the strong position must keep a good shape
5. Rotate players every 30 seconds

Coaching Points

- › Finding a target – strong through hips
- › Target and push
- › Chin up eyes up
- › Maintain balance of weight through sink at hips and core on

Equipment

- › 4 markers and 1 ball.



Low Tackle Channel 1 v 1

Overview

1. In a 1m x 1m grid players align opposite each other
2. On the coaches call the attacker moves forward
3. The defender must start from a cone on the side of the drill to encourage 'off setting'
4. All tackles must be low (below the hips)
5. Attacker MUST NOT use an outstretched arm when falling
6. Attackers therefore must hold the ball in two hands when going to ground

Coaching Points

- › Key feature here is only allowing the runner to run straight (no side stepping allowed)
- › Align – Approach – Balance – Contact
- › Hit Stick and Squeeze – to ground
- › Feet active & under body
- › Coach may ask defenders to release and roll once tackle is complete

Equipment

- › 4 markers and 1 ball.



Set Piece 1 – Lineout – Throw, Jump and Catch

Overview

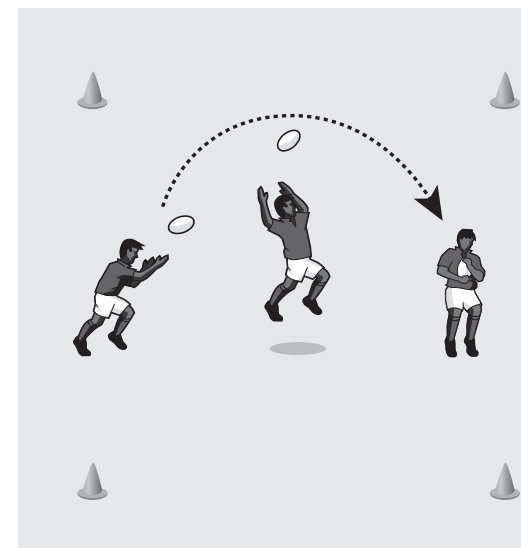
1. Players are positioned in their own space within a 20m grid.
2. When instructed each player throws the ball into the air
3. Players must Throw, Jump and Catch the ball out in front above the body

Coaching Points

- › Accuracy of throw above the body developed before jump and catch
- › Soft hands, fingers slight spread, eyes on the ball
- › Landing – sink through bend at knees and squeeze core
- › Progression: Allow players to move around in the grid

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Mirrow Drill
2. Passing Chain Relay
3. One Knee Drop, Roll and Place
4. Two Knee Tackle Grip and Squeeze
5. 4 v 4 Challeng Game

Don't forget	Injuries/other comments	Session evaluation

Mirror Drill

Overview

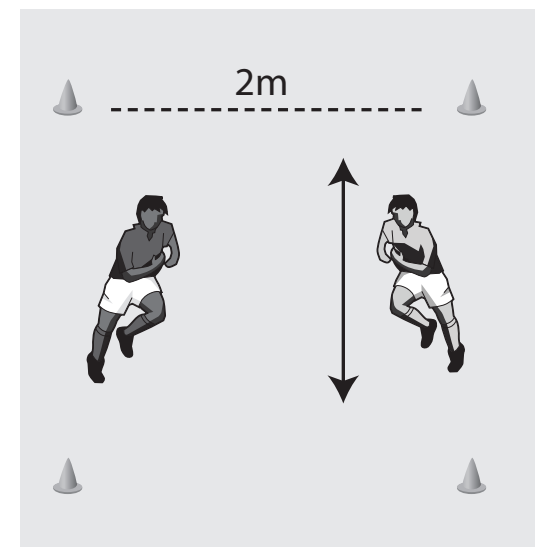
1. Two players line up opposite each other in a 2m x 2m grid
2. One player is the leader while the other player must mirror his lateral movement
3. The leader can only move sideways while the mirror player must follow
4. Coach may open up the size of the grid
5. As activity progresses coach should encourage one or both players to hold a ball

Coaching Points

- › Players to use shuffle feet and stay on their toes – hands up
- › Encourage players to keep hips square when moving lateral
- › Progression: on a whistle the attacker moves forward and defender must tag at hips

Equipment

- › 4 markers and 1 ball.



Passing Chain Relay

Overview

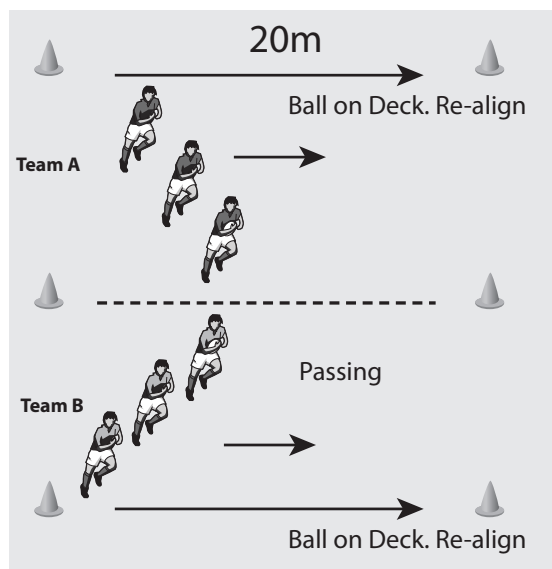
- › Two lines of 5-7 players line up in a diagonal shape with the coach standing between both
- › When the coach rolls two balls in front of him a half back from each line picks the ball up runs and passes it
- › The ball must get to the end of the line where the end player puts the ball on the deck
- › Once the ball is on the deck the players realign and continue to pass the ball back along the line
- › Coach may vary the width after starting in a short 10m x 10m channel to allow pass accuracy

Coaching Points

- › Coaching cues include eyes up, hands up, target, fire wrists, keep moving forward
- › Realignment – players to get back on side behind teammate to receive a pass
- › Winning team is the team who gets the ball across the line twice

Equipment

- › 4 markers and 1 ball.



One Knee Drop, Roll and place – Ball carrier

Overview

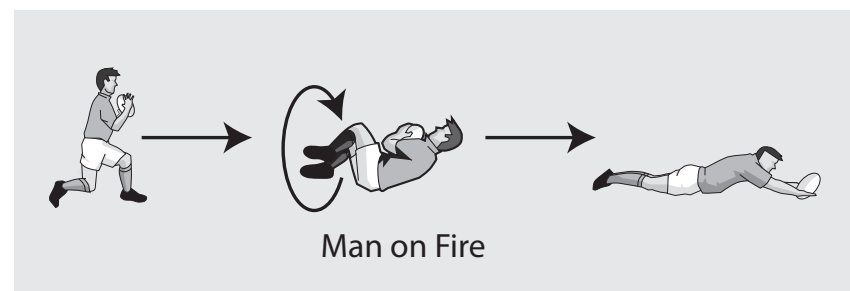
1. In an area where players have space and coach can move around a grid
2. Players start on one knee with the ball in two hands out in front
3. On the coaches whistle players drop and tuck the ball under one arm
4. Players transfer weight on back of shoulder and perform a roll before placement
5. Coach MUST instruct players to hold the ball in two hands on ground contact

Coaching Points

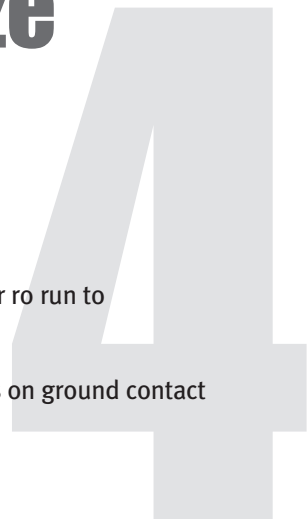
- › Coach to instruct strong body shape through ground presentation
- › Long placement away from body
- › Instruct players to be active on the ground when placing the ball in two hands

Equipment

- › 4 markers and 1 ball.



Two Knee Tackle Grip and Squeeze



Overview

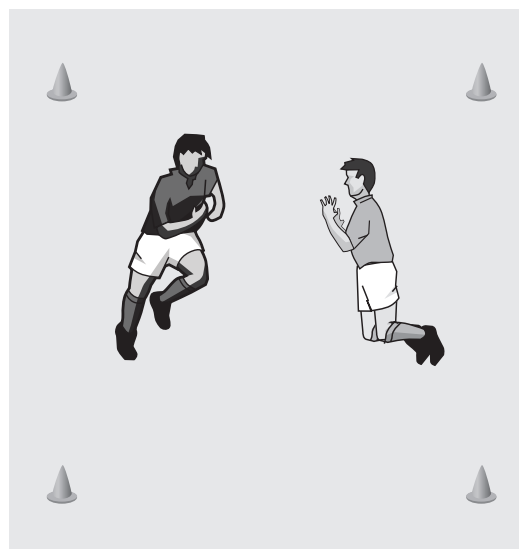
1. In 1 m x 1m grid 1 v 1 two knee tackle
2. One player is the nominated ball carrier
3. One defender is situated on their knees
4. Defender nominates the shoulder he wants the ball carrier to run to
5. Attacker can only move forward in a straight line
6. Coach MUST instruct players to hold the ball in two hands on ground contact

Coaching Points

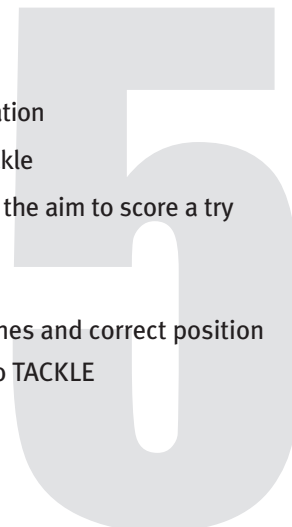
- › Chin up eyes with eyes on target
- › Shoulder on in contact (grip – stick – squeeze)
- › Emphasis cheek to cheek for the tackler

Equipment

- › 4 markers and 1 ball.



4 v 4 Challenge Game



Overview

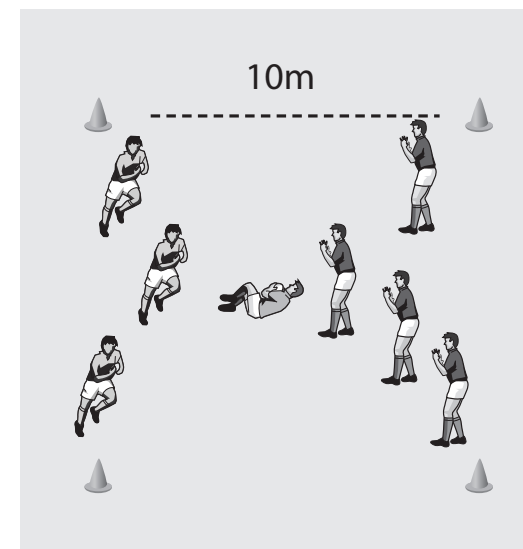
1. In a 10m x 10m grid players are split into groups of four
2. Play starts with a ball carrier on the ground with presentation
3. Rule: one defender only at contact to perform a tag or tackle
4. The game is designed with one team having the ball with the aim to score a try

Coaching Points

- › Coach MUST talk to the defending team about on side lines and correct position
- › Coach may elect to start with TAG before progressing to TACKLE
- › Coaching cues: Low tackle focus and ball presentation

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Mirror Drill Tag
2. 2 Attackers v 1 Defender
3. Hot Feet – Drop, Roll and Place
4. 1 V 1 Beat Me Drill
5. Set Piece 2

Don't forget	Injuries/other comments	Session evaluation

Mirror Drill – Tag

Overview

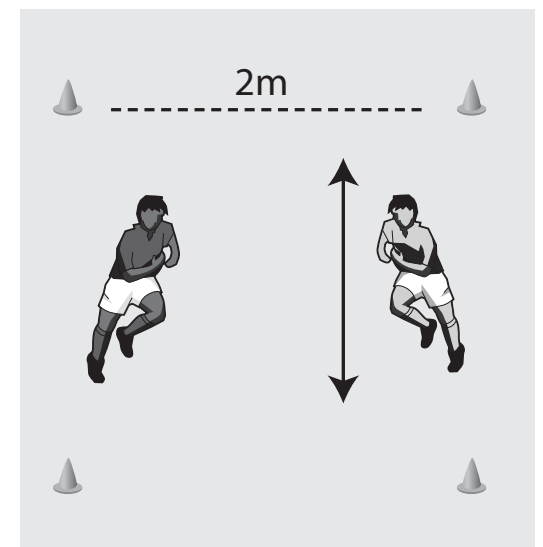
1. Two players line up opposite each other in a 2m x 2m grid
2. One player is the leader while the other player must mirror his lateral movement
Coach may open up the size of the grid to allow tracking
3. One player is the nominated attacker he must carry a ball in two hands
4. On the coaches call the nominated attacker aims to beat his opposite by using footwork and evasion

Coaching Points

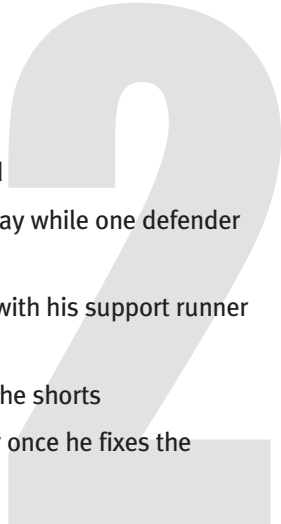
- › Players in starting position must shuffle feet and have hands up
- › Ball carrier: to use footwork, grip and carry
- › Defender: must tag on shorts with head to the side

Equipment

- › 4 markers and 1 ball.



2 Attackers v 1 Defender



Overview

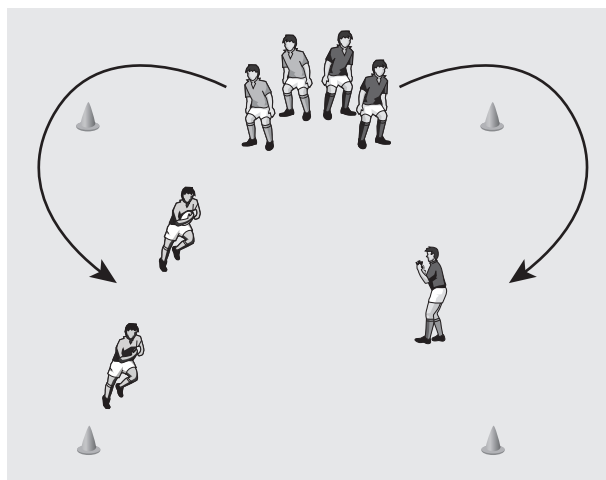
1. Players line up in two separate lines outside a 5m x 5m grid
2. On the coaches call 2 Attackers run around one cone one way while one defender goes the opposite way
3. One Attacker to start with the ball must accelerate at pace with his support runner finding space and coming at depth
4. Defender must track the ball carrier and perform a TAG on the shorts
5. Ball carriers aim is to get a pass away to his support runner once he fixes the defender

Coaching Points

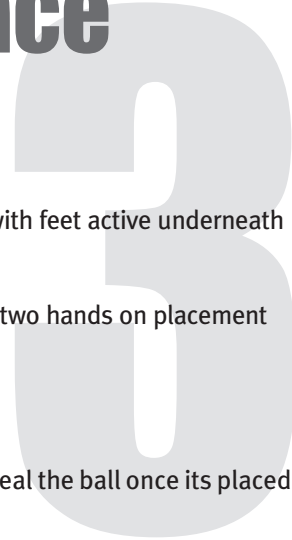
- › Identifying space, support player giving a target, communication
- › Defender getting up and taking space, tracking inside shoulder of ball carrier
- › Align, Approach, Balance, Contact

Equipment

- › 4 markers and 1 ball.



Hot Feet – Drop and Place



Overview

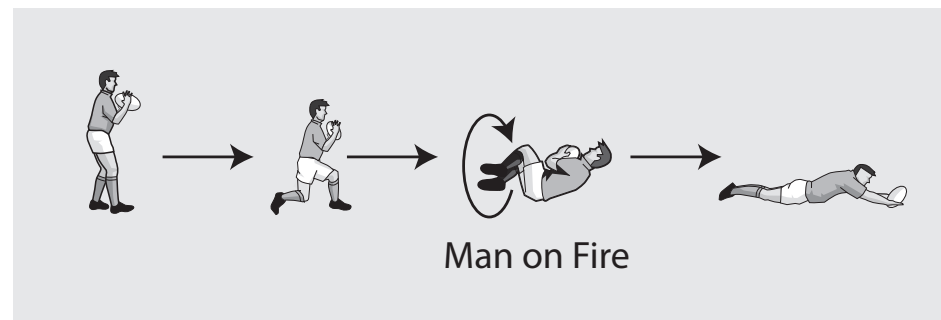
1. Players align side by side 2m apart
2. On the coaches call 'HOT FEET' players stand in an area with feet active underneath
3. On the coaches whistle players Drop and Place the ball
4. Players must step out with a lead foot holding the ball in two hands on placement

Coaching Points

- › Transfer of weight through sink at hips and knees
- › Progression: add a standing defender who attempts to steal the ball once its placed on the ground

Equipment

- › 4 markers and 1 ball.



1 v 1 Beat Me Drill



Overview

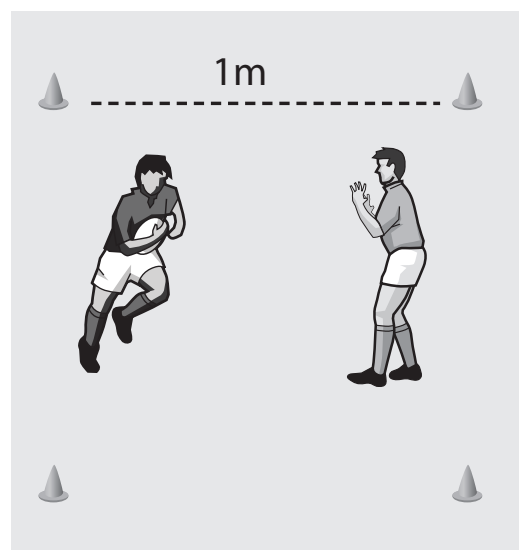
1. One player aligns directly opposite another player in a 1m x 1m grid
2. One player is the designated attacker who is carrying the ball in two hands
3. On the coaches call the ball carrier using evasion and footwork aims to beat the defender
4. Defender must perform a two handed tag on the shorts
5. Each try or tag is awarded a point to that player

Coaching Points

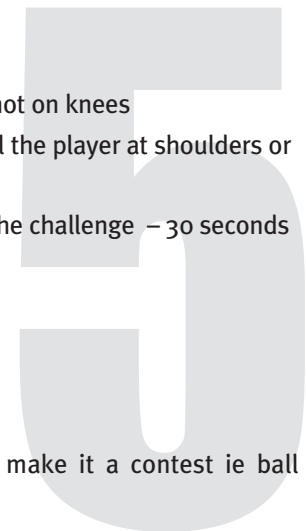
- › Coach can increase the size of the grid
- › Coaches may also include progress one grid to tackling on one knees when players are confident and show good feet
- › Encourage good ball carry, feet active and hands up at all times

Equipment

- › 4 markers and 1 ball.



Set Piece 2 Body Shape



Overview

1. Player perform a single prone hold on hands and toes
2. This shape is similar to angry cat shape but players are not on knees
3. Coach can introduce a partner who aims to push and pull the player at shoulders or the hips only
4. Allow a warm up and check body shape before starting the challenge – 30 seconds for each player

Coaching Points

- › Emphasis is on good strong body shape
- › Chin up, eyes up, strong core and flat back
- › Progression – Add a ball underneath the player and make it a contest ie ball presentation on whistle

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Mirror Drill 2 v 2
2. 3 Attackers v 2 Defenders
3. Grab Crawls
4. 1 v 1 Turn Track and Tackle
5. Cross Field 7s

Don't forget	Injuries/other comments	Session evaluation

Mirror Drill 2 v 2

Overview

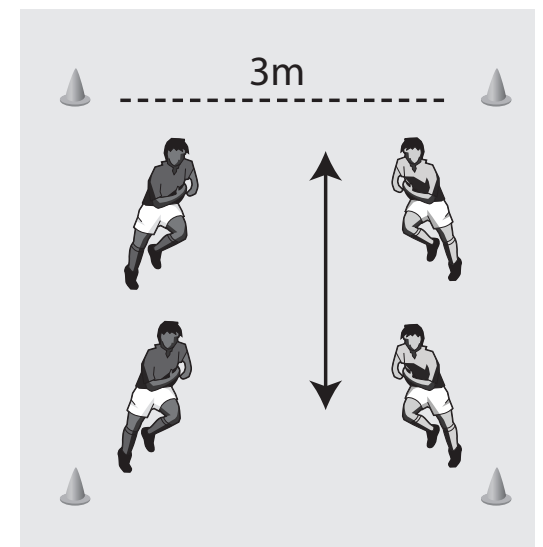
1. In a grid 3m x 3m two players line up opposite with a partner
2. Two attackers line up opposite two defenders
3. All players can only move lateral keeping a 1m distance between each player
4. All players are to try and keep the same distance between each other
5. Nominate one team as the attackers while the other two mirror there movement

Coaching Points

- › Encourage to keep moving, hands up, eyes up scanning
- › Short to short lateral steps, hips square
- › Scanning left and right and looking at your partner

Equipment

- › 4 markers and 1 ball.



3 Attackers v 2 Defenders

Overview

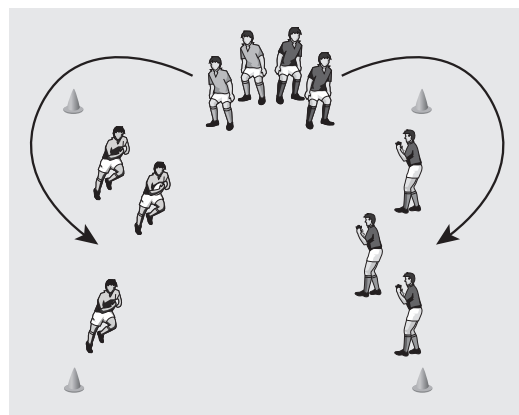
1. Players line up in two separate lines outside a 5m x 5m grid
2. On the coaches call 3 attackers run around one cone one way while two defenders go the opposite way
3. One Attacker to start with the ball must accelerate at pace with his support runners finding space and coming at depth
4. Defenders must communicate and track the ball carrier and perform and TAG on the shorts
5. Ball carriers aim is to get a pass away to his support runner once he fixes the defender

Coaching Points

- › Identifying Space, support player giving a target, communication
- › Defender getting up and taking space, tracking inside shouler of ball carrier
- › Defence cues: Align, Approach, Balance, Target
- › Adding extra support player – keeping space and depth

Equipment

- › 4 markers and 1 ball.



Crab Crawls

Overview

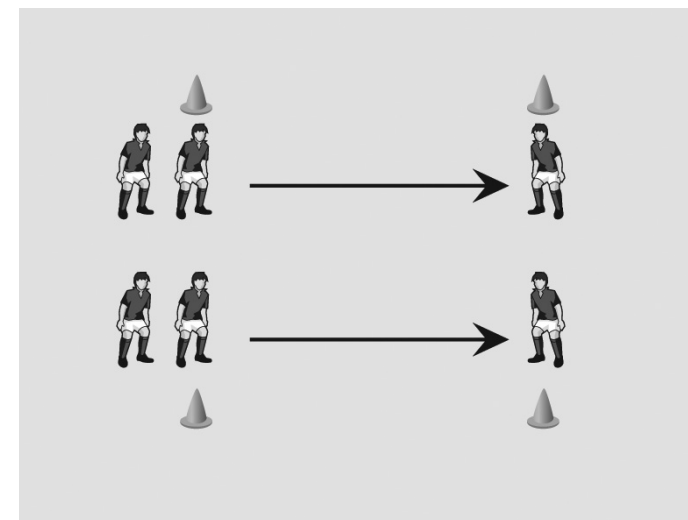
1. Players in a 10m x 10m grid line up on one side of the grid in a crab position (prone position)
2. On the caoches call players crab crawl on feet and hands to opposite side of the grid
3. Coach may look to make it a challenge race ie forwards v backs

Coaching Points

- › Strong base of support
- › Chin up and head netral looking forward
- › Remind players this shape is similar to angry cat

Equipment

- › 4 markers and 1 ball.



1 v 1 Turn, Track and Tackle

Overview

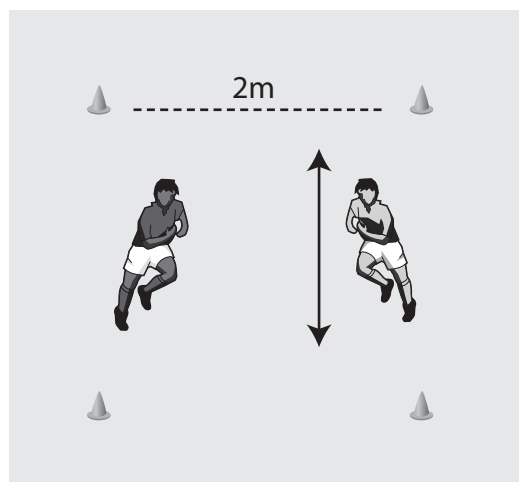
1. In a 2m x 2m grid both players are facing back to back feet active (hot feet)
2. One player is a ball carrier and the other is a defender
3. On the coaches whistle players both turn and contest starts
4. Coach may split the group to a tagging box and tackling box depending on player confidence

Coaching Points

- › Players turn and track attacker before making a low tackle
- › Align – Balance – Approach (off set shoulder) – Balance – Target
- › Hit, Grip and squeeze
- › Defender to maintain active feet in contact

Equipment

- › 4 markers and 1 ball.



Cross Field 7s

Overview

1. In two teams players play a game of cross field 7s
2. Coach may modify game rules across the game ie one tackler only
3. Players must pass the ball twice before the defence can move up
4. Coach must communicate the ruck offside lines to players before game starts

Coaching Points

- › Coaching cues – Players passing to targets and using space
- › Players confidence in contact CHANGE it up from TAG to TACKLE
- › At this stage of the season coaches are looking for areas in the game that players need better game awareness ie: where is the space, catch and pass and tackle effectiveness

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. 3 v 2 Staggered Defenders
2. Grip and Carry Knock Downs
3. 1 v 1 Behind the Knee Slaps
4. Wallaby Tag – Off Side Line
5. Set Piece 3

Don't forget	Injuries/other comments	Session evaluation

3 v 2 Staggered Defenders

Overview

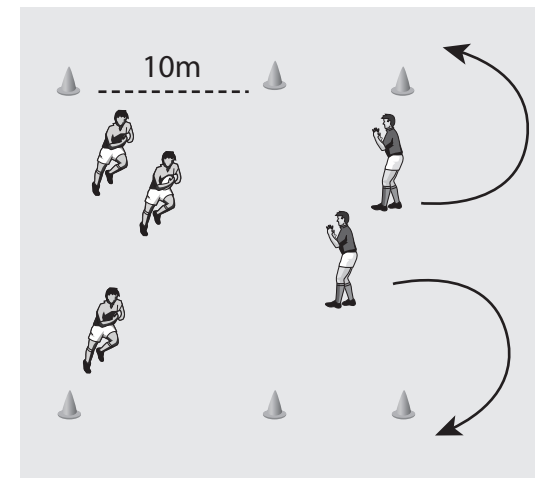
1. In a 10m x 30m grid three attackers aim to score a try at the opposite end
Three attackers start with one player being the ball carrier
2. Two defenders start in the middle waiting for the coach to call a colour
3. Once the Coach calls a colour the defenders must touch the cone before trying to perform a tag on the ball carriers who aim to score a try at the opposite end
4. The 3 attackers aim to pass the ball between them before scoring

Coaching Points

- › Attackers – taking the space – running forward, finding support
- › Defenders using communication and speed to ball
- › Tag must be performed on the shorts
- › Once a try is score the coach should rotate players around the activity

Equipment

- › 4 markers and 1 ball.



Grip and Carry Knock Downs

2

Overview

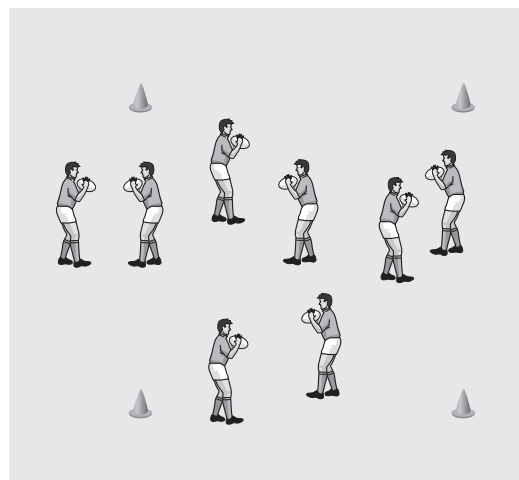
1. In a 10m x 10m Grid all players have football in two hands
2. Each player aims to perform a knockdown of any other players ball in the grid holding a ball
3. Players to count how many successful knockdowns they completed
4. Coach can alter the activity that a players who has had the ball knocked down must perform an activity ie push up
5. Once they perform the activity they are back in the game
6. Game is played in 1-2 minute intervals

Coaching Points

- › Players must hold the ball out in front with a strong grip and carry
- › All players to get into space using evasion, foot work and vision

Equipment

- › 4 markers and 1 ball.



1 v 1 Behind the Knee Slaps

3

Overview

1. In a 10m x 10m grid players use space provided to perform this balance and stability activity
2. Players partner up using monkey grip strong base feet split and shoulders width apart
3. Players are to link with partner, gripping opposite elbow
4. On the coaches call players attempt to 'slap behind the knee' of there partner
5. Instruct players to swap partners each challenge
6. Players MUST keep good body shape throughout

Coaching Points

- › Players to maintain a strong body shape and sink through hips and knees
- › Encourage feet movement, while maintaining base of support
- › Chin and eyes up

Equipment

- › 4 markers and 1 ball.



Wallaby 4 v 4 – Introducing an Offside Line

Overview

1. In a 20m x 20m grid, four attackers and four defenders oppose each other on opposite sides
2. The attackers attempt to score a try while the defenders aim is to stop them
3. Coach can control the environment by the numbers of phases the game goes for
4. Coach can also limit/change the roles of support players to control the environment

Coaching Points

- › Attackers to accelerate and find space – two handed carry, ball placement and support
- › Tackles to be low , head to the side , grip and squeeze on contact
- › Once tackled players should look to present the ball and play
- › Remind defenders they must be behind last feet

Equipment

- › 4 markers and 1 ball.



Set Piece 3 – Lineout

Overview

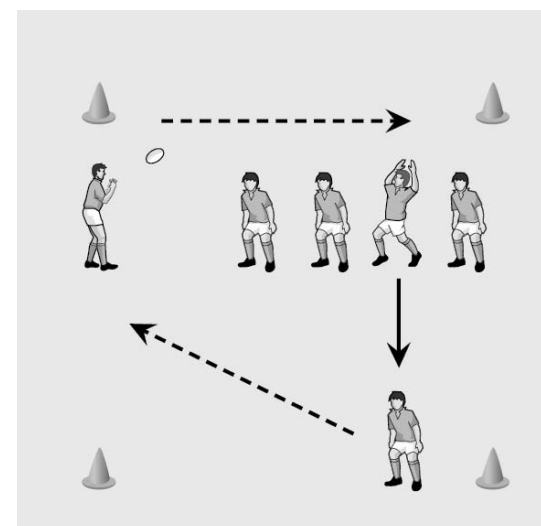
1. In 3 lines similar to a game lineout set up players rotate through throwing and jumping
2. Players practice set up sequence ie 2 players in line plus one hooker
3. All players to have a practice in all positions
4. Catches to practice pass to halfback

Coaching Points

- › Throw to target, jump and catch – pass to halfback
- › Strong body shape, Hands up thumbs touch, grip and pass
- › Coach to explain Off side line from lineout (see Law summary)

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. 4 v 3 Staggered Defenders
2. Partner challenge – Squeeze, Drop, Roll and Place
3. North and South
4. 1 v 1 Turn Track and Tackle
5. Running The Gauntlet

Don't forget	Injuries/other comments	Session evaluation

4 v 3 Staggered Defenders

Overview

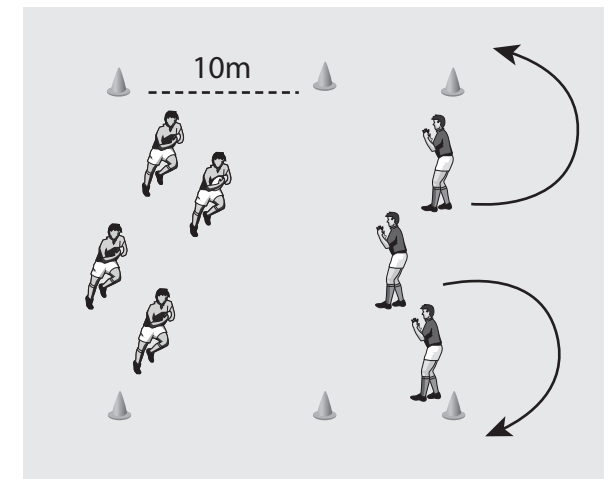
1. In a 20m x 20m grid four attackers aim to score a try at the opposite end
Four attackers start with one player being the ball carrier
2. Three defenders start in the middle waiting for the coach to call a colour
3. Once the Coach calls a colour the defenders must touch the cone before trying to perform a tag on the ball carriers who aim to score a try at the opposite end
4. The 4 attackers aim to pass the ball between them before scoring

Coaching Points

- › Attackers – taking the space – running forward, finding support
- › Defenders using communication and speed to ball
- › Tag must be performed on the shorts
- › Once a try is score the coach should rotate players around the activity
- › Coach should have use a variety of colours on both edges so the space changes each time

Equipment

- › 4 markers and 1 ball.



Partner Challenge – Squeeze, Drop, Roll and Place

Overview

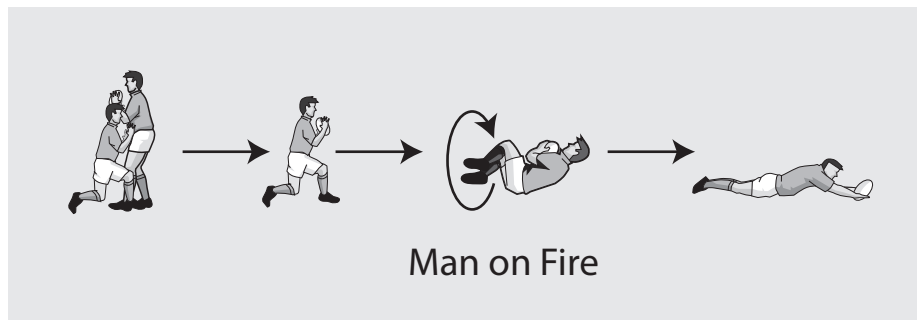
1. Two players start in a standing squeeze position with one player holding a ball while the other is hugging him over the ball
2. On the coaches call the ball carrier aims to drop to the ground, roll onto back of shoulder and then perform a place
3. The player not holding the ball attempts to keep the ball carrier from falling to the ground

Coaching Points

- › Ball carrier to use FIGHT in contact, strong grip and carry
- › Ball carrier may start to use leg drive, strong inside foot and drop inside shoulder before falling to ground
- › Once on the ground the ball carrier must try and perform a roll (man on fire) before presenting the ball
- › Once the ball carrier gets to ground the defender attempts to steal the ball – strong base and keeping on feet

Equipment

- › 4 markers and 1 ball.



North and South Grip and Carry Challenge

Overview

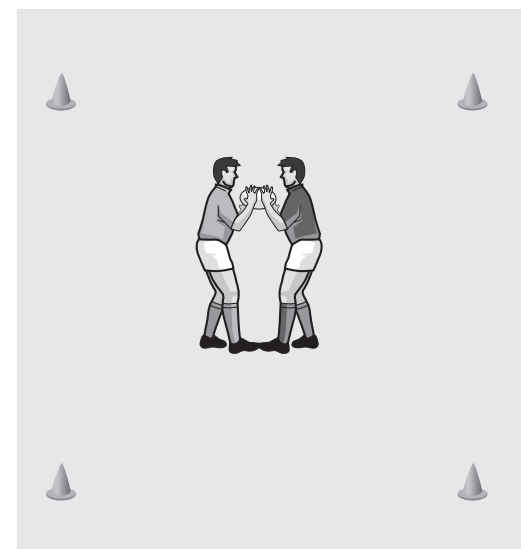
1. One player is nominated as North and the other as South 1m x 1m grid
2. Players stand opposite holding a ball between two at chest height
3. Both players holding the ball shuffle feet in a stationary split stance (hot feet)
4. On the coaches call of North or South one player will have the ball and perform grip and carry into contact

Coaching Points

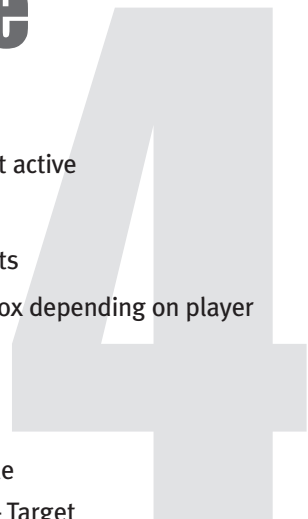
- › Strong tuck and ball away from contact
- › Hips Square and feet shuffle moving forward on call
- › Control and body shape
- › Coach to allow upper body wrestle if players show strong contact position

Equipment

- › 4 markers and 1 ball.



1 v 1 Turn, Track and Tackle



Overview

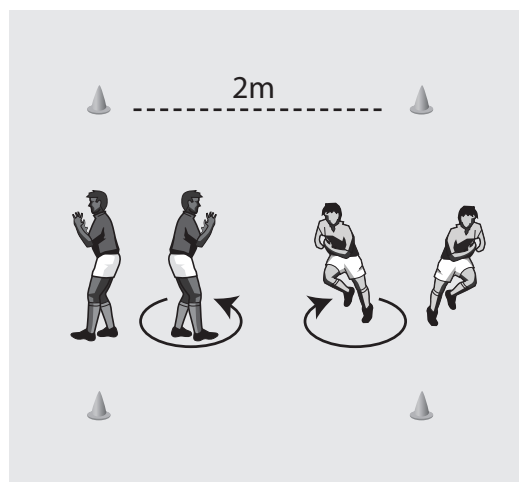
1. In a 2m x 2m grid both players are facing back to back feet active
2. One player is a ball carrier and the other is a defender
3. On the coaches whistle players both turn and contest starts
4. Coach may split the group to a tagging box and tackling box depending on player confidence

Coaching Points

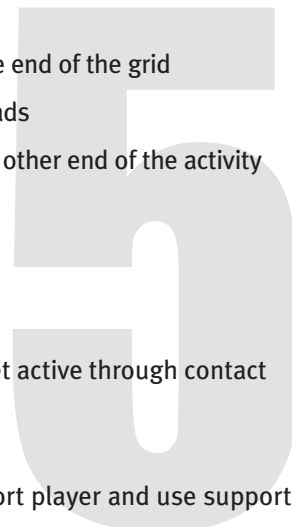
- › Players turn and track attacker before making a low tackle
- › Align – Balance – Approach (off set shoulder) – Balance – Target
- › Hit, Grip and squeeze
- › Defender to maintain active feet in contact

Equipment

- › 4 markers and 1 ball.



Running the Gauntlet



Overview

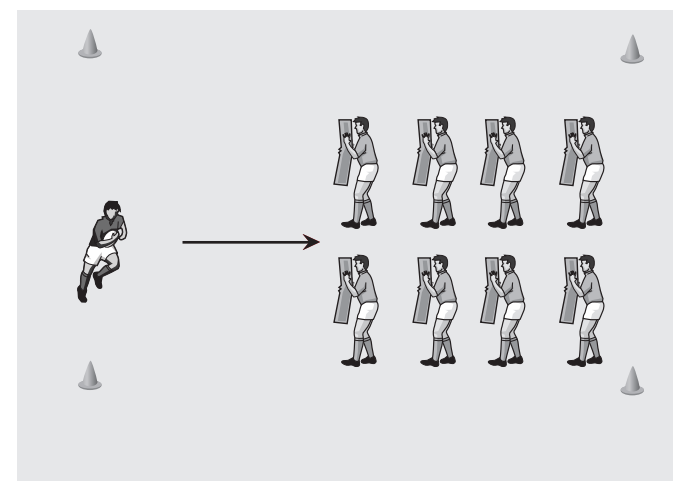
1. In a 5m channel 30m long, a ball carrier aims to get to the end of the grid
2. Defenders are situated on the outside channel holding pads
3. On the coaches call the ball carrier attempts to get to the other end of the activity Pad players to be spread out across the grid
4. One pad carrier only can attack the ball carrier

Coaching Points

- › Ball carrier to use strong body shape, feet active and feet active through contact
- › Ball away from contact
- › Pad man can only attack ball carriers hips
- › Progression – Coach may add more runners and a support player and use support terms

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Tag Rush with Ball Carry
2. Maul Set Up Game
3. Partner challenge – Squeeze, Drop, Roll and Place
4. Rugby Octopus
5. Set Piece 4

Don't forget	Injuries/other comments	Session evaluation

Tag Rush with Ball Carry

Overview

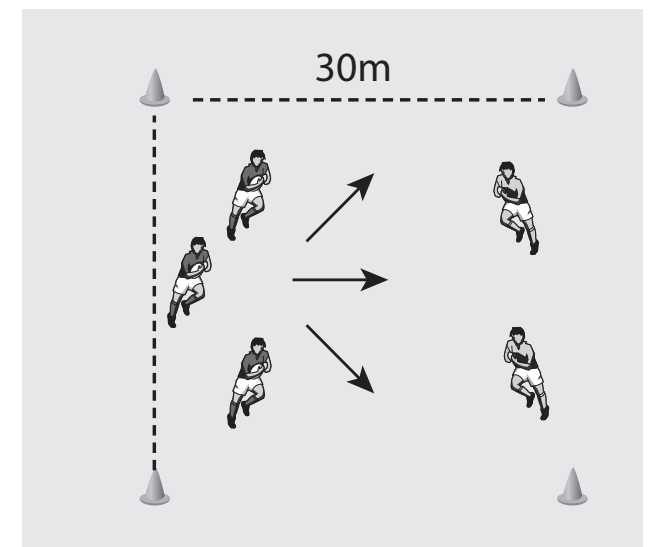
1. Players line up on the outside on one side of a 30m x 30m grid
2. One or two players are nominated as taggers
3. On the coaches call players try to get to the other side
4. Taggers must perform a two handed tag on the shorts
5. Ball runners are to run with the ball in two hands and score a try at the opposite end

Coaching Points

- › Coach to encourage players to use evasion and footwork
- › Taggers must tag on the shorts with head to the side
- › Coach should look to incorporate a dynamic stretch or activity in between

Equipment

- › 4 markers and 1 ball.



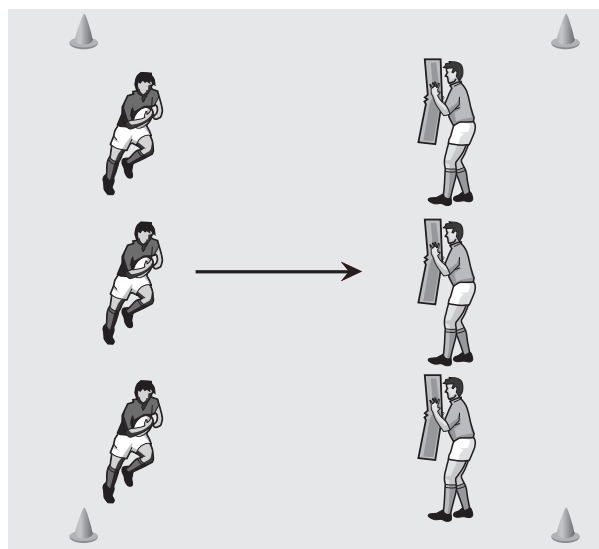
Maul Set up – Game

Overview

1. In a grid 10m x 10m players form groups of three
2. 3 players have pads while 3 attackers aim to score at the other end of the grid
3. Coach is to instruct the group with the ball that they cannot go to ground until they are in the action of scoring a try

Coaching Points

- › Attacking team to keep feet, be strong in contact with feet active under the body
- › Contact shape – hit drive keep feet, first support strong contact rip and pop
- › Progression – take away pads from defending team



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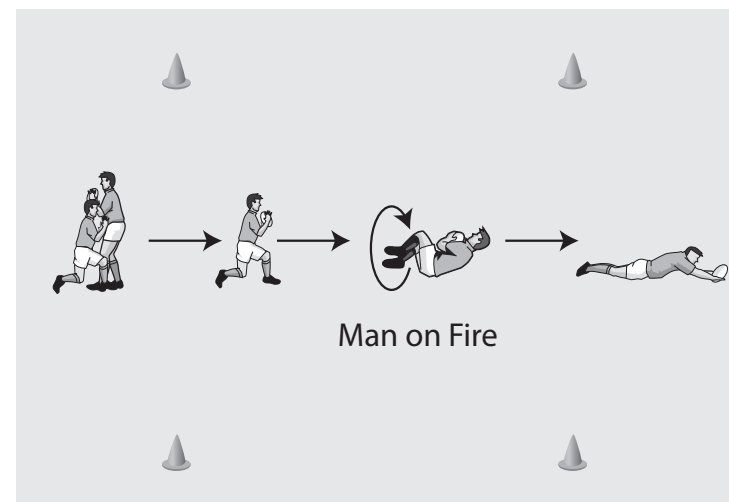
Partner Challenge – Squeeze, Drop, Roll and Place

Overview

1. Two players start in a standing squeeze position with one player holding a ball while the other is hugging him over the ball
2. On the coaches call the ball carrier aims to drop to the ground, roll onto back of shoulder and then perform a place
3. The player not holding the ball attempts to keep the ball carrier from falling to the ground

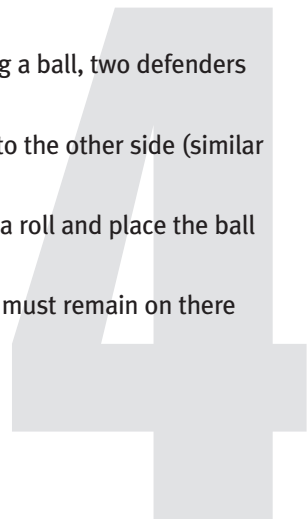
Coaching Points

- › Ball carrier to use FIGHT in contact, strong grip and carry
- › Ball carrier may start to use leg drive, strong inside foot and drop inside shoulder before falling to ground
- › Once on the ground the ball carrier must try and perform a roll (man on fire) before presenting the ball
- › Once the ball carrier gets to ground the defender attempts to steal the ball – strong base and keeping on feet



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Rugby Octopus



Overview

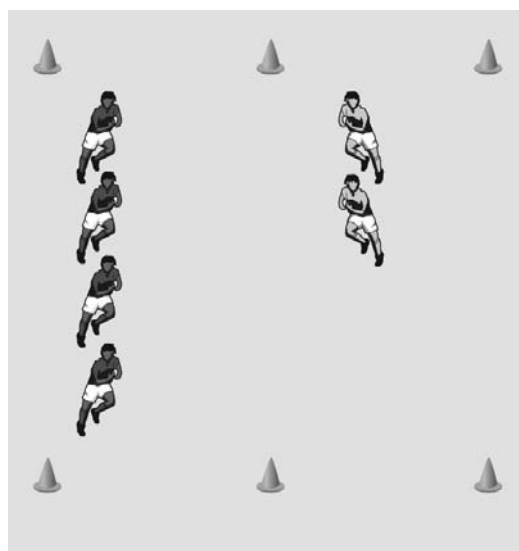
1. In a 10m x 10m grid runners (fish) begin at one end holding a ball, two defenders (octopus) positioned in the centre of the grid.
2. the coach Calls RUGBY OCTOPUS, the fish attempt to run to the other side (similar to bull rush)
3. If the fish are caught they must drop to one knee perform a roll and place the ball back
4. Caught players are now seaweed and can tag runners but must remain on their knees

Coaching Points

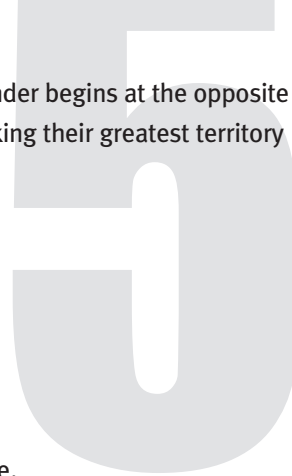
- › Encourage evasion and running (find the space)
- › Player tagged with ball must perform a two handed tag
- › identify space and evasion

Equipment

- › 4 markers and 1 ball.



Set Piece 4 – Forming a Front Row



Overview

In a 10m x 10m grid an attacker begins at one end and a defender begins at the opposite end. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Coach to question players:

- › ‘What are you trying to do?’
- › ‘What did you do?’
- › ‘What was the result?’

Coaching Points

- › The attacker should accelerate quickly to ‘cross’ gain line.
- › The attacker should initially run at the defender attempting to ‘fix’ them allowing the attacker to continue to go forward.
- › Questioning the players on their choice of tactics will develop decision-making.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Between The Legs Relay
2. Deck and Pop Relay
3. Falling Sumo
4. Tackle Bag Circle
5. Cross Field 7s

Don't forget	Injuries/other comments	Session evaluation

Between the Legs Relay

Overview

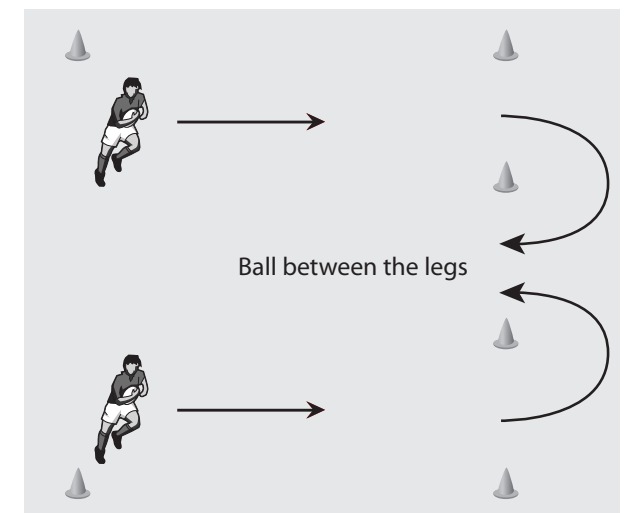
1. In two lines in a distance set out by the coach players form two equal teams
2. On the sound of the whistle players run to a set of cones while each player transfers the ball in a figure eight pattern between the legs
3. Players must stop and perform a pass to the next runner as part of the relay

Coaching Points

- › Players should be shown the correct grip and where to hold the ball
- › Encourage players to use longer steps at first, head up and continue moving
- › Coach may spread the cones out staggered so players have to change direction

Equipment

- › 4 markers and 1 ball.



Deck and Pop Relay

Overview

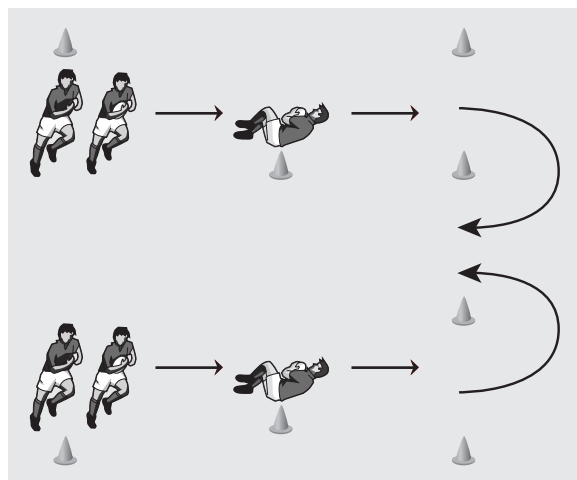
1. The coach sets out a 20m grid with cones spaced out 2m apart along both sides
2. In two lines in a distance set out by the coach players form two equal teams
3. On the sound of the whistle players runs with the ball in two hands while his team mates follow in a straight line behind
4. Once the player reaches a cone he must drop with the ball in two hands, transferring the force across his upper back and shoulder before performing a pop pass to one team mate coming from depth

Coaching Points

- › Ball carrier must carry the ball in two hands – when approaching the ground coach must instruct players to perform a side roll onto soft upper back, ball carrier to pop the ball to support coming from depth
- › Support players to come from depth, hands up
- › Coach may elect to add team penalties if a ball is dropped

Equipment

- › 4 markers and 1 ball.



Falling Sumo

Overview

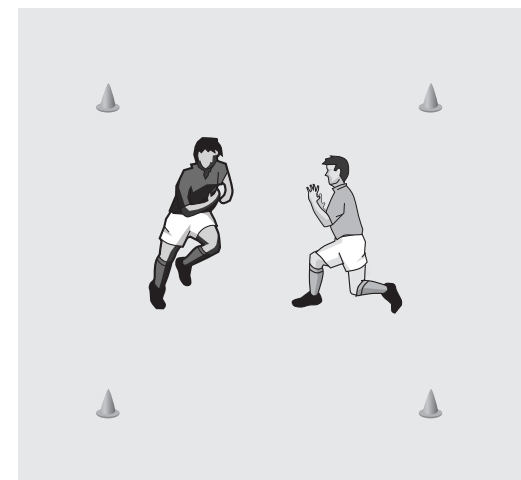
1. In a 20m diameter players spread out with space between them
2. On the coaches call SUMO – players get into a strong body shape
3. On the 2nd whistle player fall to the ground – coaching cues are – knee, hips, soft-shoulder place
4. Players to cross arms on chest prior to sinking at hips and knees

Coaching Points

- › Soften landing through sink in hips – knees and transfer weight over shoulder
- › No outstretched arm to be used to soften landing
- › Players to sink at hips, knees and transfer weight through back of shoulder
- › Coach may elect to have players hold a ball and present once on ground

Equipment

- › 4 markers and 1 ball.



Tackle Bag Circle



Overview

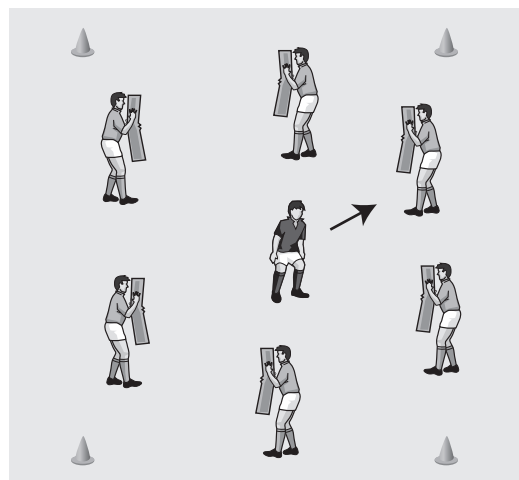
1. In a 5m diameter a defender is situated in the middle of a circle of players
2. Players on the outside are holding a tackle bag each
3. Coach will call a players name for the defender to tackle
4. Coach is looking for the tackler to grip and squeeze as well as demonstrating feet active in contact

Coaching Points

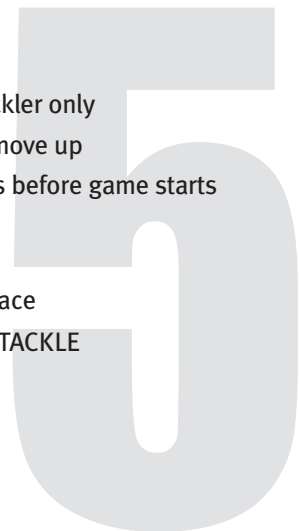
- › Defenders to align and square up on approach to bag
- › Defenders should be instructed NOT TO dive into bags
- › Coaches are looking for good body shape on approach, head up and to the side

Equipment

- › 4 markers and 1 ball.



Cross Field 7s



Overview

1. In two teams players play a game of cross field 7s
2. Coach may modify game rules across the game ie one tackler only
3. Players must pass the ball twice before the defence can move up
4. Coach must communicate the ruck offside lines to players before game starts

Coaching Points

- › Coaching cues – Players passing to targets and using space
- › Players confidence in contact CHANGE it up from TAG to TACKLE

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Short to Long Passing
2. Four Corners Pass and Follow
3. Shadow Defender
4. Funnel Game
5. Set Piece 5

Don't forget	Injuries/other comments	Session evaluation

Short to Long Passing

Overview

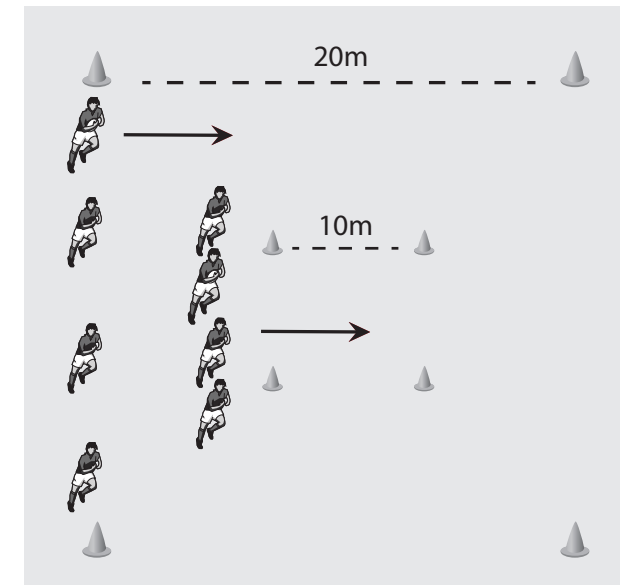
1. A grid that has a 20m x 20m outside a smaller grid of 10m x 10m
2. Players line up in groups of 4 along one line of the 10m grid to start
3. In the 10m box the players perform a short pass in that space only moving forward
4. On the coaches call the players then realign on the larger box and perform a wider pass across the grid

Coaching Points

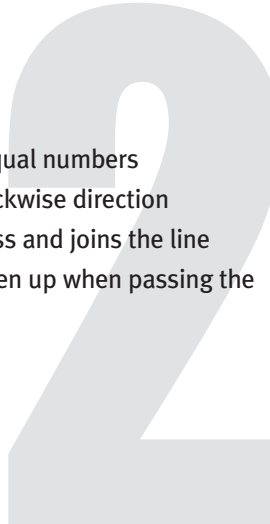
- › Catch – Target, meet and reach, hands up, hips square
- › Pass – Fire wrists, hands above elbows, hands up
- › Grip – Lateral or spin pass

Equipment

- › 4 markers and 1 ball.



Four Corners Pass and Follow



Overview

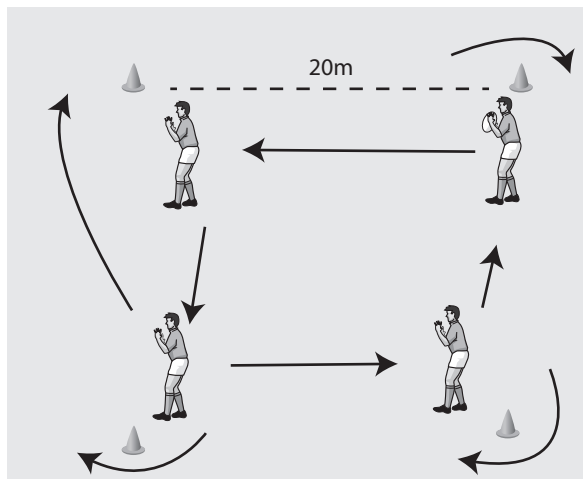
1. In a 20m x 20m grid players align behind each cone with equal numbers
2. The activity starts with one ball in play moving in a anti-clockwise direction
3. Once the ball player passes the ball he than follows the pass and joins the line
4. To avoid a forward pass players are encouraged to straighten up when passing the ball through a set of cones

Coaching Points

- › Catch – Target, meet and reach, hands up, hips square
- › Pass – Fire wrists, hands above elbows, hands up
- › Grip – Lateral or spin pass

Equipment

- › 4 markers and 1 ball.



Shadow Defender



Overview

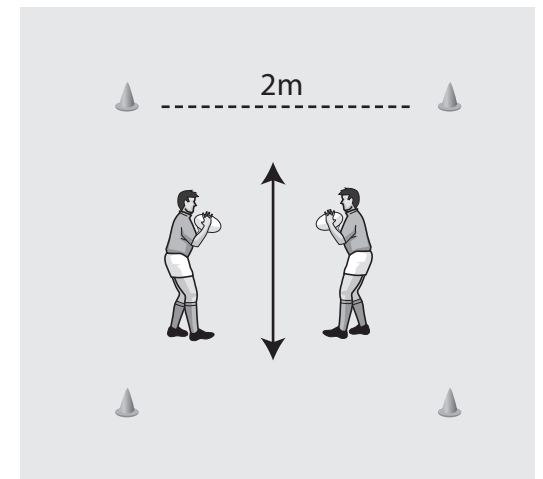
1. In a 1m distance between two players who are shadowing each other for 30 secs
2. One player shadows another player in the correct defending position
3. Both players may have a ball in two hands out in front

Coaching Points

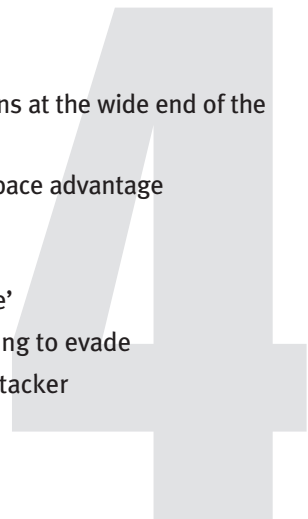
- › Strong base shoulder width apart
- › Players to keep the 1m distance between

Equipment

- › 4 markers and 1 ball.



Funnel Game



Overview

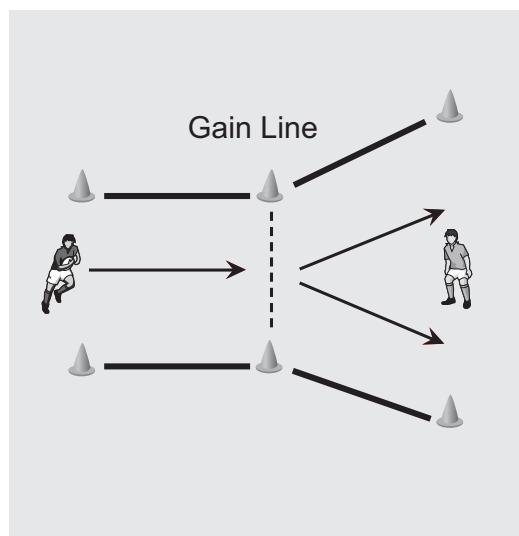
1. A 5m x 5m grid opens to a 10m wide at the end
2. An attacker begins at the narrow end and a defender begins at the wide end of the grid
3. The player reaching a set of cones first /gain line gets a space advantage

Coaching Points

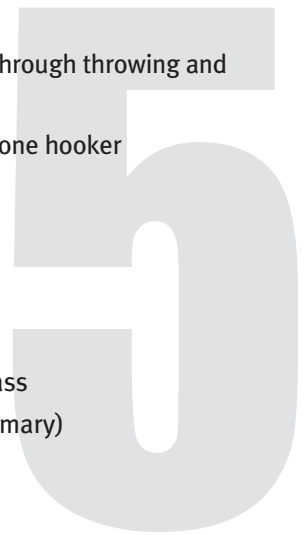
- › Attackers should accelerate quickly to 'cross the gain line'
- › Attacker should attempt to 'fix' the defender before looking to evade
- › Defender should track, align, approach and target the attacker
- › Shoulder on, grip and squeeze

Equipment

- › 4 markers and 1 ball.



Set Piece 5 – Lineout



Overview

1. In 3 lines similar to a game lineout set up players rotate through throwing and jumping
2. Players practice set up sequence ie 2 players in line plus one hooker
3. All players to have a practice in all positions
4. Catches to practice pass to halfback

Coaching Points

- › Throw to target, jump and catch – pass to halfback
- › Strong body shape, Hands up thumbs touch, grip and pass
- › Coach to explain Off side line from lineout (see Law summary)

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. 4 Attackers v 3 Defenders
2. Prawn, Surfer, Crikey
3. Tag Ball
4. 2 v 2 Staggered Support
5. Cross Field 7s

Don't forget	Injuries/other comments	Session evaluation

4 v 3 Staggered Defenders

Overview

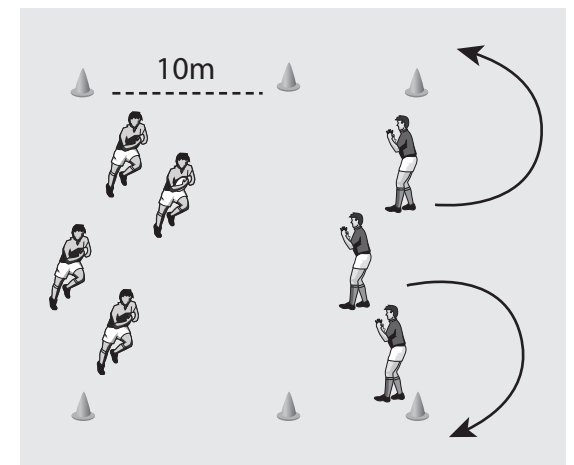
1. In a 20m x 20m grid four attackers aim to score a try at the opposite end
2. Four attackers start with one player being the ball carrier
3. Three defenders start in the middle waiting for the coach to call a colour
4. Once the Coach calls a colour the defenders must touch the cone before trying
5. to perform a tag on the ball carriers who aim to score a try at the opposite end
6. The 4 attackers aim to pass the ball between them before scoring

Coaching Points

- › Attackers – taking the space – running forward, finding support
- › Defenders using communication and speed to ball
- › Tag must be performed on the shorts
- › Once a try is score the coach should rotate players around the activity
- › Coach should have use a variety of colours on both edges so the space changes each time

Equipment

- › 4 markers and 1 ball.



Prawn – Surfer – Crikey

Overview

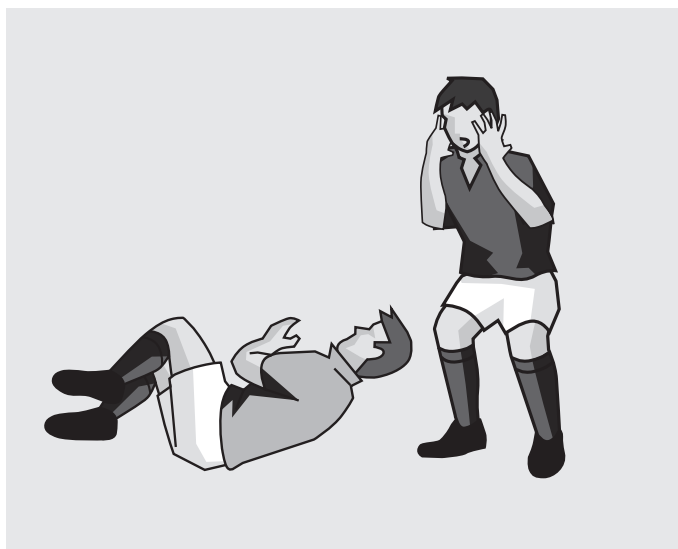
1. In a 20m x 20m two taggers are placed in the middle
2. Attackers attempt to get to the other end of the grid
3. If players are tagged they must fall to the ground in a PRAWN shape
4. To be released a teammate must jump over them and land in the CRIKEY position
5. Once this happens the PRAWN must stand up in a surfer position before being allowed in the game

Coaching Points

- › Demonstrate correct shapes to players
- › Encourage evasion and identifying space

Equipment

- › 4 markers and 1 ball.



Tag Ball

Overview

1. the coach sets up a 20m x 20m grid where players are not allowed to run outside the grid
2. One team has the ball and aims to tag the other team while holding the ball
3. Once a player is tagged he is out of the activity
4. Once all players in a team are tagged the team is awarded one point
5. If the pursuit team drops the ball or if it is intercepted the game starts again
6. Taggers can only take three steps before they perform a tag or pass the ball to a teammate

Coaching Points

- › Players to get into space at speed
- › Use evasion to get away from taggers
- › Hands up, fire wrists, eyes up
- › Two handed ball carry

Equipment

- › 4 markers and 1 ball.



2 v 2 Staggered Support

Overview

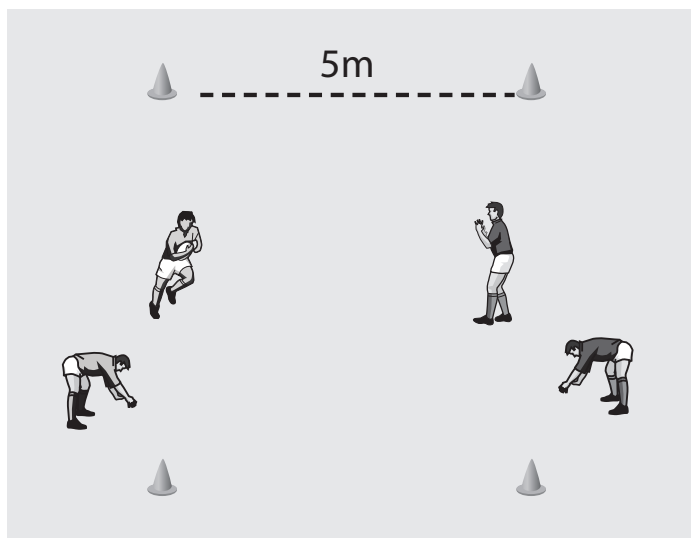
1. In a 5m x 5m grid 1 Attacker aligns opposite a defender 5m away
2. One support player for each is face down on the deck as support players
3. On the coaches first whistle it is a contest 1 v 1
4. On the coaches 2nd whistle the support players are allowed into the contest
5. Arrive players must be given instructions on arrival laws and contest variations ie maul or ruck

Coaching Points

- › Strong body position, active feet and fight in contest
- › Arrival players must identify roles in support ie hammer or clean out
- › Coach should emphasis lateral to square support 'get in behind'

Equipment

- › 4 markers and 1 ball.



Cross Field 7s

Overview

1. In two teams players play a game of cross field 7s
2. Coach may modify game rules across the game ie one tackler only
3. Players must pass the ball twice before the defence can move up
4. Coach must communicate the ruck offside lines to players before game starts

Coaching Points

- › Coaching cues – Players passing to targets and using space
- › Players confidence in contact CHANGE it up from TAG to TACKLE

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Ground Presentation
2. Pick and Place Relay
3. Box Tackle Drill
4. Tackle Contest – Challenge
5. Set Piece 6

Don't forget	Injuries/other comments	Session evaluation

Ground Presentation

Overview

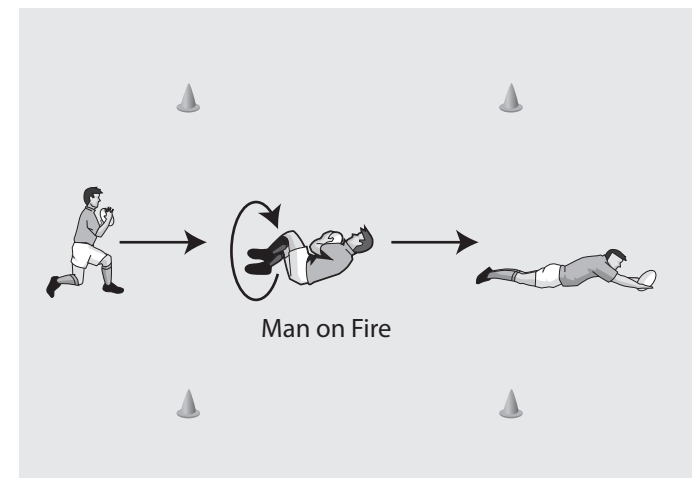
1. In grids set out 1m x 1m one player is situated on the ground
2. On the coaches whistle they perform a long place
3. Ball presentation must be long and players to be parallel to sideline
4. Progression – the coach can elect to get the players to place the ball on all four corners of the box
5. Progression: make it a race and see who can do the placement the quickest

Coaching Points

- › Strong core (squeeze abs), present
- › Two hands on the ball at all times

Equipment

- › 4 markers and 1 ball.



Pick and Place Relay

Overview

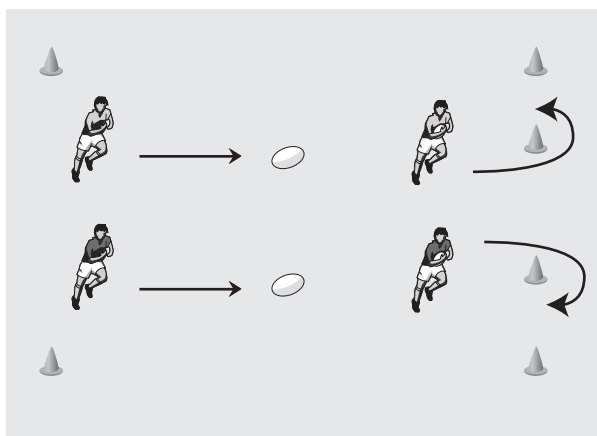
1. The coach sets out a 20m grid with cones spaced out 2m apart along both sides
2. In two lines in a distance set out by the coach players form two equal teams
3. On the sound of the whistle players runs with the ball in two hands while his team mates follow in a straight line behind
4. Once the player reaches a cone he must place the ball with two hands on the ground
5. The player behind his teammate must then pick the ball up before running to the next cone
6. The winning team must get to the end of the grid without dropping the ball

Coaching Points

- › Ball carrier must carry the ball in two hands before performing a place
- › Support players to come from depth, hands up, Body over the ball
- › Coach may elect to add team penalties if a ball is dropped

Equipment

- › 4 markers and 1 ball.



Box Tackle Drill

Overview

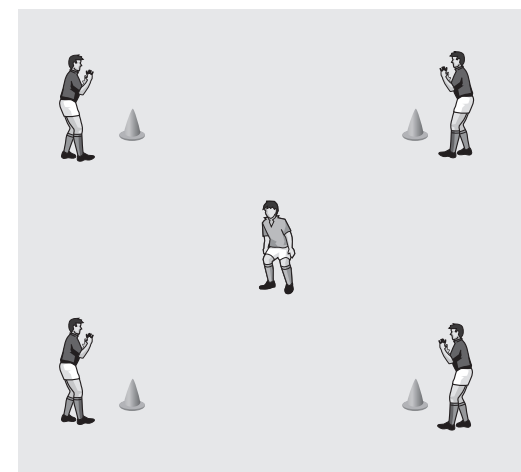
1. In a 2m x 2m box 4 players (on each cone) are situated as nominated runners
2. One of the four players is nominated as the tackler by the coach
3. The defender must perform 3 tackles while in the middle
4. Attackers cannot move until the defender is back on the middle cone

Coaching Points

- › Defenders must realign in middle – use tracking, approach, balance and target in contact
- › Coach can modify the contest to a more open drill by adding support players behind runners
- › Coach may have players run with footballs and look for a post tackle contest by both players

Equipment

- › 4 markers and 1 ball.



Tackle Channels – Contest Variation

Overview

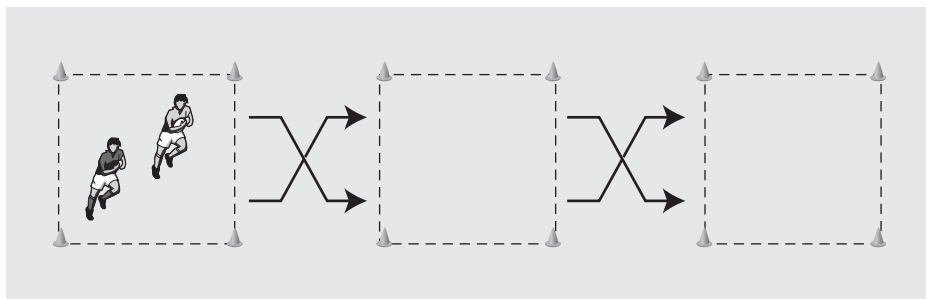
1. In a channel that allows progression, 4 tackle squares are set up – each 1m x1m channel
2. Two players progress with a contest in each drill
3. Coach may have one or two support players to be ‘active’ as the drill progresses
4. Players must re set at the ends of each box before moving forward

Coaching Points

- › Allow coaches space between boxes for safety and technique correction
- › Coaches may increase size of the boxes as the drill progresses
- › Coach to vary the tackle contest and support throughout each box to allow decision making
- › Technique cues – Approach, Balance and Close out

Equipment

- › 4 markers and 1 ball.



Set Piece 6 – Scrum

Overview

In a 10m x 10m grid an attacker begins at one end and a defender begins at the opposite end. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Coach to question players:

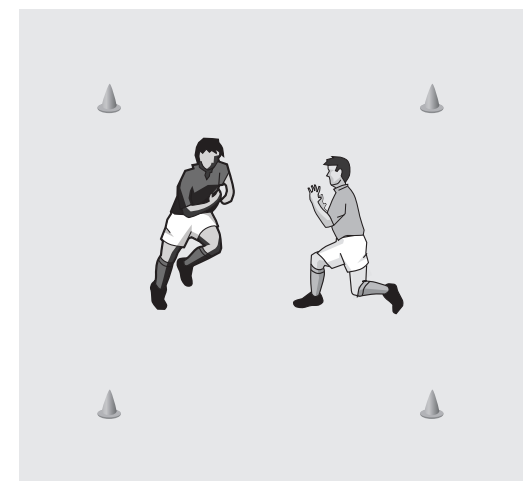
- › ‘What are you trying to do?’
- › ‘What did you do?’
- › ‘What was the result?’

Coaching Points

- › The attacker should accelerate quickly to ‘cross’ gain line.
- › The attacker should initially run at the defender attempting to ‘fix’ them allowing the attacker to continue to go forward.
- › Questioning the players on their choice of tactics will develop decision –making.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Man on Fire – Presentation
2. 3 Player Mirror Drill
3. Tackle Clusters – Placement
4. Ruck Shape Roles
5. Cross Field 7s

Don't forget	Injuries/other comments	Session evaluation

Man on Fire – Presentation

Overview

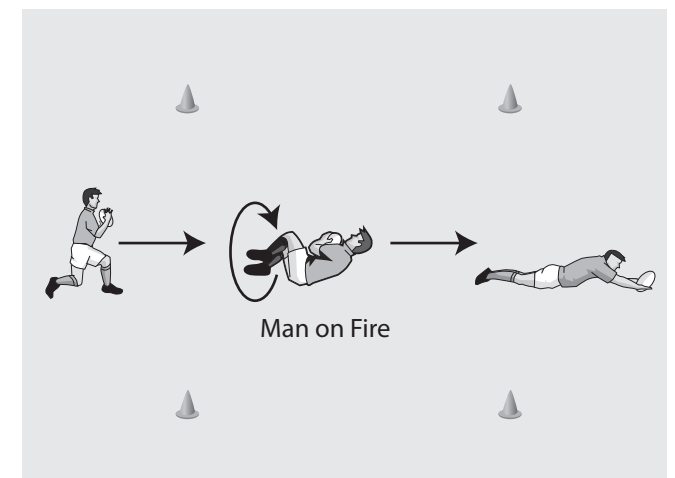
1. In boxes set out in a 1m x 1m one player is situated on the ground
2. On the coaches whistle they perform a roll (man on fire) followed by a long place
3. Ball presentation must be long and players to be parallel to the sideline
4. Progression add a defender on his feet who aims to get the ball on the coaches whistle

Coaching Points

- › Strong Core , present
- › Two hands on the ball at all times

Equipment

- › 4 markers and 1 ball.



3 Player Mirror Drill

Overview

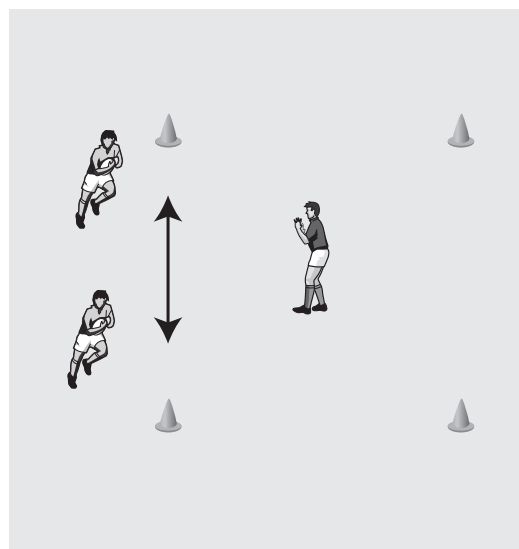
1. In a 2m x 2m grid two players are situated along in the middle of the line
2. A mirror player is situated in the middle of the box
3. The two players on the outside aim to mirror the player in the box
4. Players are to scan and have eyes up at all times
5. Rotate players every 30 seconds

Coaching Points

- › Encourage players to 'shuffle, paddle' and keep feet active
- › Eyes up, hands up
- › Progression – All players to hold a ball out in front

Equipment

- › 4 markers and 1 ball.



Tackle Clusters – Placement

Overview

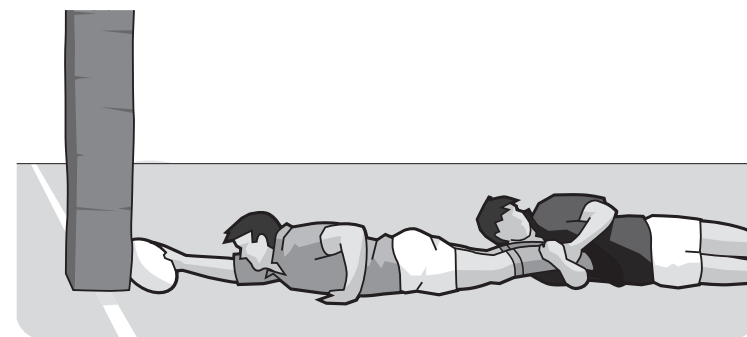
1. In a 10m x 10m grid players are either crawling or walking around the grid
2. On the coaches call 'Tackle Clusters' players form the shape of a completed tackle on the ground
3. One player will have a ball and will long place a ball once on the ground

Coaching Points

- › Players to get into tackle position with strong shape and ball carrier actively placing ball
- › Encourage players to drop to knees before getting into position
- › Encourage strong squeeze from tackler with shoulder on
- › Encourage players to find a different partner on each call

Equipment

- › 4 markers and 1 ball.



Ruck Shape Roles



Overview

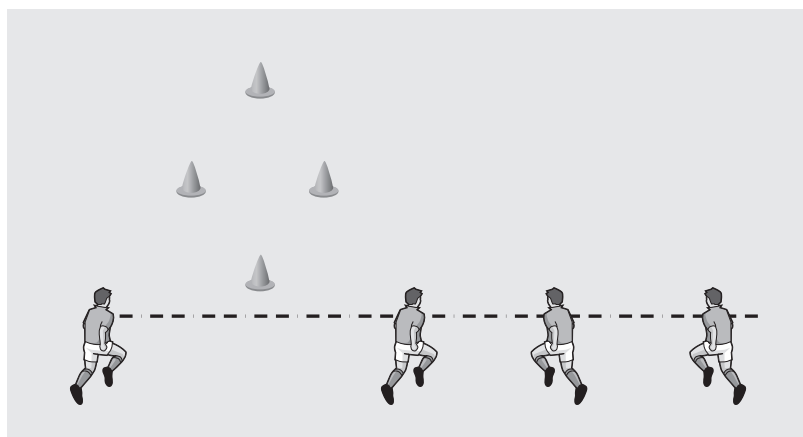
1. Coach will set up three or four cones set up as rucks around a 30m area
2. Each set of cones is a ruck where players will align in defensive role ABC
3. A – 1st defender on each side of the ruck
4. B – 2nd defender outside A
5. C – 3rd defender outside b

Coaching Points

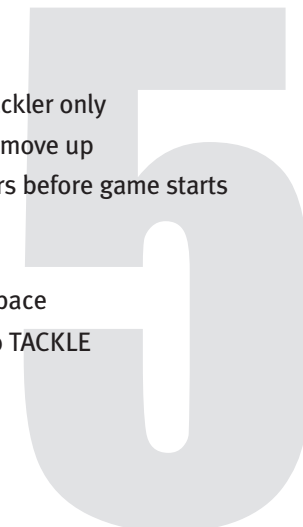
- › Coach will need to explain ruck shape ABC
- › Emphasis is on players identifying last feet at the ruck, spaces between each other and opposition
- › Alignment with team mates

Equipment

- › 4 markers and 1 ball.



Cross Field 7s



Overview

1. In two teams players play a game of cross field 7s
2. Coach may modify game rules across the game ie one tackler only
3. Players must pass the ball twice before the defence can move up
4. Coach must communicate the ruck offside lines to players before game starts

Coaching Points

- › Coaching cues – Players passing to targets and using space
- › Players confidence in contact CHANGE it up from TAG to TACKLE

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Two Man Tag Ball
2. Two Pass Tag Ball
3. Track – Tag – Tackle Progression
4. King of The Ring
5. Set Piece 7

Don't forget	Injuries/other comments	Session evaluation

Two Man Tag Ball

Overview

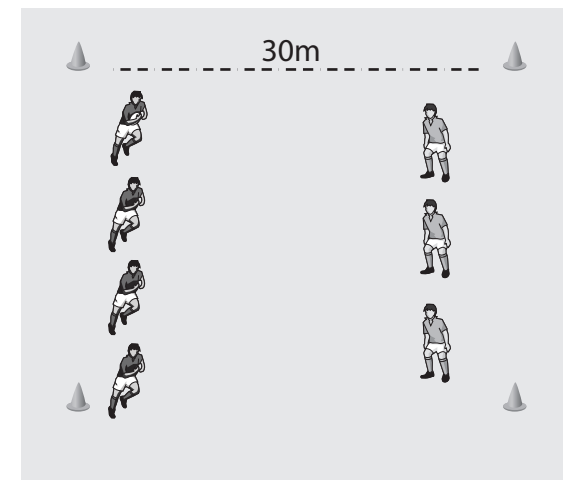
1. In a grid 30m x 30m two teams of equal numbers are selected
2. In a game similar to Tag ball teams aim to score by crossing the oppositions tryline
3. An attacking player can play through the first tag only until a second defender performs as tag
4. When he is tagged he must drop, roll (man on fire) and place
5. Support player must pick and pass the ball before the game continues
Defenders to retreat back 1 metre after each second tag

Coaching Points

- › Attackers – find space, target, fire wrists, support from depth
- › Defenders – including the second man encourages players working hard both inside and outside
- › Taggers must tag at the hips of the ball carrier

Equipment

- › 4 markers and 1 ball.



Two Pass Tag Ball

Overview

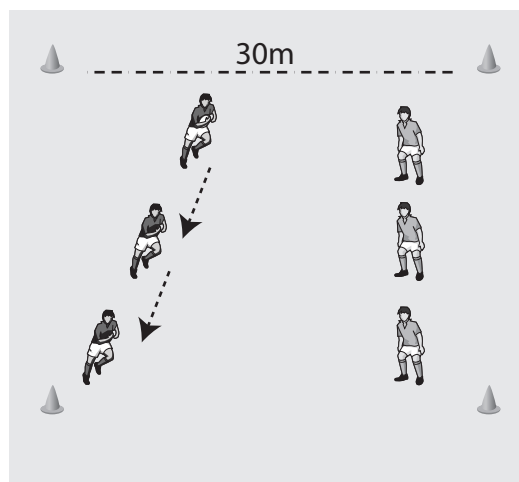
1. In a grid 30m x 30m two teams of equal numbers are selected
2. In a game similar to Tag ball teams aim to score by crossing the oppositions tryline
3. The attacking team must pass the ball twice before taking space forward
4. Coach may build on previous game and include two taggers as defence
5. Defenders must move back 1m from tagger while he drops, rolls and places the ball
6. Attackers should look to get the ball to space once a designated halfback picks and passes the ball

Coaching Points

- › Attackers – find space, target, fire wrists, support from depth
- › Defenders – including the second man encourages players wrking hard both inside and outside
- › Taggers must tag at the hips of the ball carrier

Equipment

- › 4 markers and 1 ball.



Track – Tag –Tackle Progression

Overview

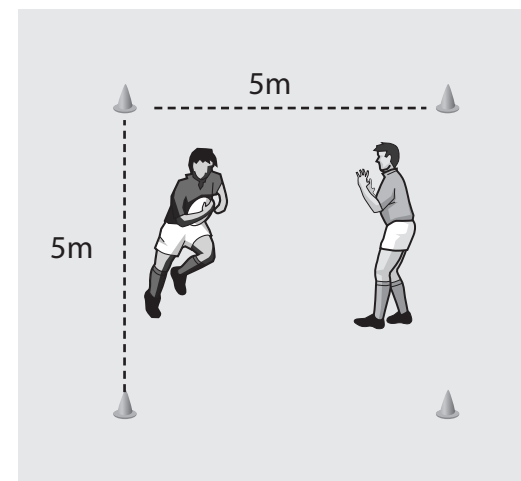
1. In a 5m x5m grid players align opposite facing each other
2. One player is nominated by the coach as the attacker
3. The defender must perform a tag at the hips with head to the side
4. Players turn and rotate positions
5. Coach will elect to progress to tackle once players show confidence in contact

Coaching Points

- › Alignment –on opposition – square hips
- › Cues that the coach should use: Align – Approach – Balance –Target
- › Defender must perform a tag at the hips and push through the contact in good body shape

Equipment

- › 4 markers and 1 ball.



King of the Ring

Overview

1. In a 10m diameter ring one defender is situated in the middle
2. Players on the outside are attackers who will enter the ring on the coaches call
3. Once a player is nominated he can enter the ring and aims to get to the other side
4. The game can begin with the defender performing a tag and progress to tackle
5. If a dominate tag or tackle is made on an attacker, he than swaps and enters the ring

Coaching Points

- › Defenders start defending in space
- › Encourage scanning and taking space
- › As activity progress coach cues should be around tackle contest
- › Active feet, shoulder on, strong body shape

Equipment

- › 4 markers and 1 ball.



Set Piece 7 – Lineout

Overview

1. In 3 lines similar to a game lineout set up players rotate through throwing and jumping
2. Players practice set up sequence ie 2 players in line plus one hooker
3. All players to have a practice in all positions
4. Catches to practice pass to halfback

Coaching Points

- › Throw to target, jump and catch- pass to halfback
- › Strong body shape, Hands up thumbs touch, grip and pass
- › Coach to explain Off side line from lineout (see Law summary)

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. 4 Attackers V 3 Defenders
2. One v One Pad Leg Drive
3. 1 v 1 Ball Presentation
4. T Tackle Drill
5. 4 Grid Tackle Progression

Don't forget	Injuries/other comments	Session evaluation

4 v 3 Staggered Defenders

Overview

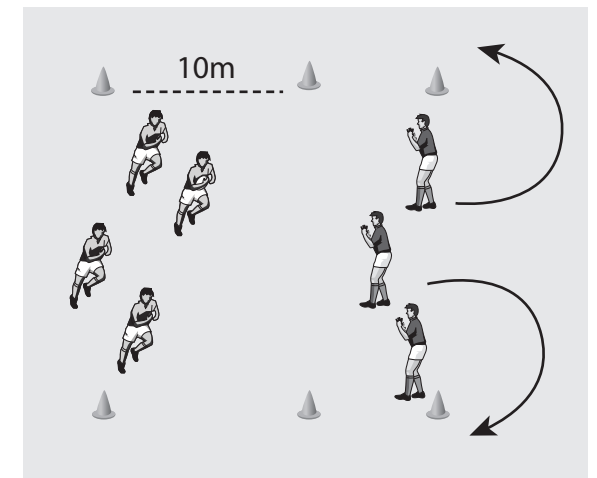
1. In a 20m x 20m grid four attackers aim to score a try at the opposite end
2. Four attackers start with one player being the ball carrier
3. Three defenders start in the middle waiting for the coach to call a colour
4. Once the Coach calls a colour the defenders must touch the cone before trying
5. To perform a tag on the ball carriers who aim to score a try at the opposite end
6. The 4 attackers aim to pass the ball between them before scoring

Coaching Points

- › Attackers- taking the space- running forward, finding support
- › Defenders using communication and speed to ball
- › Tag must be performed on the shorts
- › Once a try is score the coach should rotate players around the activity
- › Coach should have use a variety of colours on both edges so the space changes each time

Equipment

- › 4 markers and 1 ball.



1 v 1 Pad Leg drive

Overview

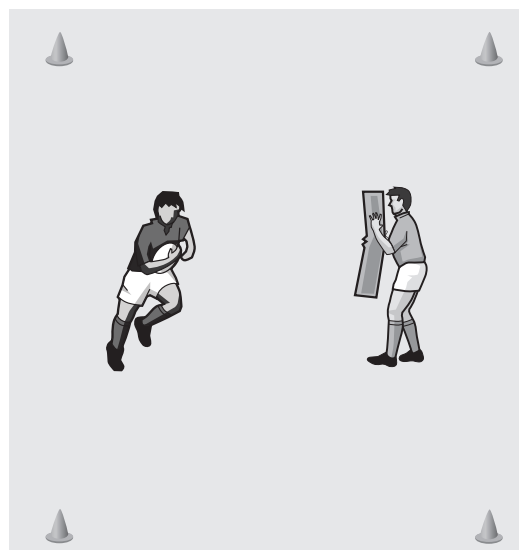
1. In a grid 1m x 1m one player holds a pad and is the nominated defender
2. The attacking player starts in front of the pad man holding the ball in two hands
3. On the coaches call he accelerates through the pads
4. Attacker is to keep good body shape throughout movement

Coaching Points

- › Ball away from contact, strong tuck and carry
- › Feet active (taking short steps) both pre-contact and post contact
- › Progression- once through attacker should drop, roll and place
- › Control- keep moving forward, strong body shape

Equipment

- › 4 markers and 1 ball.



1 v 1 Ball Presentation

Overview

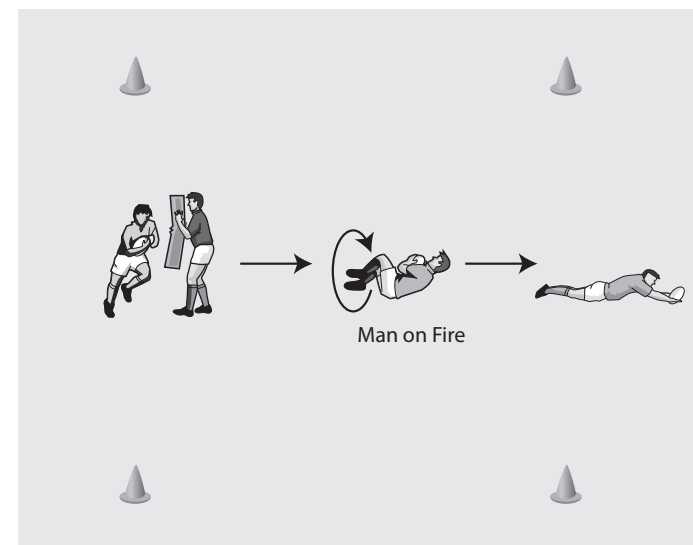
1. One player carrying a ball runs forward stepping a pole using footwork
2. One defender holding a pad acts as a defender
3. The ball carrier fights in contact, feet active, hips square before hitting the ground
4. Once on the ground he performs a roll (man on fire) and place

Coaching Points

- › Encourage players post contact to release ball carrier and roll away
- › Coach can vary the contest by taking away the pole and defender holding the pad

Equipment

- › 4 markers and 1 ball.



T Tackle Drill



Overview

1. In a grid in the shape of a T with cones each 1m from the middle
2. Defender is situated starting on the middle cone
3. On the coaches call colours a ball carrier moves forward
4. Defender in the middle must make 3 tackle in progression

Coaching Points

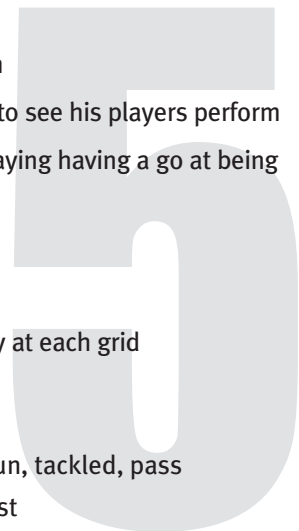
- › Tracking- Align, Approach, Balance and Target
- › Players need to be confident on both shoulders and learn how to approach
- › Shoulder on

Equipment

- › 4 markers and 1 ball.



4 Grid Tackle Contest



Overview

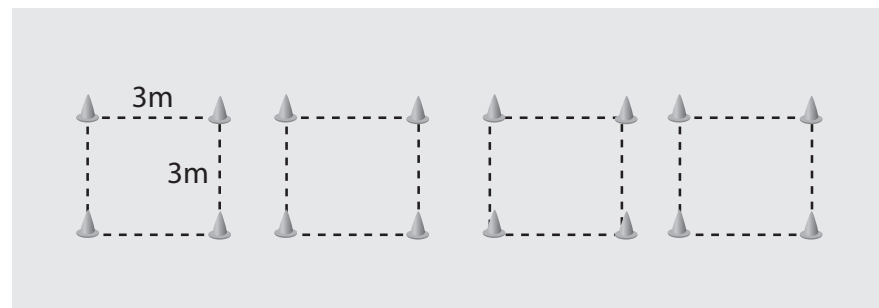
1. 3 grids are set up 3m x 3m with a 1m space between each
2. In each grid the coach chooses the activity he would like to see his players perform
3. Players rotate through the grid in groups of four (each playing having a go at being the ball carrier)
4. Players work in pairs and change teams across each grid
5. First arrival defender must perform a low tackle
6. The aim of the game is for the attacking pair to score a try at each grid

Coaching Points

- › Players to react to what the ball carriers decision is- ie run, tackled, pass
- › Support players from both sides must react at the contest

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Evaders v Taggers
2. 2 v 1 Pad Leg Drive
3. Game Channel Contact and Present
4. Tackle and Ball Presentation
5. Cross Field 7s

Don't forget	Injuries/other comments	Session evaluation

Evaders v Taggers

Overview

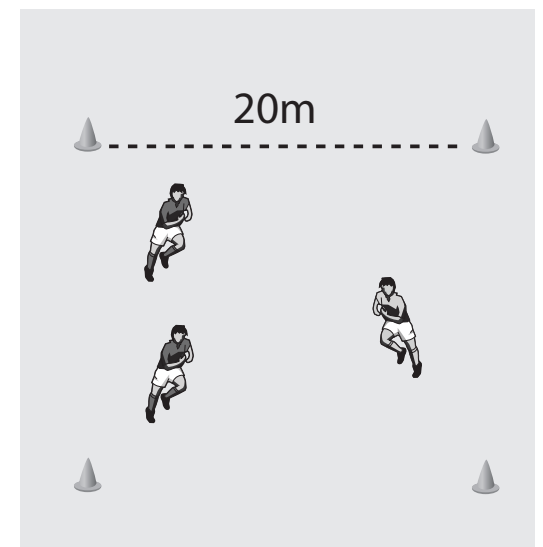
1. In a grid 20m x 20m all players are situated inside the grid
2. One group of players are the evaders while the other half are the taggers
3. Players on pursuit can carry a ball in two hands and perform a tag at the hips
4. A player who is tagged then runs a grabs a ball from outside the grid and becomes a tagger

Coaching Points

- › Encourage players to find space, use footwork and vision

Equipment

- › 4 markers and 1 ball.



2 v 1 Pad Leg Drive

Overview

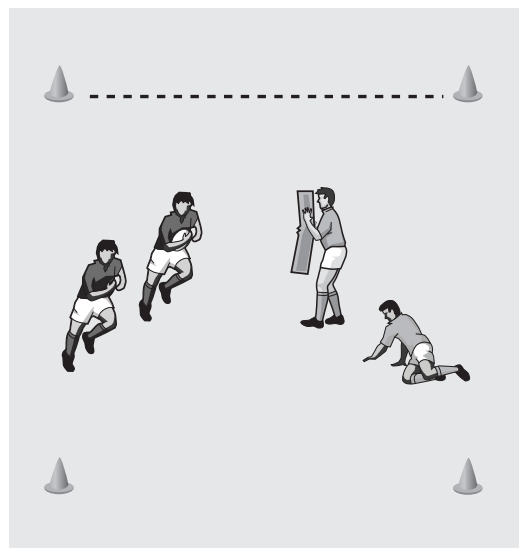
1. In a grid 1m x 1m one player holds a pad and is the nominated defender
2. Two attacking playing start in front of the pad man one holding the ball in two hands
3. The second support player starts on his knees and joins in support when contact is made
4. Attacker is to keep good body shape throughout movement
5. 2nd attacker playing can enter contact and support the ball carrier or come from depth and be a runner

Coaching Points

- › Ball away from contact, strong tuck and carry
- › Feet active (taking short steps) both pre-contact and post contact
- › Progression- once through attacker should drop, roll and place
- › Control- keep moving forward, strong body shape

Equipment

- › 4 markers and 1 ball.



Game Channel Contact and Present

Overview

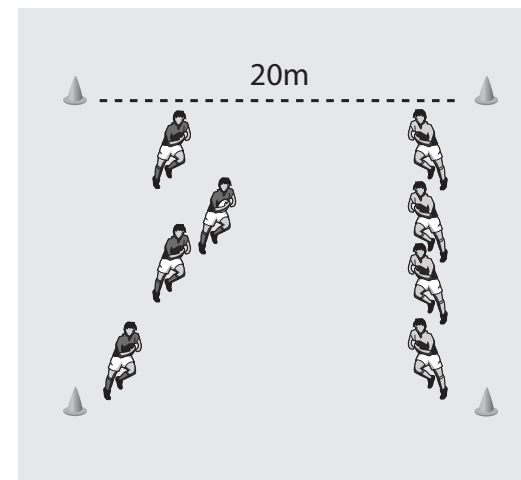
1. In a 20m x 20m grid players form two team of equal numbers
2. Contact game with one tackler only allowed in each contact
3. Once tackler has been brought to ground he must be able to present the ball and a halfback than picks the ball up and passes to support
4. Other defenders must get back behind last feet of the tackler

Coaching Points

- › Coach may elect to start with Tag before progressing
- › Low tackle focus, shoulder on, grip and squeeze, cheek to cheek, leg drive in contact
- › Defender to roll away once tackler is on the ground
- › Halfback MUST pass the ball once it is presented
- › Progression: allow two pass shift before defenders are allowed to move up

Equipment

- › 4 markers and 1 ball.



Tackle and Ball Presentation

Overview

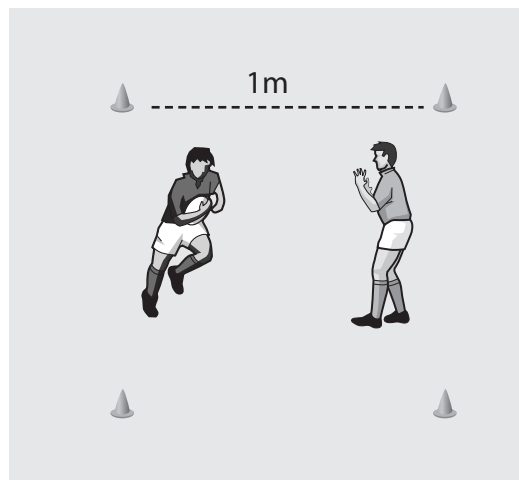
1. In a grid 1m x 1m players align opposite (coach may run two squares and instruct from the middle)
2. Attacker carries the ball forward and is tackled by a defender
3. Defender can start on one knee and nominate a shoulder
4. Once attacker is brought to ground the defender aims to get straight to feet
5. The attacker aims a long place while the defender goes for the ball

Coaching Points

- › Ball carrier to keep ball in two hands- transfer away from defender pre contact
- › Attacker must go to ground with ball in two hands
- › Long place away from the tackle contest
- › Defender must get shoulder on, cheek to cheek and grip, stick and squeeze

Equipment

- › 4 markers and 1 ball.



Cross Field 7s

Overview

1. In two teams players play a game of cross field 7s
2. Coach may modify game rules across the game ie one tackler only
3. Players must pass the ball twice before the defence can move up
4. Coach must communicate the ruck offside lines to players before game starts

Coaching Points

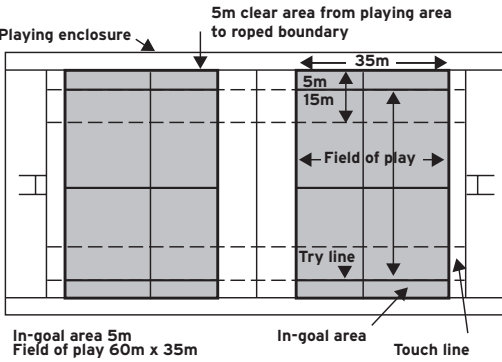
- › Coaching cues- Players passing to targets and using space
- › Players confidence in contact CHANGE it up from TAG to TACKLE

Equipment

- › 4 markers and 1 ball.



Coaching Resources

Competitions	<ul style="list-style-type: none"> No finals series allowed. Competition ladders and premierships are actively discouraged. Coaches are not allowed on the field beyond the first half of the season in the Under 9 age group.
The Ground	<ul style="list-style-type: none"> 60m x 35m maximum (ie. usually 1/2 field)  <p style="text-align: center;"> In-goal area 5m Field of play 60m x 35m </p>
The Ball	<ul style="list-style-type: none"> Size 3
Number of Players	<ul style="list-style-type: none"> Under 8: 7 players Under 9: 10 players Teams must match numbers on the field during play. If either team has fewer than the standard number of players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players for Under 8 and 14 players for Under 9.
Time	<ul style="list-style-type: none"> Under 8: 2 x 15min halves, 5min half time. Under 9: 2 x 20min halves, 5min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Drop Goals and Penalty Goals are not permitted. Conversions, if allowed by the competition organiser, can be either a drop kick or a place kick, and are taken on a line through the centre of the goal posts from 10m away. Players may not charge a Conversion attempt.

Foul Play	<ul style="list-style-type: none"> No fending to the face or head allowed (PK). No jersey swinging tackles allowed (PK). No kicking allowed in general play (scrum). A red card = sent off and cannot return. A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. When a yellow or red card is issued, the player may be replaced.
Kick-off and Restarts	<ul style="list-style-type: none"> Kick-offs to begin each half are punt kicks or drop kicks. The receiving team at a kick-off must be at least 5m back from half-way. If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). After a try, the non-scoring team takes a tap restart from the centre of the half-way line. Where a drop-out would normally occur under Law, the team entitled to the drop out will restart play with a tap restart at the centre of the 15-metre line.
Tackle / Ruck	<ul style="list-style-type: none"> Referees are reminded to encourage players to only play for the ball when they are on their feet. After the tackled player has passed or released the ball, no player may play the ball while on their knees.
Lineout setup	<ul style="list-style-type: none"> No quick throw-ins allowed. 2 players (in Under 8s) or 4 players (in Under 9s) from each team stand as catchers 1 metre from the opposition players in a single line 4 metres away from the touch line. The thrower of the team in possession stands on the line of touch. The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. There must be a receiver (scrum-half) 2 metres back from the lineout. The receiver must stay in position until they receive the ball from the lineout. All other players not taking part in the line-out must be back at least 5 metres. If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> The team throwing the ball in must win it. The ball is passed or knocked to the receiver who must then pass it to a team-mate. If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

Lineout offside	<ul style="list-style-type: none"> The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over. If players are offside, the referee awards a Penalty Kick.
Scrum setup	<ul style="list-style-type: none"> 3 players (in Under 8s) or 5 players (in Under 9s) from each team form the scrum. Both scrum-halves must stand on the same side of the scrum. All other players not taking part in the scrum must be back at least 5 metres. If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. There is no pushing in the scrum and the team throwing in the ball must win it. After gathering the ball, the scrum-half must pass it to a team-mate. If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum offside	<ul style="list-style-type: none"> The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. Opposition players must stay onside or stay bound until the scrum is over. If players are offside, the referee awards a Penalty Kick.
Tap Restarts	<ul style="list-style-type: none"> All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. The opposing team must run back at least 5 metres from the mark. At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

Player Report Card

Player Name:

Team Name:

Coach:

Season:



Skill	Comment
Attack	
Defence	
Individual Skill	
Team Work	
Training	
Behaviour	

Overall Comments:

.....

Signed:

Date:

For the Coach

Meeting the needs of a Junior Rugby Player

All junior rugby players are different and play sport for a variety of reasons. The most common reasons children play sport are, it's fun, it's with friends, it makes them feel good and it allows them to learn new skills.

- › Children love to play and have fun and that is what junior rugby should focus on. Training sessions should be enjoyable experiences where players participate in a broad range of activities in an atmosphere that is fun and centered on the players.
- › Children delight in the surge of emotions that junior rugby participation provides and enjoy that they can become physically fit along the way. By focusing on activities that encourage maximum involvement, players participate more and become fitter.
- › Children want to learn new skills and improve on ones previously learned. A player who experiences a good performance or receives feedback from a coach will increase their skill level. Furthermore, if success is measured in terms of personal growth and development and not by who won the contest, then they will be motivated to try harder and improve their skills even more.

With this in mind, the primary goal for all junior rugby coaches should be to create an atmosphere at training that is enjoyable, that requires kids to be active, and that is a genuine learning experience.

To make it easier for you to remember, we have developed the credo REAL Rugby. R is for Rugby, E is for Enjoyable, A is for Active and L is for Learning. Kids want your training to be full of RUGBY activities that are ENJOYABLE, ACTIVE, LEARNING experiences. So remember to Keep It REAL; and your players will enjoy the game as much as you do!

Roles and Responsibilities of Junior Rugby Coaches

The role of the junior rugby coach is a combination of four important responsibilities. They are a coach, teacher, trainer and motivator. Good coaches remember to plan and organise activities that allow kids to progress through a series of skills, in an enjoyable way. Coaching kids should involve a lot of fun experiences that focus on co-operation, teamwork and fair play.

The art of good teaching is to explain and demonstrate an activity clearly, facilitate suitable practice, and then modify errors in performance through observation and analysis. Good teachers introduce new things one at a time and keep instructions short and simple. Good trainers understand that all kids are different and develop at different rates. They are aware of the physical and emotional characteristics of their players, and are able to prescribe the appropriate levels of exercise to help them become physically fit.

As a motivator, the coach needs to be sensitive to players needs and appreciate

why they play sport and what they enjoy about sport. Good motivators communicate positively with players, and understand how important regular praise and encouragement is to a player's development.

The junior rugby coach is responsible for reinforcing the ideals of rugby to the players. The desirable qualities of sportsmanship, fair play and teamwork are to be positively rewarded. Players should be allowed to develop skills and learn the game without the presence of external pressure to win premierships. The focus should be on the process rather than the outcome and the safety of the players must be the overriding consideration.

To ensure all players are provided a fair go, they should receive equal game time where possible. Favouritism should not be shown to star players at the expense of others. The junior rugby coach is also responsible for educating the players' parents, so they understand the ideals of rugby and the coaching philosophy. Through a co-operative effort, parents can also assist in providing the players the best rugby experience possible.

Using this resource

This training resource has been designed to assist you through the duration of the junior rugby season. The training sessions and activities have been designed to meet the development needs of your players and provide them with the skills required to succeed in their relevant game style.

Helpful Group Management Tips

A coach's job is made easier by applying good group management skills. Here are twelve helpful group management tips that will make you a better coach.

1. Make your expectations clear – At the beginning of the training session outline with the team your expectations in relation to practice, recovery, discipline, safety and instructions. In particular establish a signal for attention when you want the players to stop what they are doing and listen; ie. whistle or loud phrase.
2. Use grids and small groups for practice – Set up a training grid to manage training space and numbers of groups effectively. Position 12 markers in a 'six pack' and place small groups in each of the six grids for skills practice.
3. Utilise partner activities – For maximum involvement have players pair up and practice skills one-on-one. Encourage players to experiment with skills and to discuss techniques with their partner.
4. Organise your equipment – Ensure enough equipment is ready for the training tasks and set up a 'gear square'. It is important also to establish a system to issue, collect and down gear during sessions; ie. nominate gear stewards, all balls on the ground etc.
5. Adopt an effective teaching position – Demonstrate and deliver instructions from

a central position where you are easily seen and heard. Position your players in a semi-circle facing you, so any potential distractions are behind them; ie. the sun or other training groups. Ensure that you are not wearing sunglasses so you can make eye contact with your players.

6. Utilise volunteers – To allow efficient teaching of the players during practice, ask parents to assist with the co-ordination of simple drills. Place them in the grid at key positions and have them direct the players whilst you observe practice and provide feedback.
7. Ensure safety first – It is important players are prepared adequately for training in particular when practicing contact elements of the game. Attention must be paid to a correct warm up and cool down, suitable recovery periods, use of protective gear including mouth guards and matching of body types where possible.
8. Vary your tone of voice – Use variation to stress different points. ie. softer for individualised instruction, louder for group safety and/or discipline instructions, slower and pronounced for key points, faster for verbal cues given on the run.
9. Teach discipline – Most players misbehave when they are forced to wait and/or do not know what are the expectations of the coach. From the beginning outline what behaviour you expect from them and if necessary put in place a 3 strikes rule. This allows for two repeated warnings for bad behaviour followed by removal to the 'sin bin' after the third indiscretion for a designated period of time. The sin bin should be a small marked out area, in view of the coach but away from the distractions of other players at training.
10. Provide recovery and revision – Ensure players have water readily available and allow them to recover and hydrate at regular intervals during the session. Also, use the time before, during and after the session when the players are 'off task' to reinforce concepts from the practice.
11. Give regular feedback – Clear and constructive comments make players feel as though their efforts are valued. It is important you praise good effort as much as possible and give specific feedback on players performances based on what they have been taught. Feedback is best received by individuals straight away; and by the team after the drill or game has been completed.
12. Learn to use the whistle – The whistle is a valuable tool to gain your players attention if used sparingly. Practice a number of whistle sounds to display different signals ie. short to stop and start activities, loud and long for discipline, loud and repeated sharply for safety matters; and use them consistently at training for the best effect.



CONGRATULATIONS

ACCESS CERTIFICATES ON
THE PATHWAY WEBSITE



Australian Government
Australian Sports Commission



Everyone plays a part.

Under 8 Pathway Coaching Checklist

Coaches are encouraged to review and record sessions

ELEMENT	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Manual				
Set Piece				
Games				

ELEMENT	SESSION 5	SESSION 6	SESSION 7	SESSION 8
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Manual				
Set Piece				
Games				

ELEMENT	SESSION 9	SESSION 10	SESSION 11	SESSION 12
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Manual				
Set Piece				
Games				

ELEMENT	SESSION 13	SESSION 14	SESSION 15	SESSION 16
Running				
Evasion & Tracking				
Ball Handling				
Catch, Pass & Support				
Contact & Carry				
Track to Tackle				
Tackle Contest Ruck & Manual				
Set Piece				
Games				



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