Sample training plan for under 6 years rugby union.

This requires a focus on fun, basic skills development, and ensuring safety. At this age, the primary goal is to foster a love for the game while teaching fundamental motor skills and basic rugby concepts.

# Here's a structured training plan:

## Objectives:

1. Fun and Enjoyment: Ensure all activities are enjoyable.

2. Basic Motor Skills: Develop running, catching, throwing, and coordination.

3. Introduction to Rugby Skills: Teach basic rugby skills in a simple and engaging manner.

4. Safety and Teamwork: Emphasize safety and the importance of teamwork.

## Weekly Training Sessions:

Each session should be about 45-60 minutes, including warm-up and cool-down periods.

### Session Structure:

1. Warm-Up (10 minutes)

- Simple games like tag or follow-the-leader to get the kids moving and excited.

- Dynamic stretches and fun movements (e.g., hopping, skipping).

2. Skill Development (25-30 minutes)

- Basic Ball Skills:

- Passing: Use soft rugby balls. Practice passing in pairs, focusing on the basic technique (side pass).

- Catching: Simple catching drills. Encourage using both hands to catch.

- Running and Agility:

- Obstacle courses with cones to run around, over, and through.

- Relay races to build speed and teamwork.

- Basic Rugby Concepts:

- Tag Rugby: Introduce the concept of tagging. Players wear tags that others try to pull off instead of tackling.

- Try Scoring: Teach how to score a try by running and placing the ball down over the try line.

3. Games (15-20 minutes)

- Small-Sided Games: Play 3v3 or 4v4 tag rugby games. Focus on participation and applying the skills learned in a game setting.

- Fun Rugby-Related Games:

- Sharks and Minnows: One player (the shark) tries to tag the minnows as they run from one side of the field to the other.

- Rob the Nest: Balls are placed in the middle, and teams try to collect as many as possible for their "nest."

4. Cool-Down (5 minutes)

- Gentle stretching.

- Calm activities like "Simon Says" focusing on stretching and cooling down.

## Monthly Focus Areas:

1. Month 1: Introduction to Basics

- Focus on fundamental motor skills: running, catching, and passing.

- Introduction to basic rugby rules and concepts.

2. Month 2: Skill Reinforcement

- Reinforce passing and catching techniques.

- Introduce simple strategies and teamwork concepts.

3. Month 3: Game Understanding

- Start small-sided games to apply skills in a game context.

- Encourage communication and basic positioning on the field.

4. Month 4: Fun Competitions

- Organize mini-tournaments with small prizes.

- Focus on the joy of participation rather than winning.

# Tips for Coaches:

- Keep Instructions Simple: Use clear, short instructions and demonstrate activities.

- Positive Reinforcement: Praise effort and improvement, not just skill.

- Safety First: Always ensure the playing area is safe and that activities are suitable for the age group.

- Parental Involvement: Encourage parents to participate and support their children positively.

By structuring sessions around fun, engagement, and basic skill development, young children can develop a love for rugby while learning essential skills that will serve as the foundation for future growth in the sport.