U15 & U16 · PERFORMANCE FOUNDATIONS

YOUTH RUGBY · THEME 2 — GROW YOUR SKILLS, GROW YOUR GAME

Stage: Connect C
Builds into U17 & U18 ›

PRINCIPLES OF PLAY

Possession · Go forward · Support · Continuity · Pressure · Points or Regain Possession

GAME ELEMENT

Counter-attack





















CORE RUGBY SKILLS — C CONNECT

Catch & Pass	Skill under pressure · pass subtlety · active feet · off both hands
Carry & Contact	5-point carry · dominant ball-and-all · lock tackle · low body position
Ground Skills	Ball two hands · ball to chest · hips square · land on ball, score the try · pop hips · 2nd effort
Track to Tackle	Align · Approach · Balance · Contact
Attacking Contest	Jackalling · body position at contest · clean-out technique
Defensive Contest	Lock tackle · strip technique · line speed and blitz reads
Scrum — Crutch Bind	6 principles under load · wheel recognition · No.8 pick options
Lineout Roles	Leg lift · lineout calls · pod organisation · maul entry

RUGBY IQ — SCAN, DECIDE, COMMUNICATE

Eyes	Pre-scan before receiving · read defensive line width and depth
Decide	Phase-to-framework trigger — set play vs play what you see
Comms	Unit calls (pod names, lineout codes) · communicate defensive system
Pressure	Maintain decision quality under fatigue
Kicking	Tactical kicks · box kick · cross-field · grubber in attack · 50/22

COACHING FOCUS

Prioritise:	Position-specific technique and skill under pressure. Coach WHEN and WHY, not just WHAT.
Watch for:	Players reading defensive shape before receiving. Unit communication that's player-led.
Coming next (U17 & U18):	Complex set-piece, kick strategy, defensive systems and peer leadership.

PHYSICAL CAPABILITIES — C CONNECT

Relative Strength	Control own bodyweight under fatigue — plank, chin-ups, squats
Power Markers	Broad jump, vertical jump — explosiveness in contact and sprint
Speed Endurance	Repeated sprint ability (RSA over 6–8 sprints)
Scrum & Maul Readiness	Safe body shape sustained against resistance

PSYCHOLOGICAL SKILLS — C CONNECT

Goal Setting	Sets short-term, realistic personal goals
Confidence Under Pressure	Executes skills in competitive games
Reflection	Can describe what went well / what didn't after matches
Emotional Control	Keeps discipline despite provocation or fatigue

SOCIAL & LEADERSHIP — C CONNECT

Team Organisation	Contributes to team talks or huddles
Constructive Feedback	Provides peers with specific, positive input
Responsibility	Manages own equipment, preparation, and punctuality
Emerging Captaincy Traits	Directs peers in small game situations

ATTACK & DEFENCE METHODS

Attack Frameworks	Width · Depth · Outside Foot Forward
Defence Frameworks	Linespeed · Spacing · Connection
Restart Framework	Positioning
Scrum Framework	Hooker COMMS · Push timing · MayDay · 4S (Square, Solid, Stable, Synchronised)
Lineout Framework	Leg lift · Lineout calls · Pod roles
Kick Method	Exit · 50/22m