U11 & U12 · DEVELOPING GAME SENSE

JUNIOR RUGBY · THEME 1 — BUILD THE RUGBY FOUNDATIONS

Stage: Decide D
Builds into U13 & U14 ›

PRINCIPLES OF PLAY

Possession · Go forward · Support · Continuity · Pressure





















CORE RUGBY SKILLS — D — DECIDE

Catch & Pass	Body tilt · scan early · early catch · move forward onto ball
Carry & Contact	Footwork · keep ball alive · long quality place · scan early
Ground Skills	Ball two hands · ball to chest · hips square · land on ball, score the try · prawn (ball to near toes)
Track to Tackle	Align · approach · balance · contact
Attacking Contest	Eyes on threats · enter square · shoulders above hips · leg drive
Defensive Contest	Eyes on opportunities · win the race · entry height · reload
Scrum — Waist or crutch bind	6 principles under light load · binds · Mayday · No.8 options
Lineout Roles	Leg lift (U12s) · throw, jump & support

RUGBY IQ — SCAN, DECIDE, COMMUNICATE

Eyes	Pre-scan — read defensive line before receiving the ball
Decide	2v1 and 3v2 decisions — draw and pass · when to go alone
Comms	Support calls · announce decision ('hold', 'go', 'pass') before contact
Reads	Identify mismatches — narrow defence, drifting defender, overlap
Kicking	Punt technique · grubber · restart reception

COACHING FOCUS

Prioritise:	Game sense through small-sided games. Players should be making decisions, not just executing.
Watch for:	Support lines forming before contact. Players scanning before receiving.
Coming next (U13 & U14):	Phase play, attack width and depth, defensive principles begin.

PHYSICAL CAPABILITIES — D — DECIDE

Core Stability	Plank, hollow hold — resist force in contact and ruck entry
Functional Strength	Squat, lunge, push, pull — basic shapes with own bodyweight
Speed Endurance	Repeated short efforts — 5 on, 5 off patterns in training
Jumping & Landing	Safe landing mechanics — two-foot landing, absorb and stabilise

PSYCHOLOGICAL SKILLS — D — DECIDE

Resilience	Recovers from setbacks without disengaging
Awareness	Notices space, opposition, teammate cues in game situations
Decision-Making	Selects best option in small-sided games (2v1, 3v2)
Positive Self-Talk	Encourages self and others in challenging drills

SOCIAL & LEADERSHIP — D — DECIDE

Positive Communication	Uses voice to organise ('line up', 'defend left')
Cooperation	Works in pairs/units — ruck, tackle, support play
Fair Play	Admits knock-on, offside — demonstrates honesty
Emerging Leadership	Some players naturally help organise peers

GAME FRAMEWORKS

Attack Frameworks	Width · Depth · Outside Foot Forward
Defence Frameworks	Linespeed · Spacing · Connection
Restart Framework	Positioning
Scrum Framework	Hooker COMMS · Binds · No.8 options · MayDay
Lineout Framework	Throw · Jump · Support