# U9 & U10 · FOUNDATION CONTACT

**JUNIOR RUGBY · THEME 1 — BUILD THE RUGBY FOUNDATIONS**

**Stage: Discover** D
Builds into U11 & U12 ›

## PRINCIPLES OF PLAY
Possession · Go forward · Support · Continuity



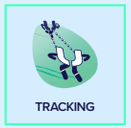



















## CORE RUGBY SKILLS — D DISCOVER

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|---|---|
| **Catch, Carry & Pass** | Target · early catch · hands above elbows · fast feet · keep moving forward |
| **Fall and Place** | Land on ball · score the try · prawn (ball to near toes) |
| **Track to Tackle** | Align · approach · balance · contact (AABC) · chop tackle · punch, wrap, squeeze |
| **2v2 Tackle Contest** | Enter square · shoulders above hips · feet past ball · decision making |
| **Scrum — Waist or crutch bind** | 6 principles: feet · knees · hips · chest · back · head · binds |

## RUGBY IQ — SCAN, DECIDE, COMMUNICATE

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|---|---|
| **Eyes** | Look up before receiving — find space or a teammate before the ball arrives |
| **Decide** | Pass vs run — read the defender. If defender comes to you, pass. If space, go. |
| **Comms** | Call for the ball ('here!', 'pass!') · tell the ball carrier what you see |

## COACHING FOCUS

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|---|---|
| **Prioritise:** | Tackle safety and ball in hand. Keep it fun — errors are expected at this stage. |
| **Watch for:** | Players scanning before contact. Anyone calling for the ball — that's Rugby IQ emerging. |
| **Coming next (U11 & U12):** | Contest skills, lineout introduction, unit play and game frameworks begin. |

## PHYSICAL CAPABILITIES — D DISCOVER

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|---|---|
| **Safe Body Shapes** | Stable base in contact — low stance, bent knees, neutral spine |
| **Strength Foundations** | Push/pull own bodyweight — plank, crawl, animal walks |
| **Speed Markers** | Acceleration over 5–10m, chase and retreat quickly |
| **Agility** | Maintain balance through tag and tackle contact |

## PSYCHOLOGICAL SKILLS — D DISCOVER

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|---|---|
| **Persistence** | Keeps trying after errors or contact |
| **Basic Problem-Solving** | Chooses between two clear options — pass vs run |
| **Listening & Recall** | Remembers and applies a simple game rule across the session |
| **Courage** | Willingness to make first tackles or carry into contact |

## SOCIAL & LEADERSHIP — D DISCOVER

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|---|---|
| **Communication Basics** | Calls for the ball ('here', 'pass') in small-sided games |
| **Respectful Behaviour** | Shakes hands, thanks opponents and referees |
| **Team Belonging** | Identifies with team colours and values |
| **Encouragement** | Begins praising teammates ('good job') |