U13 & U14 · EXPANDING GAME FRAMEWORKS

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

Stage: Adapt A
Builds into U15 & U16 ›

PRINCIPLES OF PLAY

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

GAME ELEMENT

Counter-attack





















CORE RUGBY SKILLS — A — ADAPT

Catch & Pass	Under pressure · pass subtlety · long pass · active feet
Carry & Contact	Body tilt · dominant carry · ball protection · offload
Ground Skills	Ball two hands · ball to chest · hips square · land on ball, score the try · pop hips · prawn (ball to near toes)
Track to Tackle	Align · Approach · Balance · Contact (AABC)
Attacking Contest	Jackalling · low body position at contest · clean-out entry
Defensive Contest	Line speed · tackle + reload · lock tackle basics
Scrum — Crutch Bind	6 principles under load · crutch bind intro · Mayday · push timing
Lineout Roles	Leg lift · lineout calls · pod roles

RUGBY IQ — SCAN, DECIDE, COMMUNICATE

Eyes	Read defensive alignment width and depth before calling or receiving
Decide	Phase-play trigger — attack wide vs keep tight vs kick
Comms	Pre-phase defensive alignment · set-play name · folding (Attack & D)
Reads	Anticipate next phase — where will space open after contact?

COACHING FOCUS

Prioritise:	Phase play with shape. Players should understand WHY a structure works, not just what to run.
Watch for:	Player-led communication before phase play. Anyone reading the game a play ahead.
Coming next (U15 & U16):	Position-specific skills, attack and defence methods, kick strategy.

PHYSICAL CAPABILITIES — A — ADAPT

Contact Robustness	Confidence in repeated safe tackle/ruck involvements
Strength Markers	Bodyweight squats, push-ups, chin-ups (basic control)
Sprint Profile	Acceleration to max speed (20–30m)
Agility with Ball	Sidestep + offload under defensive pressure

PSYCHOLOGICAL SKILLS — A — ADAPT

Adaptability	Adjusts to new roles or positions when asked by coach
Game Sense	Begins anticipating play — what happens after this phase?
Pressure Management	Composure in contested situations and close finishes
Growth Mindset	Reflects on what can improve rather than blaming others

SOCIAL & LEADERSHIP — A — ADAPT

Role Clarity	Understands individual role within unit and team structures
Supportive Behaviours	Helps teammates who make errors
Respect for Officials	Adapts behaviour after referee feedback
Leadership Moments	Volunteers for small roles (captain coin toss, warm-up lead)

GAME FRAMEWORKS

Attack Frameworks	Width · Depth · Outside Foot Forward
Defence Frameworks	Linespeed · Spacing · Connection
Restart Framework	Positioning
Scrum Framework	Hooker COMMS · Push timing · MayDay
Lineout Framework	Leg lift · Lineout calls · Pod roles