



Brothers Junior Rugby Coaching Directive 2010

In 2010 we have implemented a resource for all of our coaches and players which we hope will improve the skill levels of all of our players from U/6 – U/17.

The directive is also aimed at new or reasonably new coaches who are very keen to take part in their child's rugby career but are concerned that their lack of knowledge may prohibit them from teaching their teams the skill sets that are needed in their respective age group.

We will be breaking this up into 2 areas:

U/6 – U/10

1. Straight running drills (getting them running the right way) U/6 & U/7
2. Running with the football in 2 hands
3. Correct tag technique U/6 and U/7 and defensive drills U/8 – U/10.
4. Games that incorporate skills (All age groups)
5. Defense structure and technique mainly U/8 – U/10 but later in season for U/7 in preparation for following year. This will include games against others brothers teams.
6. Maul and breakdown drills eg clearing and entering (U/8 –U/10)
7. Scrumaging and lineout technique and drills.
8. Training night assistance for coaches from coaching committee.

U/11 – U/16

1. Possession: Holding ball prominently in 2 hands
2. Setting up: correct fall and placing technique
3. 3 on 2 drills in both attack and defense
4. Line running (mainly U/11 – U/16)
5. Defense structure: Technique
6. Defense drills: eg Technique and defensive skills
7. Maul and breakdown drills, eg clearing and entering
8. Scrumaging and lineout technique and drills
9. Set plays
10. Change of Angle and line running
11. Structured ball work inc opposed and unopposed sessions

Brothers Junior Rugby Coaching Committee

Name	Mobile	Email
Michael Barlow	0433 151677	michael@barlowconsulting.com.au
Andrew Clough		Andrew.clough@professionalsnewfarm.com.au
Alan McLaughlin		alan@chaps.com.au
Brett Richter		brichter@inghams.com.au
Steve Partridge		smpartridge@bigpond.com.au
Dave Buchanan		dbuchanan@brookwatergolf.com
Andrew Twist		andrew.twist@student.griffith.edu.au

This resource is open to ALL coaches and the club certainly encourages all teams and coaches to use the above panel.

The Brothers Junior committee has implemented this to ensure all of our coaches have a resource they can call on and to make the 2010 season an enjoyable year for you and most importantly your team.