

FAQ- KIDS PATHWAY UNDER 6s - UNDER 12s

WHAT ARE THE AIMS OF THE KIDS PATHWAY?

The aim of the TryRugby Kids Pathway for U6 to U12 players is to provide a series of age-specific modified rugby games. These modified rugby games progressively develop the individual skills, fitness and team work of all players in accordance with their physical maturity and understanding of the game. For starters, there's no tackling for ages Under 6 & 7 years, and winning comes a distant third to having fun and making new friends.

WHAT ARE THE BENEFITS OF KIDS PATHWAY?

There are a number of benefits across the pathway:

- Game styles have been progressively developed so players can increase activity levels for maximum participation and enjoyment.
- Game styles and skills focus aim to meet developmental needs of young Rugby players in line with the safety focus of the modern game.
- Provide an integrated and consistent approach to the development of U6 to U12 players, coaches and referees across the country.
- Players and coaches all have a **REAL** experience i.e. Rugby practice that is **E**njoyable, **A**ctive and players are developed through the **L**earning experience.

WHY ARE THE PATHWAY STYLES SAFE?

Each game-style of the U6 to U12 Kids Pathway has a developmental skills focus which takes into account the chronological age of the child and their capacity for safe and achievable rugby skill acquisition.

The key aims being to:

- Keep it simple, free flowing and enjoyable.
- Let the players develop skills with safety.
- Discourage any dangerous actions or unsafe practice.
- Adopt an educative, positive reinforcement approach.
- Ensure that players receive an equal chance to participate regardless of ability.

HAS THEIR BEEN ANY LAW MODICFICATION IN 2012?

Some minor Law modifications have been made based on feedback received, but the number of players on the field and Law applications that promote safety, attacking play and age-appropriate skill acquisition all remain the same. This guarantees every player more opportunities to carry the ball, run into space, support team-mates and score tries. The major variations across age groups are game styles, skill focus, playing area, playing time.



WHAT ARE THE BEST ASPECTS OF THE GAMES MODIFICATIONS?

Firstly, every player is provided with more opportunities to carry the ball, run into space, support team-mates and score tries. Modifications across all age groups enable players to develop Rugby game understanding in a more controlled environment. Safety issues and player development are also key components the pathway.

WHAT AGE IN THE PATHWAY DO PLAYERS START TO TACKLE?

Under 8s! Research shows that injuries in the younger age groups are very few. They average only 7.7 injuries per 1000 playing hours. They occur more at the tackle, with falling to ground being the most common cause. Coaches are encouraged to spend time on developing confidence in contact, correct falling technique, and working with both the tackler and tackled player. All supportive tackle technique material can be found on our website.

WHEN I PLAYED RUGBY WE DIDN'T PLAY DIFFERENT STYLES!

That's correct. The ARU and its Member Unions have conducted several extensive reviews across these age groups. The pathway aims to develop players with a better game understanding while focusing on participation, enjoyment and the development of ALL players.

WHAT DO COACHES NEED TO DO?

Under 6s and 7s coaches are allowed on the field to support their own team, opposition players and provide an environment that is inclusive for all players. Coaches are to reference the modifications in the age group you are coaching and develop your sessions around this. Reminder U6s and U7s have a manual already.

ARE THE PLAYERS GOING TO GAIN A BETTER GAME UNDERSTANDING?

That's the idea! Players will develop a better understanding of general movement, coordination, and safe technique of skills as well as various rugby elements. The National Survey conducted in 2011 provided evidence that coaches and parents are supportive of the pathway modifications.

WHERE ARE THE COACHING KIDS MANUALS

Coaches and clubs should have been issued an U6s and U7s manual. If you need to access these they are located on TryRugby Kids Pathway website.



Everyone plays a part.

WHERE CAN I FIND EXTRA SUPPORTIVE MATERIALS LAWS SUMMARYS AND EDUCATION

Pathway modifications and Laws summaries are located on the TryRugby Kids Pathway website. Alternatively, coaches can also access My RugbyTV for updated video footage. Supportive manuals for Under 6s and 7s as well as game styles, game focus can also be found here.

WHAT COACHING QUALIFICATIONS DO I NEED?

SmartRugby is the minimum requirement for coaches of the U8 – U12 age groups, however it is highly recommended that all Pathway coaches complete a Coaching Kids Rugby certificate. This certificate course includes SmartRugby and also provides coaches with age specific skill activities, games and group management tips

WHAT'S NEXT?

As part of the TryRugby Pathway the ARU and its member Unions will provide coaching manuals across all pathway age groups. These manuals will be available on our website, as well as distributed across all State and Territory Unions. Additional Coaching clips and session plans will continue to be available on RugbyTV.

CAN YOU PROVIDE FEEDBACK?

Yes! As part of the pathway moving forward you are encouraged to provide relevant feedback on the TryRugby Kids Pathway site.

TryRugby Kids Pathway – U6 to U12

http://www.rugby.com.au/tryrugby/KidsRugby/KidsPathway.aspx



http://tv.rugby.com.au/