



KIDS FIRST RUGBY

Bringing the Best out of Every Child

Maintaining Continuity Pre- contact

**BURTON
JUNE 21 2014**



KIDS FIRST – continuity practical programme

Practical Delivery

Fun warm up plus playing a games via the 'Principles of Play'

Recognising space, maintaining the space and attacking through that space

Using the Development area..

Maintaining continuity whilst still evading the opposition.

Change the entry of the ball/environment /playing area/ try lines/team members

Manipulate the defence to coach attack

Manipulate the attack when coaching defence.

Change starting positions/attack moving forward and defence moving backwards



KIDS FIRST – continuity outcomes

By the end of this module:

- you will understand the basic principles to help you design games that will maximise both the technical and tactical continuity skills of your players
- you will have a good understanding of what and how to coach the continuity skills needed to help avoid contact with opponents



What do we understand by

CONTINUITY pre-contact?



CONTINUITY



KIDS FIRST – continuity

Go forward as quickly as possible by avoiding contact with the opposition whilst maintaining possession of the ball.

KEEP THE BALL ALIVE!



KIDS FIRST – continuity

Playing philosophy for young players:-

- “How are we going to score from here?”



KIDS FIRST - maintaining continuity

- Identify or create a space
- Maintain/enlarge that space
- Attack through that space
- Support the ball carrier



KIDS FIRST - maintaining continuity

What are the continuity skills that we can use pre-contact ?



KIDS FIRST - options for continuity, pre - contact

- Spatial awareness – Attack a Space to go forward
- Evasive skills – agility, side-step, change of pace, swerve, twist and turn.
- Lateral pass - Fixing defenders, passing/dummying
- Picking up a static or rolling ball
- Support lines (magic diamond)
- Change of direction or switch/dummy switch pass



KIDS FIRST - options for continuity pre - contact

- Pop pass, Drift pass
- Loop/dummy loop pass
- Cut out pass
- Quick hands passing
- Miss pass



KIDS FIRST - best option

- How do players decide on which skill is the best option in a certain situation?



KIDS FIRST - intuitive decision-making

Identify cues

Interpret and
organise

Appropriate
response



KIDS FIRST - coaching through games

Philosophy of Games Approach

GAME is the TEACHER

PITCH is the CLASSROOM

COACH is a FACILITATOR



KIDS FIRST - creating games to improve decision making

Change the:

- shape of working area
- starting position of attackers, defenders or both
- attacking partnerships and defensive partnerships
- the position or the way the ball is introduced into the playing area
- the numbers in teams (overload)
- Introduce points system to encourage a certain skill to be used



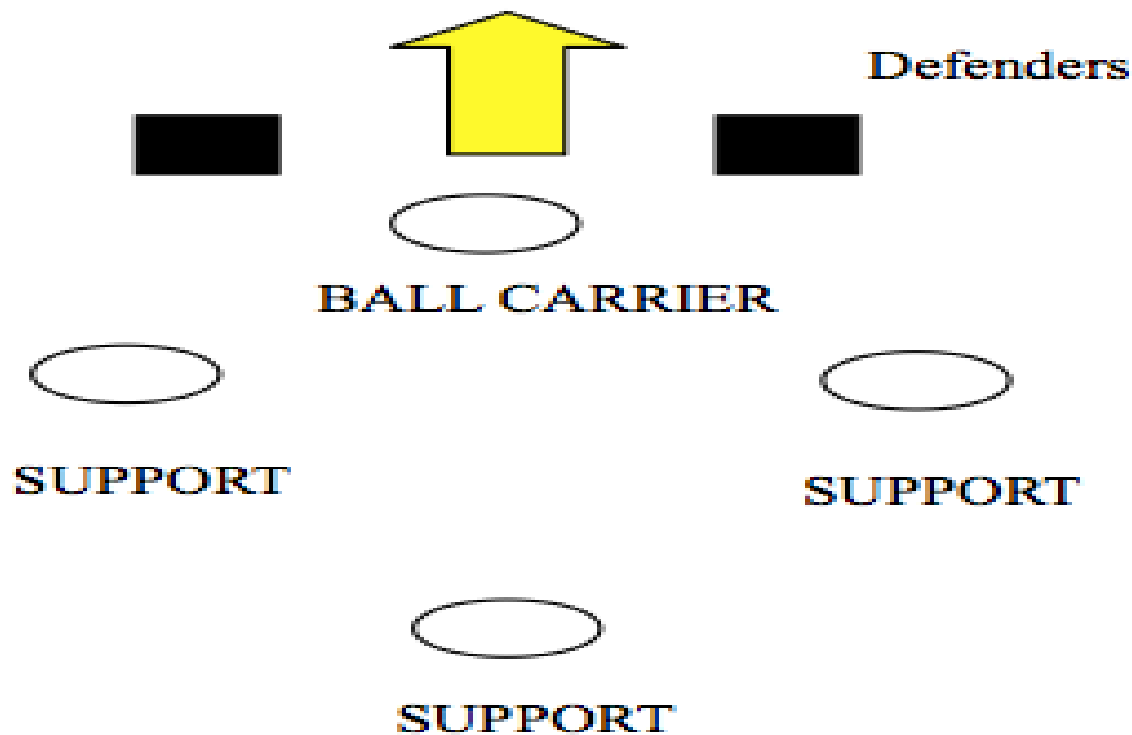
KIDS FIRST - creating games to improve decision making

- **ALWAYS** condition the defence when coaching attack and vice versa
- Introduce points system to encourage a certain skill to be used



KIDS FIRST - set goals for the players

Example – Support Diamond



How do players decide on the best option?



KIDS FIRST - suggested playing areas

PITCH FOR PLAYING GAMES

Dimensions of the pitch will be determined by the challenge
Try to make the game numbers no more than 7 v 7
(thus maximising the number of touches of the ball per player during the games)

Pitches should be marked out using flexible cones.



Safety zone between both areas

DEVELOPMENT AREA

The coach can work with the full group on a specific skill or with a smaller groups of players drawn from the main group while the game continues.

The ideal situation is for one coach to work in the development area while another manages the game.

The development area can be marked out into grids and channels depending on the skill being developed.



ANY QUESTIONS?

Let's go outside and use 'games' to develop 'continuity before contact' skills.



KIDS FIRST – continuity outcomes

By the end of this CPD module:

- you will have a good understanding of how to coach the continuity skills needed to help avoid contact with opponents
- have the basic principles to help you design games that will help to improve both technical and tactical skills





THANK YOU

