2021 - NATIONAL RUGBY UNION - PATHWAYS SKILLS CURRICULUM

LEARNING & PERFORMANCE CAPABILITY

CREATING OUR BASE	Focus on foundation coaching points of the core skill
DEVELOPING THE PLAYER	Ensuring players know the how and why of the foundation coaching points
CREATING GAME HABITS	Players can critically analyse performance; Performance challenged and enhanced through game play/modification of time, space and numbers
OPTIMIZING TALENT	Knowledge and skills being developed to an autonomous level; challenge players above relevant competition game intensities

← PLAYERS CAN PROGRESS QUICKER, HOWEVER THEY MUST BE ABLE TO CONSISTENTLY PERFORM THE FOUNDATION SKILLS →

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	**ELEMENT**	**DETAIL**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**	**U18**	**U19**	**U20**
CATCH PASS	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Square	*	*	*	*	*	*	*	*	*
		Early catch	*	*	*	*	*	*	*	*	*
	ACTION	Ball above hips/elbow loaded			*	*	*	*	*	*	*
		Head then ball			*	*	*	*	*	*	*
		Transfer 1 Plane				*	*	*	*	*	*
		Appropriate Pass Subtlety				*	*	*	*	*	*
	POST ACTION	Hands finish to target		*	*	*	*	*	*	*	*
		Support Line (primary)		*	*	*	*	*	*	*	*

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	**ELEMENT**	**DETAIL**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**	**U18**	**U19**	**U20**
CARRY	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Square	*	*	*	*	*	*	*	*	*
		Foot Tempo	*	*	*	*	*	*	*	*	*
	ACTION	Attitude				*	*	*	*	*	*
		Footwork/Direction change				*	*	*	*	*	*
		Fend/guard				*	*	*	*	*	*
		Fight				*	*	*	*	*	*
		Timing to ground				*	*	*	*	*	*
	POST ACTION	Pass		*	*	*	*	*	*	*	*
		Offload			*	*	*	*	*	*	*
		Off ground transfer			*	*	*	*	*	*	*
		Placement		*	*	*	*	*	*	*	*
		Reload			*	*	*	*	*	*	*

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	**ELEMENT**	**DETAIL**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**	**U18**	**U19**	**U20**
TACKLE	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Foot tempo				*	*	*	*	*	*
		Body position				*	*	*	*	*	*
	ACTION	Attitude	*	*	*	*	*	*	*	*	*
		Lead foot	*	*	*	*	*	*	*	*	*
		Shoulder contact	*	*	*	*	*	*	*	*	*
		Target zone	*	*	*	*	*	*	*	*	*
		Punch wrap		*	*	*	*	*	*	*	*
		Leg drive		*	*	*	*	*	*	*	*
	POST ACTION	Reload - ball				*	*	*	*	*	*
		Reload - body				*	*	*	*	*	*
		Reload - defence				*	*	*	*	*	*
	TACKLE TYPE	Chop - low (mid thigh)	*	*	*	*	*	*	*	*	*
		2nd player in					*	*	*	*	*
		Axe - impact (belly button)					*	*	*	*	*
		Choke - high (torso)						*	*	*	*

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	**ELEMENT**	**DETAIL**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**	**U18**	**U19**	**U20**
DEFENCE BREAKDOWN	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Entry angle	*	*	*	*	*	*	*	*	*
		Entry height	*	*	*	*	*	*	*	*	*
		Foot tempo			*	*	*	*	*	*	*
		Body position			*	*	*	*	*	*	*
	ACTION	Decision making			*	*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	*	*	*
		Target zone				*	*	*	*	*	*
		Ball				*	*	*	*	*	*
		Body - grips (opposition)				*	*	*	*	*	*
		Lock					*	*	*	*	*
		Fold					*	*	*	*	*
	POST ACTION	Reload - defence		*	*	*	*	*	*	*	*

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	**ELEMENT**	**DETAIL**	**U12**	**U13**	**U14**	**U15**	**U16**	**U17**	**U18**	**U19**	**U20**
ATTACK BREAKDOWN	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Entry angle	*	*	*	*	*	*	*	*	*
		Entry height	*	*	*	*	*	*	*	*	*
		Foot tempo			*	*	*	*	*	*	*
		Body position			*	*	*	*	*	*	*
	ACTION	Decision making			*	*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	*	*	*
		Target zone				*	*	*	*	*	*
		Low clean - scrape			*	*	*	*	*	*	*
		Low clean - pilfer			*	*	*	*	*	*	*
		Low clean - body	*	*	*	*	*	*	*	*	*
		Roll						*	*	*	*
		BC - latch				*	*	*	*	*	*
		BC - pub fight						*	*	*	*
		BC - wide breakdown/isolated					*	*	*	*	*
	POST ACTION	Reload - minus defender				*	*	*	*	*	*
		Reload - scan		*	*	*	*	*	*	*	*
		Reload - attack				*	*	*	*	*	*