



RETURN TO PLAY STAGE 3

Return to Contact Coaching Curriculum





About.

- All content contained within this presentation is derived from Rugby Australia's video library and supported by excerpts taken from the 'National Pathway Skills Curriculum'.
- The intended use of this resource is to assist community coaches in providing quality training outcomes to participants as they return to training in Stage 3 (QRU Green Light) of the State Government's guidelines
- Content has been sorted to age appropriate categories and can be used as a guide for linking activities to the 'National Pathway Skills Curriculum'. This is by no means a prescriptive or exhaustive guide of what should be coached, but rather a guiding template designed to assist our valued volunteers.
- As always, 'Smart Rugby' principles and player safety remain crucial. This is heightened again with limited training time before the commencement of competition games.
- For additional COVID Resources and return to play information, [Please click here](#)

Coaching – The Pathway Skills Curriculum



**RUGBY
AU**

**PATHWAYS
SKILLS**



A new '[Pathway Skills Curriculum](#)' has been released by Rugby Australia to assist coaches across all age groups and formats; providing them with a robust framework to help with player development.

The Curriculum Structure on the following pages will assist in the planning and implementation of skills, drills identified and tailored for use with the different age groups.

This document along with the Rugby Australia coaching recourses will help to guide and assist coaches on their coaching journey.



Curriculum Structure

[Click for Pathway Skills Curriculum online link](#)

	U6/7	U8-12	U13-15	U16-Senior
Handling	<ul style="list-style-type: none"> Ball Familiarisation Ball Handling Relay Ball Runner Passing Chain Passing Under & Overs 	<ul style="list-style-type: none"> 10 Pass Complete Ball Familiarisation # 5 Back To Back passes Catch Activation 3 	<ul style="list-style-type: none"> Ball Familiarisation # 8 Ball Familiarisation # 9 Ball Familiarisation # 5 Catch Activation 1 Catch Activation 2 	<ul style="list-style-type: none"> Ball Familiarisation # 4 Ball Familiarisation # 5 Ball Familiarisation # 8 Ball Familiarisation # 9
Catch & Pass	<ul style="list-style-type: none"> Ball Familiarisation Boundary Pass Ball Runner 10 Pass Complete 	<ul style="list-style-type: none"> Punch Pass – Stationary Punch Pass - Walking Ball Runner 10 Pass Complete Machine Gun Ball 	<ul style="list-style-type: none"> Fast Ball Slow Ball Catch Activation 1 2 & 3 5m 10m 15m Passing Width Passing Fast Ball - Slow Ball Drop Out Defence 	<ul style="list-style-type: none"> 5m 10m 15m Passing Robbies Drill Continuous Attack One Touch GD Space Finder Game Spatial Awareness & Support
Kicking	<ul style="list-style-type: none"> Kick to Kick Ball Familiarisation # 10 Kick Tennis Baseball Rugby 	<ul style="list-style-type: none"> Ball Familiarisation # 10 Kicking End Ball Super Boot Kick to Kick Kick Tennis 	<ul style="list-style-type: none"> Punt Kick - Ball Drop Punt Kick - Follow Through Kicking End Ball Super Boot Kick to Kick 	<ul style="list-style-type: none"> Punt Kick - Ball Drop Punt Kick - Follow Through Kicking End Ball

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	U6/7	U8-12	U13-15	U16-Senior
PSS (Position Specific Skills)		<ul style="list-style-type: none"> • 6 Principles of a Scrum • Forwards Body Shape #4 • Scrum Half Passing - Kneeling • Scrum Half Passing - Open 	<ul style="list-style-type: none"> • 6 Principles of a Scrum • Forwards Lineout #2 • Forwards Lineout #5 • Forwards Pilfer 1 • Scrum Half Passing - Kneeling • Scrum Half Passing - Open 	<ul style="list-style-type: none"> • 6 Principles of a Scrum • Forwards Body Shape #4 • Forwards Lineout #2 • Forwards Lineout #5 • Forwards Lineout #6 • Forwards Pilfer 1 • Forwards Pilfer 2 • Scrum Half Passing - Kneeling • Scrum Half Passing - Open
Track to Tackle	<ul style="list-style-type: none"> • 1vs1 Tracking • Funnell Drill • Partner Tag • Wallabies & Wallaroos • Tricky Try Lines <p><i>(Note: activities 'tag' only)</i></p>	<ul style="list-style-type: none"> • 1vs1 Tracking • 1Vs1 Track and Tackle • Tracking: Small to Big • Tricky Try Lines • Scatter Tag 	<ul style="list-style-type: none"> • 1vs1 Tracking • 1Vs1 Track and Tackle • Tracking: Small to Big • Mirror Defence • Drop Out Defence 	<ul style="list-style-type: none"> • 1vs1 Tracking • 1Vs1 Track and Tackle • Tracking: Small to Big • Drop Out Defence • Continuous Attack Game
Defence & Attack Games	<ul style="list-style-type: none"> • Guard the Castle • Scatter Tag 	<ul style="list-style-type: none"> • Guard the Castle • Scatter Tag • 5v5 Ball Place 	<ul style="list-style-type: none"> • GD Space Finder Game • 5v5 Ball Place • Counter Attack Kick Chase • 5v3+1 	<ul style="list-style-type: none"> • GD Space Finder Game • Counter Attack Kick Chase • 5v3+1



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	U6/7	U8-12	U13-15	U16-Senior
Tackle Contest	<ul style="list-style-type: none"> Ball Presentation - Intro 	<ul style="list-style-type: none"> Ball Presentation – Intro 1Vs1 Carry Static Defender Three Station Drill Pinball Continuous Ball into Contact and Support 2 	<ul style="list-style-type: none"> Steal The Ball - Player on Ground 1Vs1 Ball Carry Into Contact - Extension 1 Continuous Ball into Contact and Support 2 3 Person Tackle Contest - Win the Space 	<ul style="list-style-type: none"> Steal The Ball - Player on Ground 1Vs1 Ball Carry Into Contact - Extension 1 3 Person Tackle Contest - Win the Space 2vs2 Ball Secure
Tackle Tech		<ul style="list-style-type: none"> Tackle From Knees Tackle Tech LRI Tackle Tech From Behind 4Vs4 Grid Battle 	<ul style="list-style-type: none"> Tackle From Knees Tackle Tech LRI Tackle Tech From Behind Tackle Tech and Defence Progressions 	<ul style="list-style-type: none"> Tackle Tech LRI Ruck Defence 2 Tackle Tech and Defence Progressions 5 Vs 3 +1 Counter Defence

Smart Rugby

Adherence to 'Smart Rugby' principles is a non-negotiable across all levels of community rugby in Australia

If you are a Coach, Manager, Match Official or Volunteer in your club or school, please ensure your accreditation is current and that you are registered accordingly within your school or club via Rugby Xplorer

For more information please [click here](#)