



Skill Development Activities

Acknowledgements to Australian Rugby League Development, the Auckland Rugby League Development team and the NZ Warriors.

KICKING

Equipment: 4 Mini or Mod Footballs, 12 cones Ideally as many mini/mod balls as possible.

Coaching Points Guide

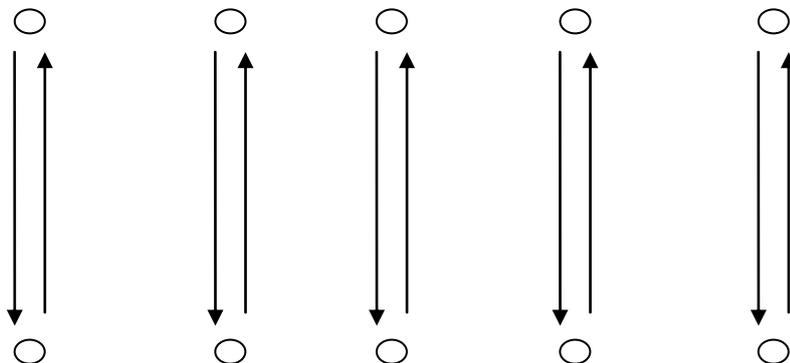
1) GRUBBER KICK

To make the football run end over end along the ground and 'stand up'.

- Hold as for passing.
- Hold at about 45 degrees.
- Position football over knee of kicking foot.
- Extend foot – toes pointed down.
- Eyes on football.
- Upper body behind football.
- Kick top quadrant of football.
- Moderate follow through.

Kicking Drill

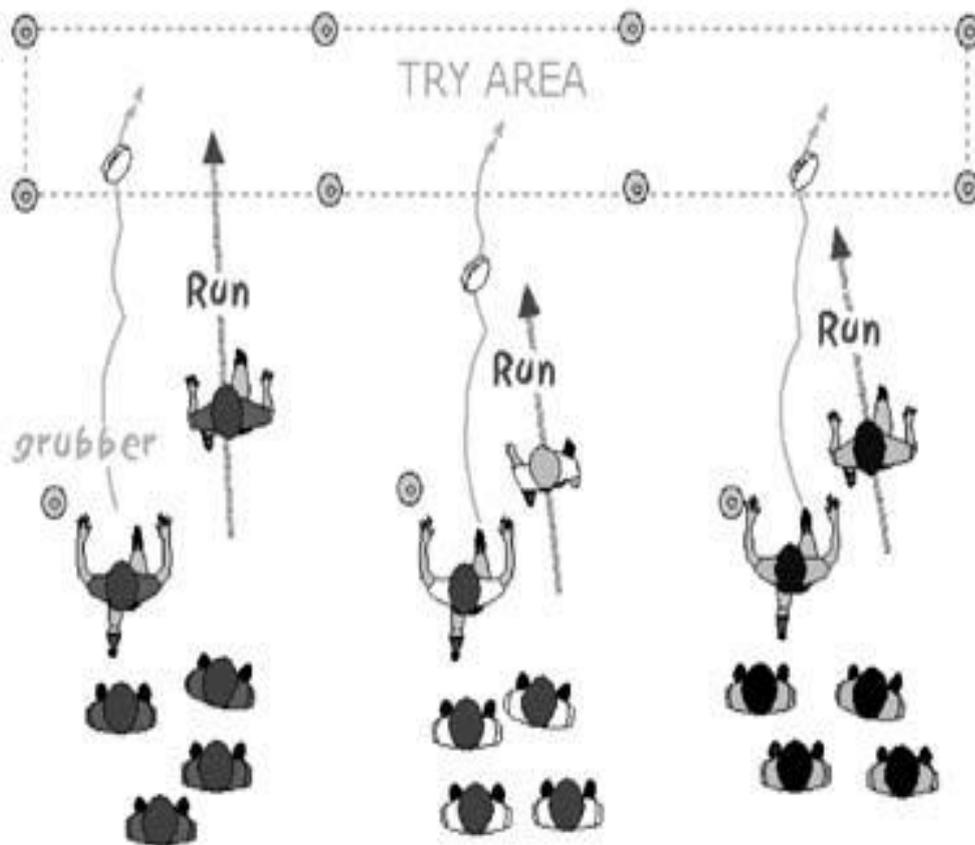
- Arrange 2 Groups (in pairs if possible) Lined up arms width apart (5m) and facing the other group who are 10 meters away.
- Practice the grubber kick across to their partner who gathers and returns the kick back.



2) GAME: (GRID 20 x 15m)

SCORE A TRY

- Players in pairs.
- Line up behind a marker.
- Designate a try area approximately 15m from players.
- Player 1 moves forward with football to a marker and performs a grubber kick.
- Player 2 follows and chases the ball and attempts to score a try. A successful attempt a try scores a point.
- The next pair move forward for their attempt to score a try.



Progression

1) CHIP KICK

The football should spin end over end and backwards.

- Hold as for passing – thumbs on top, fingers spread beneath.
- Hold at about 60 degrees.
- Position football over knees of kicking foot.
- Look at target.
- Head down.
- Eyes on ball.
- Forward lean.
- Drop football onto foot.
- Toes curled upward.
- Kick lower quadrant of football.
- Lift head with flight of football.
- Moderate follow through.

4) Game: Similar to **Grubber Kick** but 'modified to suit **'chip'**.

TACKLING

Equipment: Coned area.

There are two (2) tackles to be considered:

- 1) **SIDE-ON**
- 2) **FRONT-ON (ROLLING BACK)**

Coaches are to keep a keen eye on the safety aspects. The head is to be to the side and the neck straight i.e. eyes and forehead up.

1) SIDE-ON TACKLE

Two (2) drills follow. Select whichever you are most comfortable with.

2) FRONT-ON (ROLLING BACK)

Also two (2) drills, select one.

Each tackle to be completed under supervision of coaches. Maintain full control. It will not harm to do some coaching. This will indicate to viewers the care and expertise of coaches.

Tackling Coaching Points – Side-on Tackle

- Eyes on target area (hip to knee) / position attacker
- Head to rear
- Shoulder contact
- Wrap arms around legs
- Use attacker's momentum to bring the attacker to ground
- Eyes open – all the while

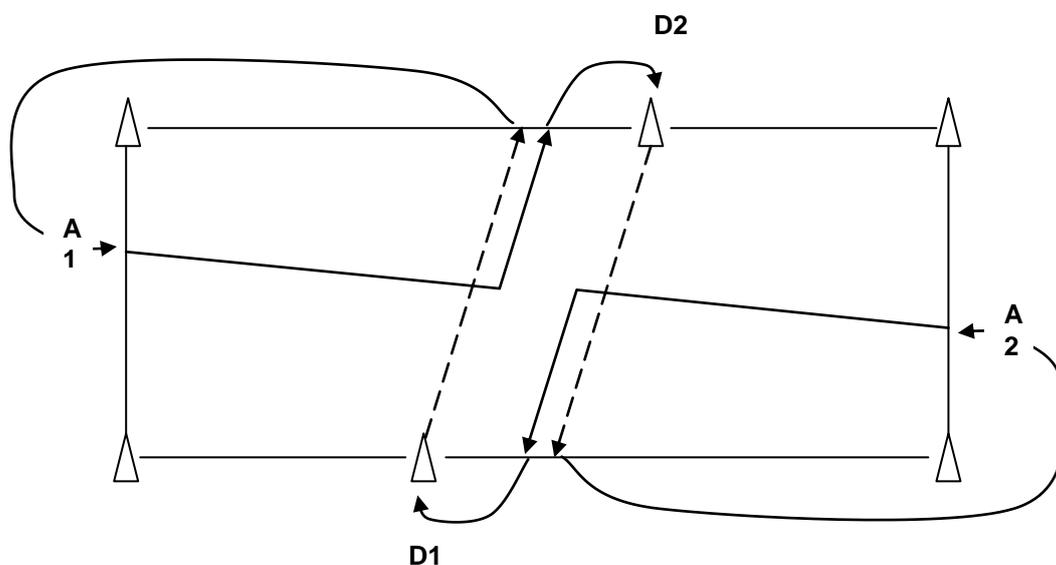
1) SIDE-ON (Elementary)

SETTING: Grid 10x7m, 6 markers, 6-16 players, and minimum 4 footballs.

- One defender at each of the points marked D1 and D2.
- A line of attacking players at each end of the grid (lines A1 and A2).
- Commence with player A1. A1 jogs forward and D1 moves in from the side, makes contact with his shoulder only and pushing with his legs forces A1 into 'touch'.
- On completion of the "tackle" A1 hands the ball to D1.
- D1 now moves to the back of the A1 line.
- A1 moves to the point marked D2.
- A2 now moves forward and is "tackled" into touch by D2.

Following the hand over, D2 moves to the back of the A2 line and player A2 moves to point D1.

The cycle continues.



2) SIDE-ON (Elementary)

- A moves forward to be contacted and pushed with right shoulder by B.
- B moves to end of A line (becomes an attacker).
- A moves forward to be 'tackled' with left shoulder by C.
- C moves to end of B line to make a right shoulder 'tackle'.
- A moves to end of C line to make a left shoulder 'tackle'.
- A must carry a football in two (2) hands.

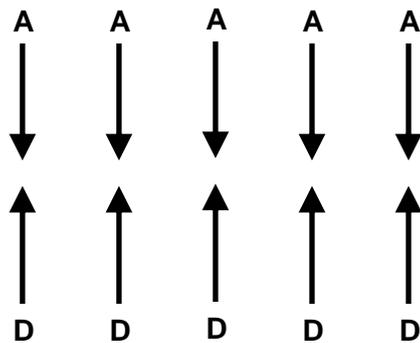
PROGRESSION: A to **walk**, and then **jog**.

- After each player has 'tackled' on right shoulder – reverse and 'tackle' on left shoulder.

Tackling Coaching Points – Front-on Tackles (Rolling Back)

- Eyes on target area / position attackers
- Feet placement (the foot on the same side as the making contact is back)
- Head to side
- Shoulder contact
- Wrap arms
- Eyes open – all the while

1) Front-on Tackle (Elementary)



- Defenders (D) line up opposite attackers (A).
- A moves forward to stationary D
- A must carry a football

PROGRESSION:

- I. D is **kneeling**, A walks, then jogs.
- II. D is **crouching**, A walks, then jogs.
- III. D is **standing**, A walks, then jogs.

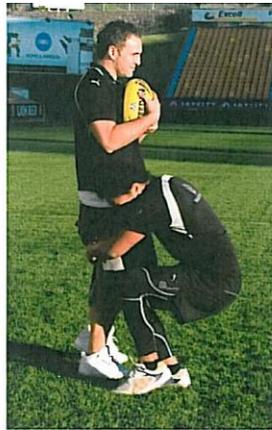
FRONT-ON TACKLE (Rolling Back)

EQUIPMENT: 20 small cones (spot markers)

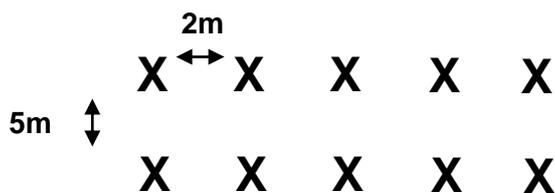
Spend time on demonstration and explanation, be accurate with coaching points.

Have the Kiwi Fern demonstrate the tackle with the Kiwi. Have some fun with the practice but emphasise the importance of learning and continually practising correct technique.

TECHNIQUE: Front on, body position low



Grid, 5 cones in a line - 2m apart. Set up more cones directly opposite and 5m away.



ONE AT A TIME

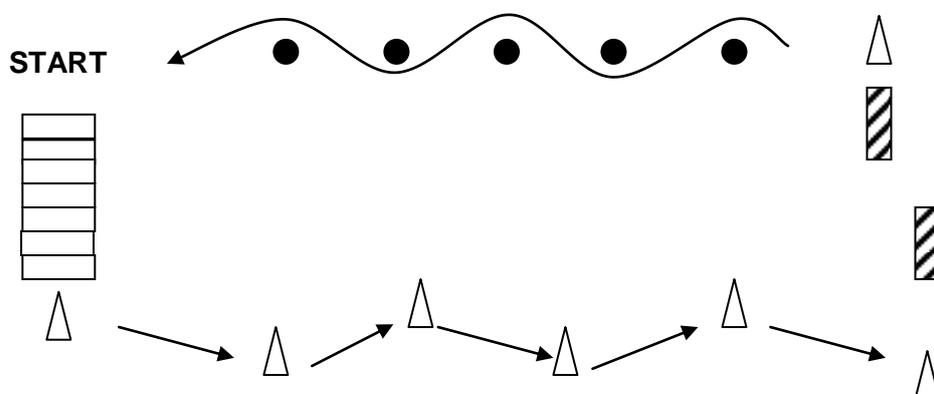
- Defenders kneel on one knee.
- Attacking players at corresponding cones with a ball each.
- Defenders raise left or right arm (decided by instructor) indicating which shoulder will be used to tackle (Ball carrier jogs towards that shoulder).
- Defender keeps an eye on the target between the knee and hip making contact with their shoulder, keeping their head to the side.
- Defender wraps legs tightly with their arms.
- As the Ball carrier falls forward the defender turns with the momentum allowing Ball carriers to fall on their side.
- Attackers move down the line and defender prepares for the next attacker (instructor to indicate other shoulder).
- Once all attackers have run at all defenders the lines swap and the defenders become the attackers repeat the exercise.

Ball carriers to **WALK** and progress to a slow **JOG**.
EVASION – HANDLING/PASSING

EVASION
FOR
MINI & MOD

1) **Running in Possession**

GRID: 15x15m, 5 poles, 5 markers, 2 spin pads, 1 ground ladder, and 1 football



- From start, players step through the ladder
- At the turn side step the markers, first step to the right
- After turning the second corner, shoulder spin left, followed by a right spin
- Round the marker and swerve the poles

Coaches to observe ball carriage and, time the runners for their interest

2) GAME – Tag Ball

SETTING: GRID 10x10m, up to 16 players, 4 markers, 2 teams of equal numbers, members of one team to have a football each.

- D players have a football each and are to carry the ball correctly in two hands
- On 'GO' the D players attempt to tag as many A players as possible in a given time e.g. 20 seconds.
- A's run around the grid to avoid being tagged
- Each team has a turn of tagging players with the football
- The player with the most tags is declared the winner.

PASSING

FOR

MOD

Coaches choice of either:

Shoulder Turn

OR

Scissors

DRILL DESCRIPTIONS BELOW

1) Shoulder Turn

SETTING: Grid 15m x 15m, 5 markers, 1 group of 8 players, 1 football.
(B group should have approximately double the players in groups A & C)

- A1 leads out carrying a football in both hands.
- As soon as A1 leads out, B1 follows suit.
- After passing to B1, A1 moves to the back of B1's line.
- As the football lands in B1's hands, C1 leads out to receive the pass from B1.
- B1 moves to the back of C1's line.
- B2 leads out to receive a pass from C1.
- B2 will in turn pass to A2, who will pass to B3.

The cycle continues with PLAYERS ALWAYS MOVING TO THE SIDE OF THE GRID TO WHICH THE FOOTBALL IS PASSED.

2) Scissors

SETTING: Grid 20m x 20m, 8 markers, 12-16 players, 1 football

This exercise is along 'tram tracks', i.e. A-E, B-F and C-G, D-H.

Players should commence their run on rails, **execute the movement in the middle of each set of rails** and after the cross over, finish by running along the parallel rail.

- B commences with the football and runs along the B-F rail.
- A, about 2m behind, follows along the A-E rail.
- B **cuts** across toward A who has moved in behind B to receive the football. **After the exchange both players straighten-up and re-align on the parallel rail.**
- **"A" passes off to "C" who has followed "A" and "B" about 5 to 7m after "B", timing is important – check changes of pace, tempo of receivers.**
- C **cuts** across to D who hands-off to G.
- G recommences the circuit by combining with H.

ROTATION: When players return to the 'start line' they move one position to the left.

A to B
B to C
C to D

D to A

PASSING & HANDLING
FOR
MINI

1) Up and Down the River

- Organise players into four lines, evenly spaced so they make a small pass (2m).
- On the coaches signal (e.g. GO!) pass the ball down the line to the last player.
- Last player to get the ball runs to the front or start cone, the rest of the team move down 1 spot.
- Change direction to pass the ball high/low or around the body depending on skill level.
- First team to get back to their start positions wins.

2) Progression

- Place a marker 10 metres to the front of each line.
- Players pass the ball up and down the river but on your signal (e.g. KIWI!) the player with the ball runs to the marker in a race against the other teams. First to the cone wins.

3) Line Running

SETTING: Grid 20 x 15m, 8 markers, 12-16 players, 1 football

This exercise is in tram tracks, i.e. A-E, B-F and C-G, D-H. Players should commence their run on rails, EXECUTE THE PASS ON EACH SET OF RAILS and finish by running along their rail.

- A commences with the football and runs along the A-E rail.
- B, C and D follow about 1m behind and along their respective rails.
- A passes to B who then passes to C.
- C then passes to D who hands-off to H.
- H recommences the circuit by passing to G.

After approximately 1 minute change starting line i.e. D starts with the football.

ROTATION: When players return to the 'start line' they move one position to the left.

A to B
B to C
C to D

