

Rugby Development  
Manawatu Rugby Union  
PO Box 1729  
PALMERSTON NORTH

22 January 2010



**To:** All Clubs  
Junior Rugby Board Members  
Contact Convenors for Junior Rugby  
MRU Staff

## **GENERAL INSTRUCTION – 2010 U11 - U13 RUGBY SKILLS CLINICS FRESHMEN AND SOPHOMORE INTAKES**

### **General**

1. The 2010 MRU U11 - U13 Rugby Skills Clinics (Freshmen and Sophomore Intake) will be held during the month of March at Arena Manawatu.
2. The 2010 Freshmen intake will cater for 120 x U11/U12 junior players, with approximately one half of the total player numbers being allocated to the two age groups involved. The Sophomore Intake will consist of 60 x U13 players.

### **Concept**

3. The Freshmen and Sophomore intake has been developed to provide:
  - a. Skill development opportunities for selected U11-U13 age grade rugby players.
  - b. Player talent identification opportunities by representative team coaches and MRU RDOs.
  - c. Skill development opportunities for junior rugby coaches and player parents.
  - d. The establishment of a MRU player skill assessment and talent identification data base.
4. Both Intakes will be conducted over 4 Sundays in March 2010 (Sunday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>). Sophomore and Freshmen sessions will run simultaneously commencing at 9.00am (assembly 8.30) and will conclude at approximately 10.45.
5. The general conduct of each day's activity will be based on:

- a. Players divided into groups of 20 players.
- b. Each group of players will be supervised and controlled by 2-3 junior club coaches.
- c. Player groups will rotate around a series of skill stands at each session.
- d. **Skill stands will be conducted and overseen by MRU representative/ resource coaches and or Turbo players plus a Junior Rugby Club coach.**
- e. Parents may be asked to assist at stands and be given the opportunity to help facilitate coaching initiatives.
- f. Group coaches, with guidance from MRU RDOs, will complete player skill assessment forms at each session.
- g. Each daily session will conclude with a 15 minute game situation activity.
- h. Information obtained as part of the individual player assessments will be entered into the U13 player data base.
- i. Data base information will be provided to MRU age grade representative coaches.
- j. Data base information will be retained by the MRU, as some players will progress into other MRU player development groups, such as: the Junior Academy, Pre Academy or Academy.

### **Player Nominations**

6. The player nomination and player acceptance procedures are as follows:
  - a. All player nominations are to be submitted to the MRU on the official nomination form, a copy is included as Appendix 1.
  - b. Player nominations are to be listed in order of priority, as ranked by the club/school making nominations.
  - c. Nominations are to be submitted no later than Wednesday 17<sup>th</sup> February 2010.
  - d. Players accepted into the Freshmen and Sophomore intake will be advised no later than Friday 27 February 2010

### **Coaching Assistance**

- a. **9 Junior Club Coaches will be required for each stand each week.**
- b. 16-24 junior club coaches to attend as group leaders each week. Responsible for overseeing groups each day and moving the group from stand to stand. There will also be a requirement for group

leaders to conduct skill assessments and comment on assessments each week.

- c. 16-24 junior club coaches or parents to assist at stands.

Names of potential coaches wanting to attend can be submitted on the attendance form included as Appendix 2. In an attempt to provide coaches with upskilling opportunities, all coaches will be given the opportunity to facilitate specific activities under the guidance of MRU resource coaches.

**Important Note:**

**A meeting will be held at 5pm, Monday 22<sup>nd</sup> February, Arena Manawatu with all Manawatu Junior Club Rugby Convenors.**

**Programme**

- 9. A general outline of each day's activities is included as Appendix 3.

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**Appendix:**

- 1. Player Nomination Form
- 2. Coach Attendance Form
- 3. Outline Programme





## Appendix 3

### OUTLINE PROGRAMME

#### SESSION TIMINGS

8.30am	Set Up/Coaches briefing Players Assemble
9.05am	Group Warm Up
9.15am	Rotation 1
9.40am	Rotation 2
10.05am	Rotation 3
10.30am	Game
10.45am	Disperse