**DB Pirates Youth Training Concept**

**TRAINING PLAN OUTLINE**

1. Activation games linked in with dynamics / injury prevention warm-ups
2. Skill element leading in to specific (High Speed Running) games
3. Unit specific split – game based (for match prep)
4. Team specific & into scenario based (for match prep)
5. S&C or game
6. Cool down – a must after every session

**KEY CONCEPTS**

* GAME BASED training – chaos v structure
* DIFFERENTIAL coaching incorporated within session (balls / chaos / direction)
* ACTIVE sessions – 80% active / 20% talking

|  |  |  |
| --- | --- | --- |
| **U13/U14 - Key focus area:*****Introduce*** basic FUNdamental conceptsDIFFERENTIAL coaching incorporated within session (balls / chaos / direction)Activation & games as key component Handling Decision makingContact (tackle, ball carry, breakdown)Ball presentation**TACTICAL**Basic understanding of; Positions / pitch zones / rules / set piece concepts  | **U16 - Key focus area:*****Develop*** rugby specific skill & game conceptsDIFFERENTIAL coaching incorporated within session (balls / chaos / direction)Handling Decision makingContact (tackle, ball carry, breakdown)Ball presentation **TACTICAL****Develop understanding and application of;**Position specific skills (focus on 9s, kickers, hookers) / pitch zones and decisions within zones / rules and scenarios e.g. yellow card policy / basic set piece skills & concepts as a restart option  |  **U19 *-* Key focus area:*****Instill and test under pressure*** rugby specific skill & game concepts - REPLICATE SENIOR TRAINING ELEMENTS / CONCEPTS DIFFERENTIAL coaching incorporated within session (balls / chaos / direction)Handling Decision makingContact (tackle, ball carry, breakdown – 2nd man speed)Ball presentation**TACTICAL****Develop understanding and application (under PRESSURE) utilizing HK Men’s concepts;**Position specific skills (focus on 9s, kickers, hookers) / pitch zones and decisions within zones / rules and scenarios e.g. yellow card policy / basic set piece skills & concepts as a restart option  |
| **HANDLING** Positioning of hands on ballBasic passes (push / pop / off-load / intro to spin)Catch – position of hands (differential)  | **HANDLING** Develop passes relevant to situation (spin / push / pop / off-load)Catch skills (differential)Ability to hold player and pass  | **HANDLING** Further develop and test passes relevant to situation (spin / push / pop / off-load)Catch skills (differential)Ability to hold player and pass / distance under pressure / accuracy  |
| **TACKLING** Intro to fundamentals – squeeze head and ear on bum / leg tackle / intro to different types of tackle | **TACKLING** Develop leg tackle – squeeze head and ear on bum / leg tackle – different types of tackle / bounce | **TACKLING** Develop concepts of tackle under pressureCHOP tackle intro / leg tackle – squeeze / twist / bounce  |
| **BALL CARRY**Intro to 2 hands on ballOff-load as an option – keep ball alive concepts V-Carry within close contact **BALL PRESENTATION** V-present – score the try and manage contact area – present ball / don’t get turned on back  | **BALL CARRY**Ball in 2 hands on ball through contact for off-load / fend / create gap and spaceTip options & running lines - keep ball alive concepts V-Carry within close contact – leg hook on tackler **BALL PRESENTATION** V-present and jacknife – score the try and manage contact area – present ball / don’t get turned on back | **BALL CARRY**Ball in 2 hands on ball through contact for off-load / fend / create gap and space Tip options & running lines - keep ball alive concepts V-Carry within close contact – leg hook on tackler -get to a shoulder **BALL PRESENTATION** V-present and jacknife – score the try and manage contact area – intro to scenarios for ball presentation – win time / space / stay on feet / wide channels  |
| **BREAKDOWN** Intro to 2nd man removing threat Body height / SAFETY Understanding difference ruck and maul /numbers at breakdown | **BREAKDOWN** Develop 2nd man removing threat – WINNING the race / options based on picture in front – attack CREATING the picture Specific numbers at breakdowns and roles Body height / SAFETY Understanding difference ruck and maul – when / why / how to play from  | **BREAKDOWN** Instill 2nd man removing threat – WINNING the race / options based on picture in front – attack CREATING the picture Specific numbers at breakdowns and roles Speed of play – TEMPO understanding Understanding difference ruck and maul – when / why / how to play from  |