**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

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| **U13/U14 - Key focus area:**  ***Introduce*** basic FUNdamental concepts  DIFFERENTIAL coaching incorporated within session (balls / chaos / direction)  Activation & games as key component  Handling  Decision making  Contact (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 concepts  DIFFERENTIAL coaching incorporated within session (balls / chaos / direction)  Handling  Decision making  Contact (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 making  Contact (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 ball  Basic 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 pressure  CHOP tackle intro / leg tackle – squeeze / twist / bounce |
| **BALL CARRY**  Intro to 2 hands on ball  Off-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 space  Tip 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 |