

# **GIRLS U16 PDG FOUNDATION PHASE RUGBY CURRICULUM**

# AIMS FOR TONIGHT

- What is PDG and Foundation phase
- Rose Garden
- Introduce the curriculum
- Present some key themes
- Highlight what that might look like
- Q & A (please use the chat box throughout)
- What next

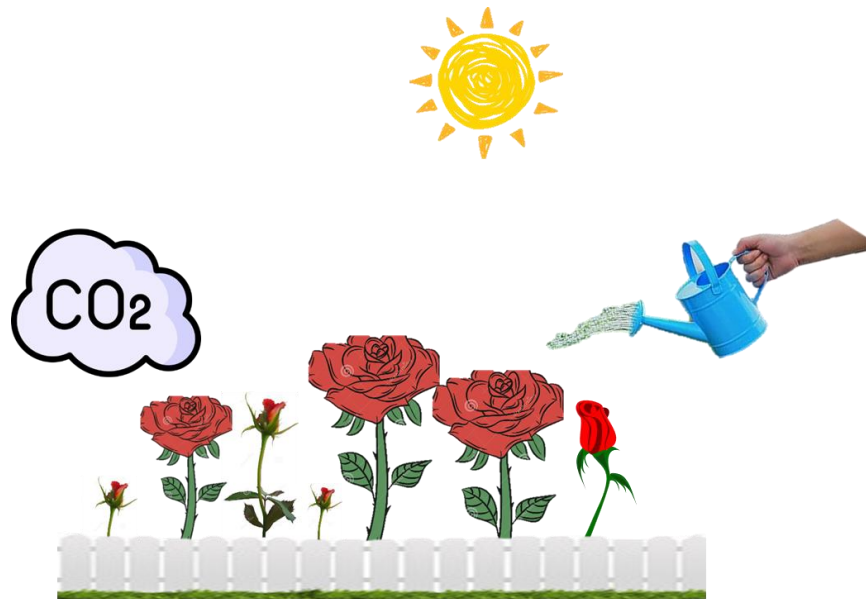
# WHAT IS THE FOUNDATION PHASE

The **FOUNDATION PHASE** comprises the development of **rugby** and **athletic skills** upon which the game is based. **Without a sound foundation**, young people are unlikely to acquire the **necessary building blocks** to enjoy the game, develop the **competence and confidence** that supports them to progress.





**“What is tactically desirable must be technically, physically, psychologically & socially possible” - Dr Mike Ashford**



***EARTH - PLAYER EXPERIENCE***



***SUNSHINE - FOUNDATIONAL ATHLETIC DEVELOPMENT***



***CO2 - SKILL DEVELOPMENT***



***WATER - HOLISTIC DEVELOPMENT***

# HOW WE GROW OUR ROSE GARDEN

Priorities for the U16 PDG is to make sure we are building strong foundations for the players to explore from.

Foundational Athletic Development Curriculum (FAD) underpins everything we do for the Rugby Skills Curriculum.

Guidance for session design.



40%-50% of contact time to be based around the Functional Athletic Development (FAD)



40%-50% of contact time to be based around Rugby Skills including small sided games and games.



10%-20% of contact time to be Holistic Development Curriculum

# OVERVIEW U16 PDG GIRLS RUGBY CURRICULUM



ATTACK Progress the ball Penetrate and Score		DEFENCE Prevent progression Stop Scoring		CONTEST Attack - recycle & continue Defence - contest and win the ball back			
Technical	Tactical	Technical	Tactical	IN VS OUT	Technical	Tactical	
CATCH	UNDERSTANDING  CONTEXT  RECOGNITION  APPLICATION	TACKLE	UNDERSTANDING  CONTEXT  RECOGNITION  APPLICATION	RECYCLE AND CONTINUE	SECURE BALL	UNDERSTANDING	
PASS						CONTEXT	
CARRY					CONTEST & WIN THE BALL BACK	COMPETE	RECOGNITION
KICK						TAKE SPACE	APPLICATION
PLAYER ATHLETICISM							
PLAYER SUPPORT							
PLAYER EXPERIENCE							

## PROGRESS THE BALL - PENETRATE & SCORE

**T.A.O**  
**(THROUGH, AROUND, OVER)**

**Identifying the  
best space if it is  
through, round or  
over the defence**

**B.A.M**  
**(BALL ALWAYS MOVING)**

**Ball always moving  
through passing, offload (in  
tackle and from floor) or  
floorwork**

**B.I.G**  
**(BACK IN GAME)**

**Back in the game to  
support ball or support  
space to allow for B.A.M**

**UNDERPINNED BY THE ATHLETIC DEVELOPMENT FRAMEWORK**

# CATCH-PASS-OFFLOAD PRINCIPLES

## STRONG FOUNDATIONS TO EXPLORE - PRIORITIES

### BRILLIANT BASICS - BALL COMFORT

Grip and ball manipulation  
to support catch, pass &  
offload

Work to a feeling of  
comfort of having the ball  
in both hands, together  
and individually

### EARLY CATCH

Support players to catch  
the ball away from their  
body and towards where  
the ball is coming from

2 hands as a target with  
thumbs behind the ball

### EXPLORE A RANGE OF PASSES

Spin and push passes in  
different situations

Transfer across the body,  
begin to consider what  
“fluid” feels like (B.A.M)

### SELF-AWARENESS AND QUALITY OF PRACTICE

Establishing what a good  
catch, pass & offload might  
look like in different game  
situations

UNDERPINNED BY THE ATHLETIC DEVELOPMENT FRAMEWORK



## PREVENT THE PROGRESSION - STOP THEM SCORING

**B.I.G**

**Speed to feet to be  
able to complete  
best 2<sup>nd</sup> action**

**TAKE SPACE**

**Taking space from  
opponent to prevent  
progression**

**W.T.B.B  
(WIN THE BALL BACK)**

**Exploring different ways to  
win the ball back e.g.  
interception, forcing  
errors, jackal**

**UNDERPINNED BY THE ATHLETIC DEVELOPMENT FRAMEWORK**

## STRONG FOUNDATIONS TO EXPLORE - PRIORITIES

### DROP IN HEIGHT (PRE)

Add context to the movement pattern to support an appropriate drop in body height towards a target

### STEP & SHOULDER CONNECTION (DURING)

Exploring step & shoulder connection through a range of different tackle

### B.I.G (POST)

Speed to feet to be able to complete best next action e.g. compete for the ball or take space

### CONFIDENCE

Build confidence in all 3 areas through success & independent practice to support progression

UNDERPINNED BY THE ATHLETIC DEVELOPMENT FRAMEWORK

<p>Block One Introduce IDP concept</p> <p>BAM focus</p> <ul style="list-style-type: none"> <li>1 - Physical/Athletic development</li> <li>2 - Attack skills - catch/pass/carry</li> <li>3 - Defence skills - tracking</li> <li>4 - SSG develop player DM</li> </ul> <p>All set piece should be physical not technical</p>	<p>Block Two Develop IDP</p> <p>BIG focus don't forget BAM</p> <ul style="list-style-type: none"> <li>1 - Physical/Athletic Development</li> <li>2 - Defence skills - tackle</li> <li>3 - Attack skills - through/around/over</li> <li>4 - SSG - DM/Skill under pressure</li> </ul> <p>All set piece should be physical not technical</p> <p>Dec 14th game to test blocks 1 and 2</p>	<p>Block 3 Review IDP - check in where they are</p> <p>WTBB focus don't forget BAM/BIG</p> <ul style="list-style-type: none"> <li>1 - Physical/Athletic Development</li> <li>2 - Attack skills - catch/pass/carry</li> <li>3 - Defence skills - contest</li> <li>4 - Set piece - build on physical development</li> <li>5 - SSG's - start each phase with a set piece</li> </ul> <p>Feb 8th game to test block 3, 2 and 1</p>
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**Coaches plan weekly sessions based on Block, referring to curriculum**

**BAM = Ball always Moving**

**BIG = Back in Game**

**WTBB = Win the Ball Back**

**SSG = Small sided games**

**DM = Decision Making**

**IDP = Individual Development Plan**

<p>Block 4 IDP focus to support player transitions to 18's</p> <p>1 - Physical/Athletic Development 2 - Coach group priorities based on blocks 1 - 3</p> <p>March 15th game</p>	<p>Block 5 IDP focus to support player transitions to 18's</p> <p>1 - Physical/Athletic Development 2 - Coach group priorities based on blocks 1 - 3</p> <p>April 12th game</p>
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# QUESTIONS







**England  
Rugby**