

KINGSWOOD



**The Kingswood Way
for Under 15s**

Refining Skills and Strategy : The Evolution of the Knight

Introduction to the Under 15 Rugby Strategy

The U15 stage is where players really start to shape their tactical and technical understanding of the game.

At this age, players move from developing basic concepts to executing more sophisticated team strategies.

The focus is on improving the decision-making process during match play and enhancing skills in areas such as lineouts, phase play, and defensive organisation.

In this age group, players will start to fully implement elements of The Kingswood Way, working more fluidly in set plays, phase attacks, and defensive lines.

TREDS

This coaching guide is designed to develop players in line with the core rugby values of Rugby commonly referred to as **TREDS**.

These values take precedence over winning at all costs. They shape players into respectful and disciplined individuals on and off the pitch.

Coaches, players, and parents should use this guide to foster a culture of inclusivity and sportsmanship, ensuring rugby remains a positive and enriching experience for everyone involved

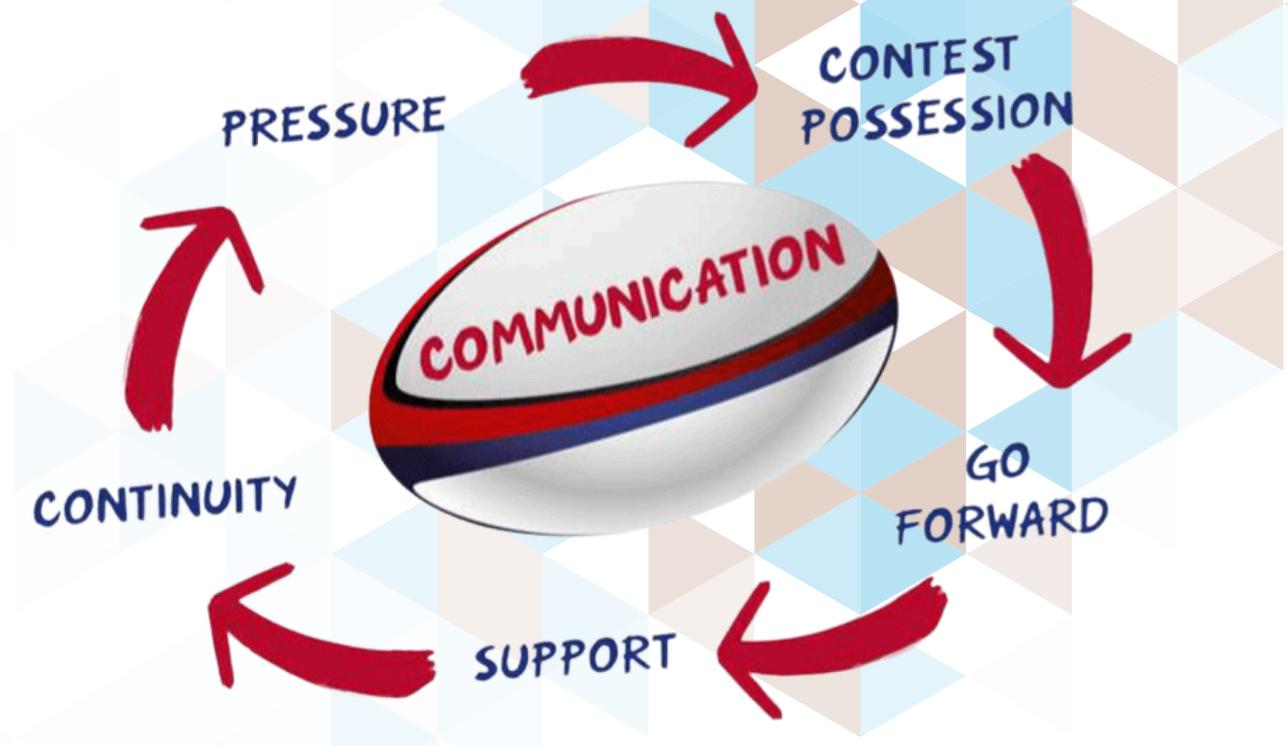
**TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP**

The Principles of Play

The principles of Go Forward, Support, Continuity, Pressure, and Communication underpin all aspects of rugby.

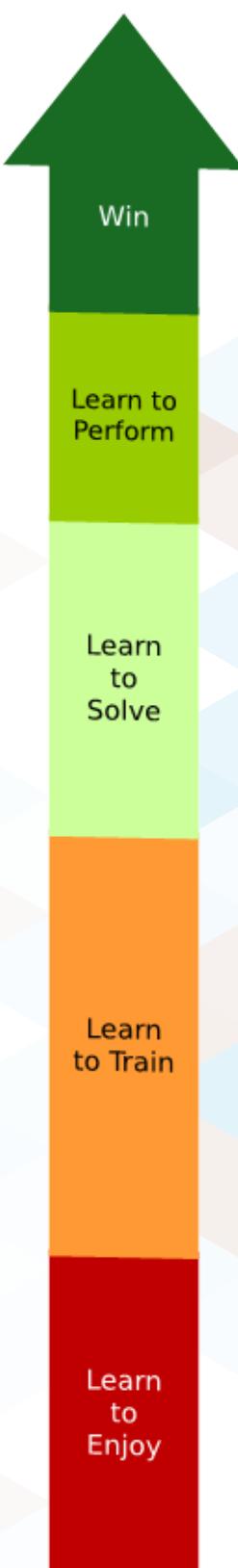
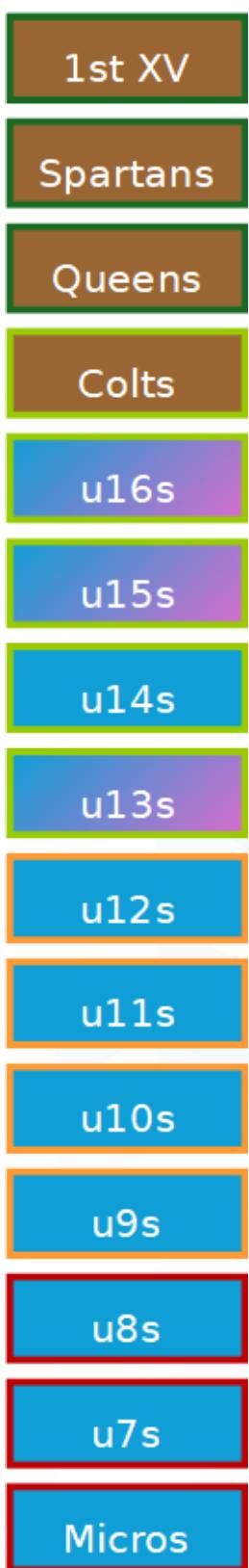
This coaching guide has been carefully structured to reinforce these principles.

Players will develop a deeper understanding of these core concepts, strengthening their skills and teamwork as they progress towards the complete game.



The Kingswood Way

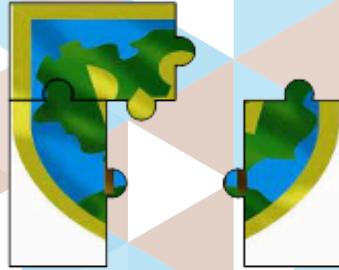
Progression Pathway



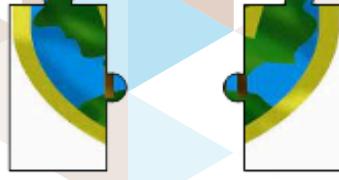
Enjoy + Train + Solve + Perform



Enjoy + Train + Solve



Enjoy + Train



Enjoy



The ‘Learn To’ Model

The ‘Learn To’ model is designed to build well-rounded players, instil a love for the game, and prepare players to perform and win.

Each stage focuses on age-appropriate goals, from igniting excitement for rugby to mastering advanced skills and strategies.

Through this progressive approach, players develop the physical, technical, tactical, and psychological tools needed for long-term success, both on and off the pitch.



The Kingswood Way

WE ARE A TEMPO TEAM

We win by playing so fast that no team can keep up

WE ARE HIGH PERFORMANCE

In our attitude, in our work rate & in our development

WE PLAY F.A.S.T

Fearless – Accurate – Speed - Together

WE ARE KINGS

KINGSWOOD



1954 - 2024

R.F.C.

Our Pillars of Success

Start with the end in mind.

This is what we are moving our young players toward and what they should aspire to be.

No1 IN THE LEAGUE AT CREATING LINE BREAKS

Being **GREAT** at catching & passing

Bring **GREAT** at spotting opportunities

Being strong, fast & fearless

Being in the right positions

No1 IN THE LEAGUE AT 2ND ACTIONS

Being incredibly fit

Being **GREAT** at spotting opportunities & threats

Having **GREAT** commitment to helping your teammate

No1 IN THE LEAGUE AT RETURN TO ACTION SPEED

Being incredibly fit

Having **GREAT** commitment to helping your teammate

Being **GREAT** at understanding your role in the team

No1 IN THE LEAGUE AT RUCK SPEED

Having **GREAT** breakdown skills

Being strong, fast & fearless

Being **GREAT** at understanding your role at the breakdown

Being **GREAT** at reloading into position

Principles of Attack

By U15, players are expected to refine their skills and start integrating advanced tactics such as attacking with more sophisticated phase play, and making quicker decisions.

The guide at this level expands on earlier concepts by adding depth to how players manage phases and handle transitions in both attack and defence.

Focus On:

Structured Attack Pods: At U15, the pods should operate with more precision. The focus is on the three-man pods and the objective is to break through the defence by using quick passes, strong carries, and effective support play.

Moving the Ball Quickly: Attacking at pace becomes crucial. Players should be able to recognise when to stretch the defence and when to attack the centre.

Reading the Defence: Players should now understand when to exploit overlaps, and make use of well-timed decoy runners.

Principles of Attack

Introduction to Pods

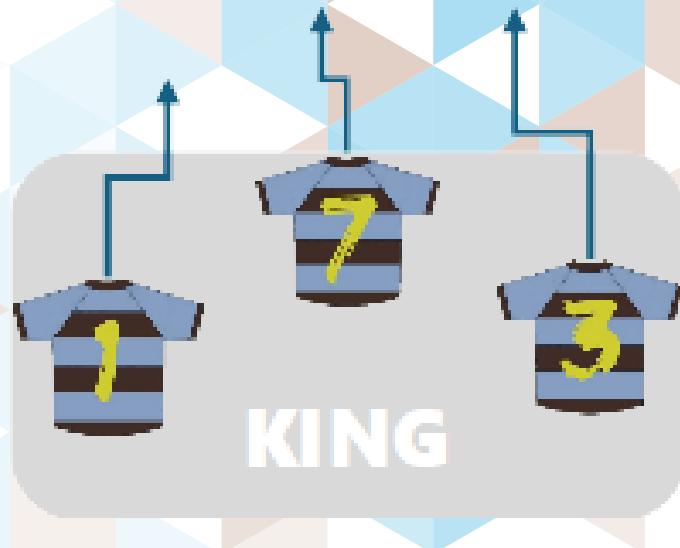
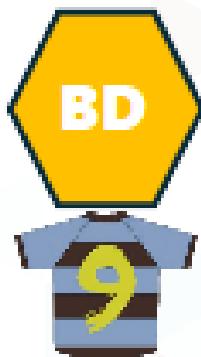
A pod is a small group of players working together to carry or pass the ball.

At this age group, it is likely that the support players in the pod will create a ruck, although offloads should be encouraged.

The pod structure should be kept simple: 3 players and called a 'King' pod regardless of the actual position.

Players should now be encouraged to 'latch' on to the lead man to drive through contact.

The player that 'lashes' will usually be the player that BLASTS.



BD= Break Down

The shirt numbers above should be ignored.

The pod structure can be used in open play as shown in the diagram, and from penalties/free kicks.

Principles of Attack

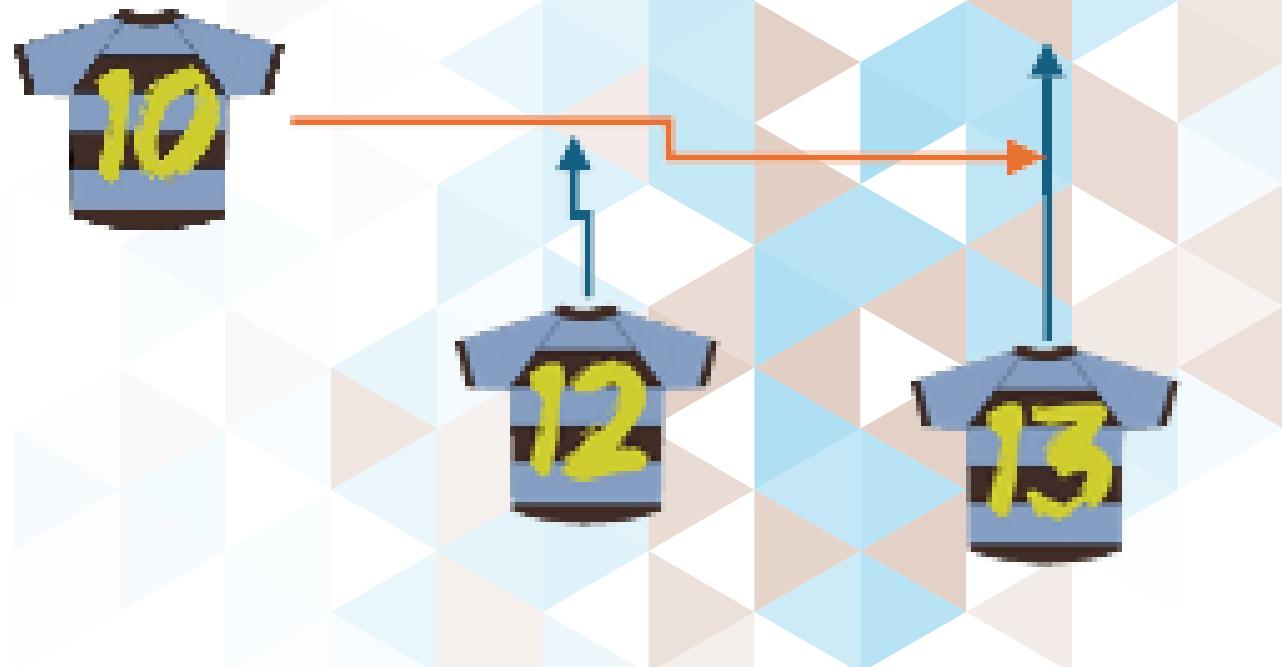
Millies

‘Millies’ is a miss pass usually utilised by the backs although it can be useful for all players to understand the simple move.

Used effectively, it bypasses a player in the attacking line, quickly delivering the ball to a teammate further out.

This exploits space, avoids defensive pressure, and can speed up the attack.

By skipping players, it can create overlaps or stretch the defence, giving the attacking team an advantage.



In this classic example, the 10 ‘Millies’ the ball directly to the 13. The red line shows the path of the ball passing in front of the 12. ‘Millies’ can also be useful wider out, for example, 12 to 14.

Principles of Attack

Slide

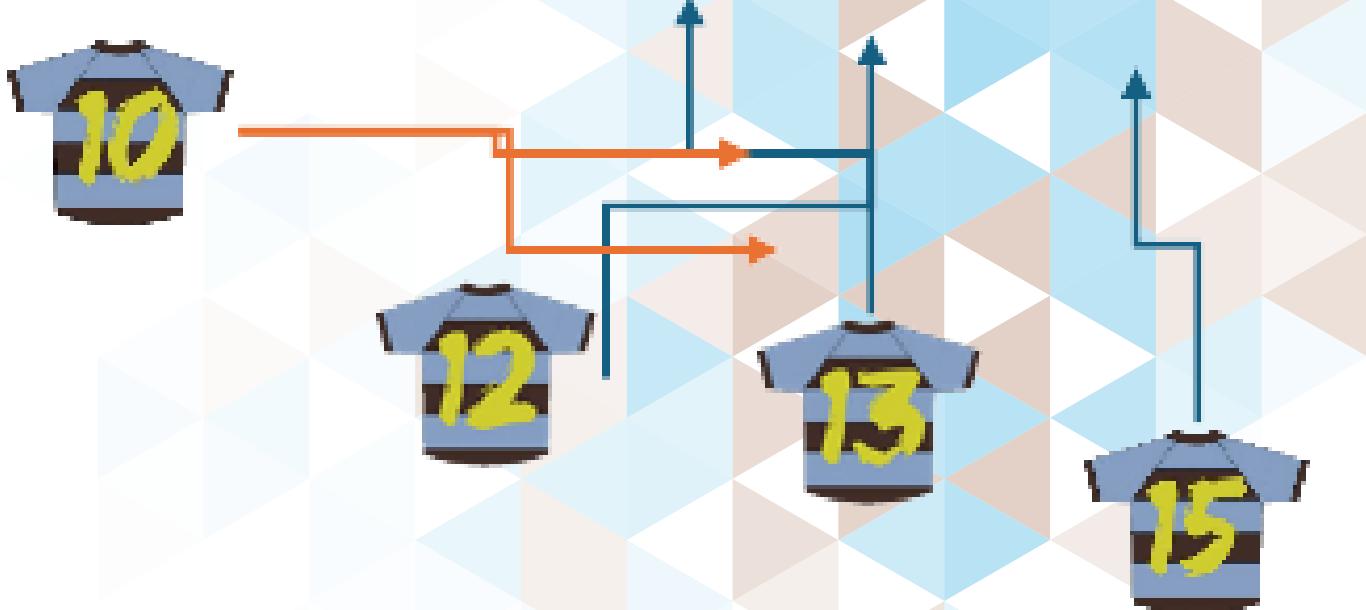
The ‘Slide’ is an attacking play designed to create space and confuse defenders.

It involves a player running an angled line towards the ball carrier who should be able to receive a short pass to break through a gap in the defence.

However, we use it as a tight blocker play and hit the ‘back man’ more often than the front runner.

This play works well as the decoy runner and quick ball movement draws defenders out of position.

The slide requires precise timing, strong communication, and sharp decision-making to exploit defensive weaknesses effectively.



Can run wider if defence permits

13 runs a hard In Line

12 drifts behind the 13, working hard not to get too lateral
A player must run a square line off the 12 to straighten up the play.

Principles of Attack

Introduction to ‘Mario’

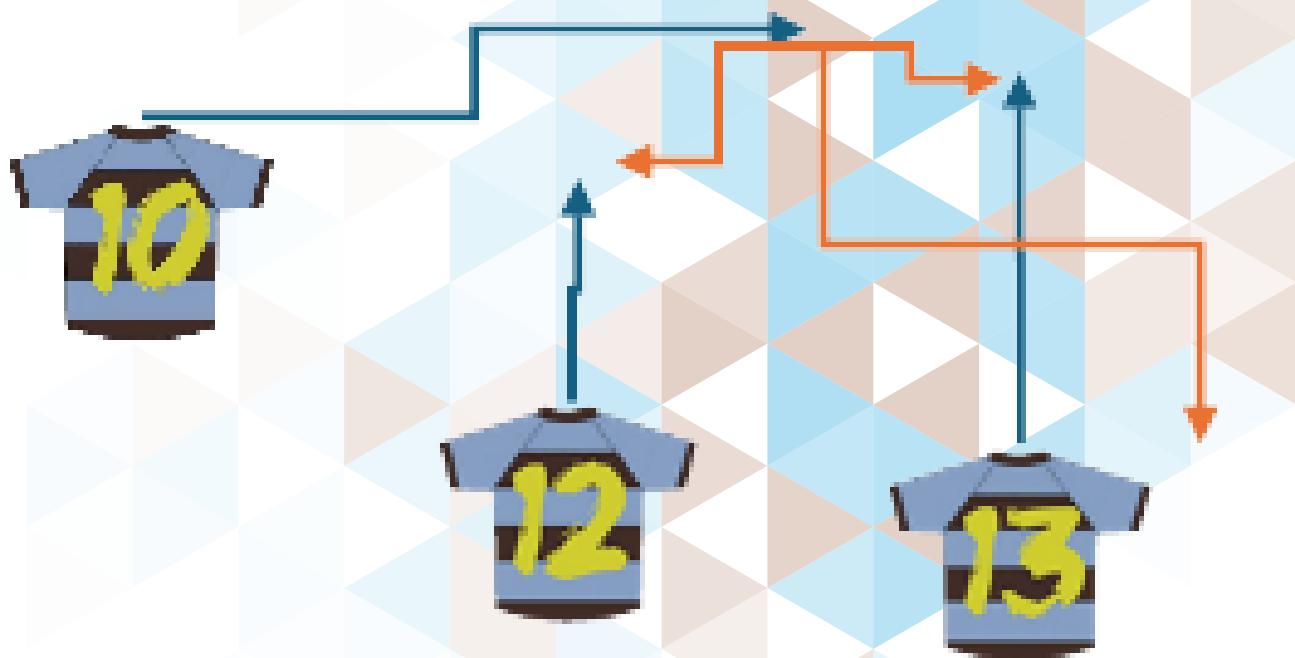
The ‘Mario’ is the classic ‘Dummy Switch Pop.

As it’s name suggests, it begins with a player running a dummy line as if receiving a switch.

Simultaneously, a second player runs a hard line to exploit defensive gaps.

The move concludes with a quick pop pass to the second player capitalising on the space created.

This play relies on precise timing and coordination to effectively manipulate the defence and create scoring opportunities.



10 receives square then moves out

12 is the dummy switch runner

10 makes a flat pass to 13

Principles of Attack

Left Field Scrum - Hippo

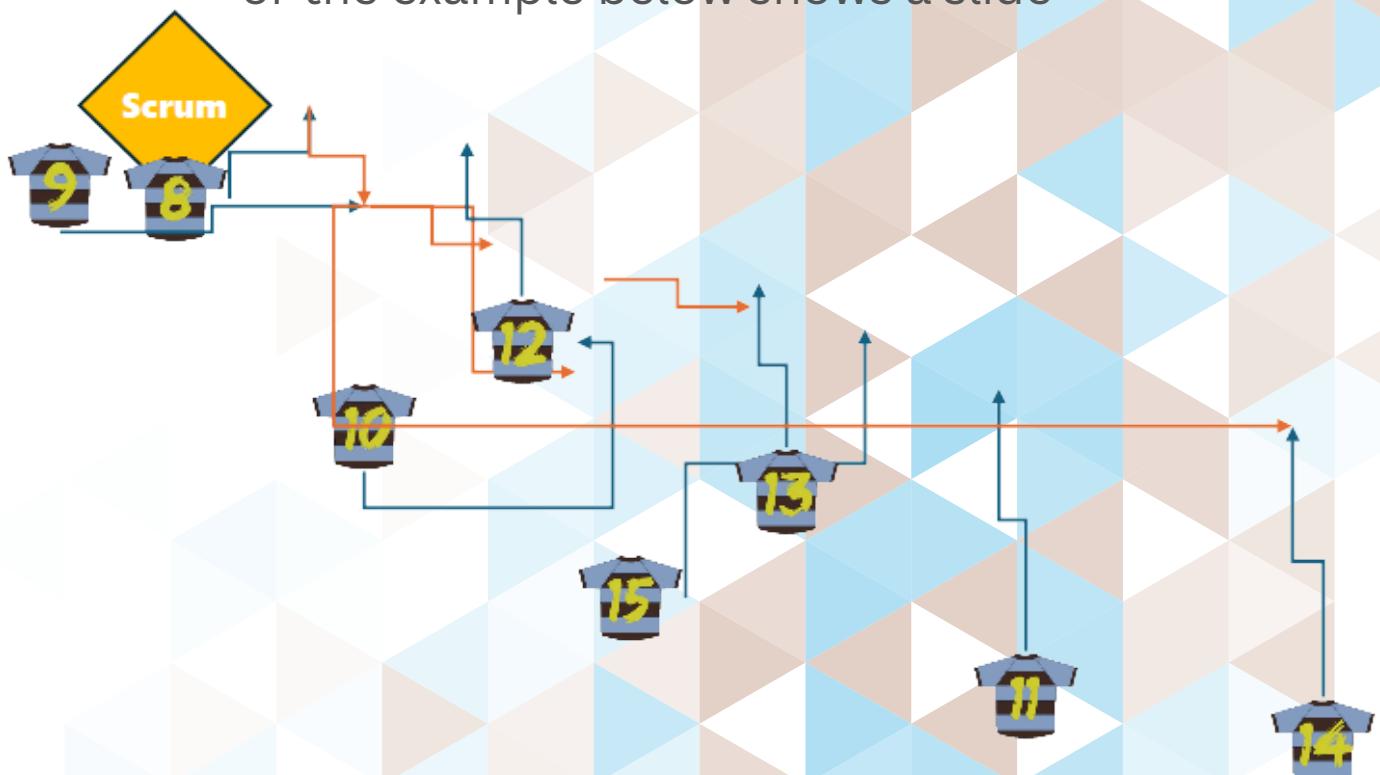
This is a No8 pick up from a scrum.

The Set Up

8 picks, draws the first defender and gives a pop pass to the scrum half.

Blind side winger also ‘bounces’ into the attacking line.

This should provide an overlap for the backs to exploit, or the example below shows a slide



8 picks, draws the first defender and gives pop to 9
12 and 10 run a tight blocker play (SLIDE)

At this age, it is likely that the No8 pick up, and the blind side winger being in the attacking line should provide enough of an overlap without the need to perform the slide.

Attacking Restarts

Due to the likely lack of accuracy of drop kicks, attacking restarts should be kept simple with an even split across the field.



Split positionally across the pitch

Wingers are the main chasers, looking to compete in the air or get past the ball in case of mistakes

The front 5 protect the middle of the pitch

The centres protect the wider areas of the pitch

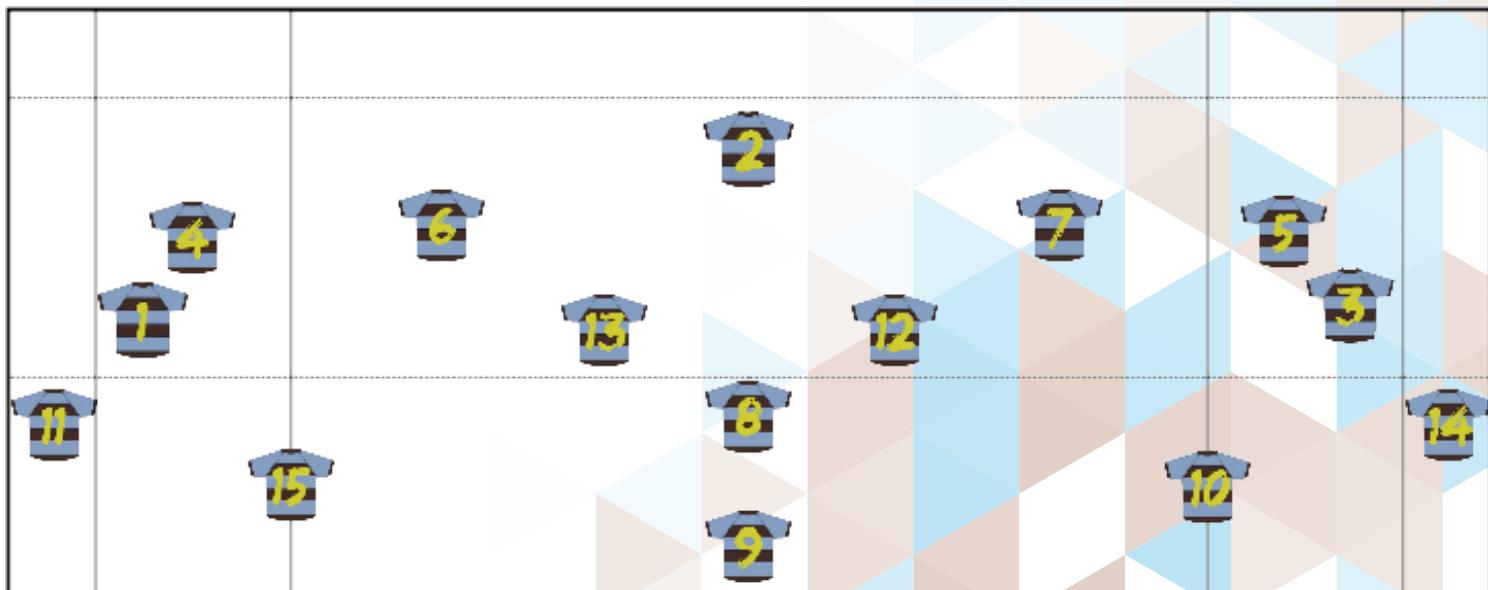
The 8, 15 and the 10 (after the kick) sit in the backfield ready to counter a return kick

The 9 tracks the ball sitting in the mid-ground

Diagram shows the full 15 line up.
Adjust for the number of players on the pitch.

Defensive Restarts

Due to the likely lack of accuracy of drop kicks, defensive restarts should be kept simple with an even split across the field.



Split positionally across the pitch; the **WHOLE** team presses.

The aim is a solid catch or a strong initial tackle to put us on the front foot and exert dominance.

We aim to play quick ball for two phases if we are successful in retaining the ball.

Forwards form pods as soon as we have possession.

Diagram shows the full 15 line up.
Adjust for the number of players on the pitch.

Defensive Principles

The Basics

Always have 10 players on their feet.

Get off the line (win the first 2m), do your job, reload.

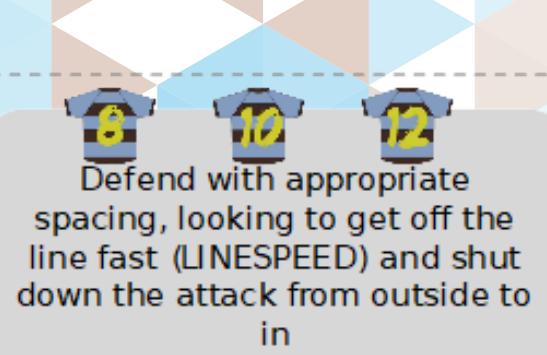
2 v 1 tackles wherever possible.

Ready the attack looking for intercepts
(communicate & plan).

If the ball is inside you, your hips stay square.

If the ball is outside you, your hips can turn out.

USE GUARDS AT RUCKS



Defensive Principles

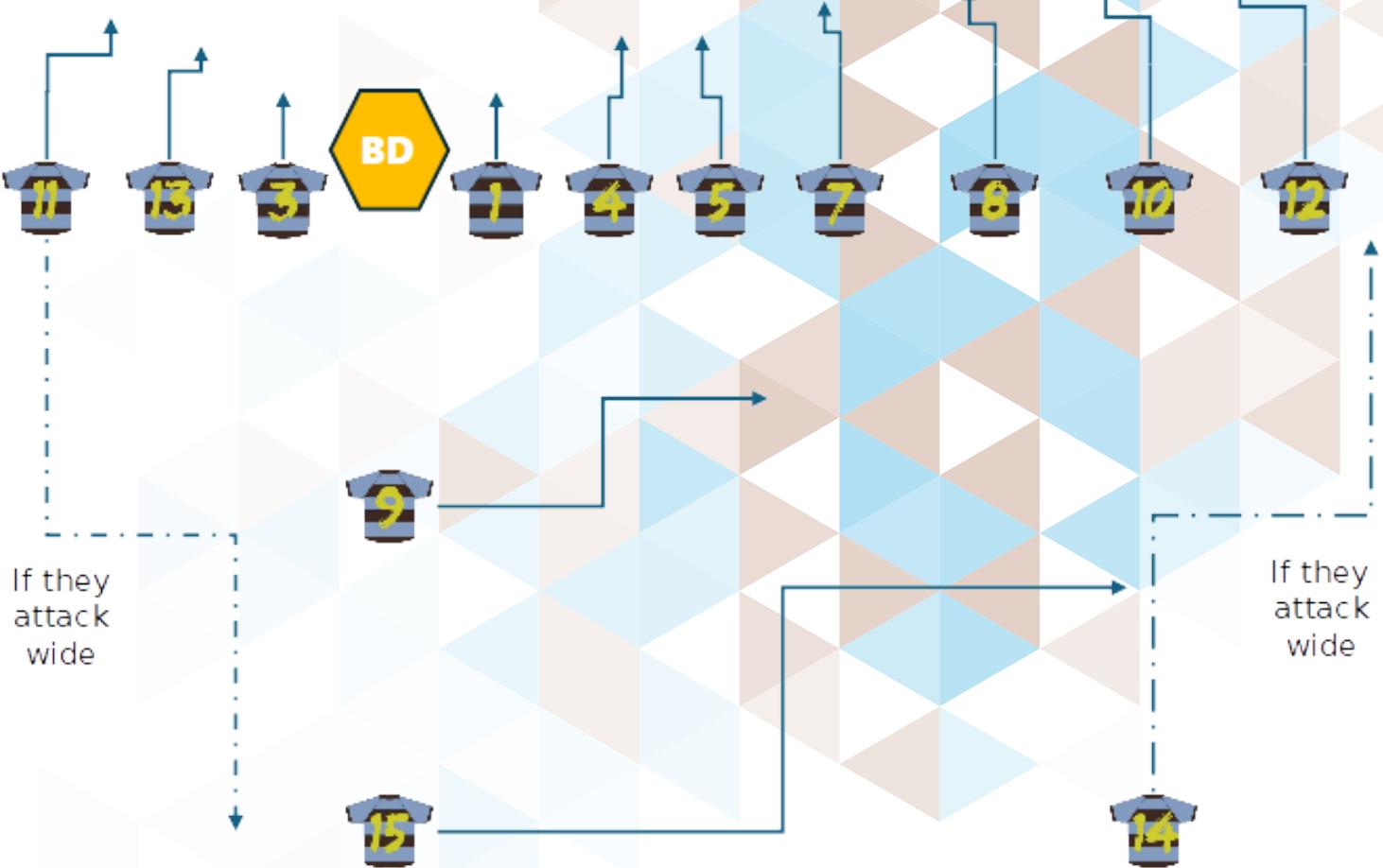
The Press

The defensive press in rugby is a coordinated strategy where the defensive line moves up quickly as a unit to apply pressure on the attacking team.

It's one of the most effective principles of defence, and also one of the worst executed.

The press reduces the attacker's time and space, forces errors, and can lead to tackles behind the gain line.

Our default 'press' is LINE SPEED.



The Breakdown

The breakdown refers to the contest for possession immediately following a tackle.

It involves both attacking and defending players competing for the ball.

We work in threes around the contact area

The ball carrier

PUNCHES

The first man into the ruck

BLASTS

The second man into the ruck

PROTECTS

PUNCH!

We take contact on our terms (when we decide).

We are not dictated to by the defence!

Agility before contact (ABC = footwork) to create a weak tackle.

Hide the ball through contact by creating distance between the ball and the defender.

Once through contact look to free arms to PASS or PRESENT the ball to a teammate

Leg drive through contact and stay on feet until support tells you to go down.

When presenting the ball:

BODYBALL

Fall forwards and hide the ball with your body

VIOLENT SNAP BACK

Once safe, use hips and core to present the ball towards your own try line

BLAST!

The first supporting player into the ruck aims to **BLAST** every defender out of there.

This creates time and space for the
PROTECT

Win the race to the ruck.

If there are no competing defenders, we can skip the **BLAST** and have two players that **PROTECT**.

Enter the ruck with a low body height, shoulder contact first and a strong leg drive

PROTECT!

If the first player has **BLASTED**; the second supporting player's role is to **PROTECT** the ball.

They can do this by getting body height low, back flat and knees under hips.

We want the **PROTECTS** chest to be just above the **PUNCH's** shoulder.

The **PROTECT** should be looking up, ready for threats.

If a defending player is about to enter the ruck, drop head into a safe position and lower body height

Key Terminology

Pod: A small group (usually 3 players) working together at the breakdown to secure the ball and create attacking opportunities.

Breakdown: The contest for possession following a tackle, where players must compete for the ball.

Ruck: A situation where the ball is on the ground and players from both teams are competing for possession.

Tackle: Bringing the ball carrier to the ground while maintaining possession of the ball.

Offside: A player is offside if they are ahead of the ball, fail to retreat 10 metres at a freekick or penalty, in front of the back foot at a ruck, within 5m of the back foot of a scrum, or within 10m of a lineout.

Support: Positioning yourself to assist the ball carrier by being available for the next pass or securing the ball after a tackle.

Phase Play: Continuation of play with quick ball after each breakdown.

Punch: Carry hard through contact.

Slide: Blocker play.

Millies: Miss pass.

Mario: Dummy Switch Pop (DSP)

Blast: First person to enter the ruck aims to clear out all defenders.

Protect: Second person to enter the ruck secures the ball.

Line speed: Get off the line quickly and shut down from the outside.

Guard: Defender positioned tight to the ruck, protecting from 'pick and goes'.

Hippo: No8 pick up from a left field scrum.

The Kingswood Way

The Under 15 stage prepares players for senior rugby by introducing advanced tactics and positional expertise.

Building on the foundations of The Kingswood Way, we start to bridge the gap between foundational skills and the full complexities of the game, and moving from ‘participation’ to ‘performance’.

They should now be able to make quicker decisions in attack, and work more fluidly as a unit in defence.

This age group will begin to develop greater rugby intelligence, making real-time decisions based on opposition patterns and reacting to different game situations.

The challenge for U15 players is to refine their technical skills while fully understanding the tactical elements of the game.

As we approach the U16 level, these players will start to perfect their individual roles and their overall team strategy, becoming fully integrated into The Kingswood Way.

WE ARE KINGS

