

KINGSWOOD



1954 - 2024

R.F.C.

**The Kingswood Way
for Under 16s**

The Final Step: Becoming A King

Introduction to the Under 16 Rugby Strategy

The U16 stage is a critical point in a player's development.

By this age, players are expected to be technically proficient, tactically aware, and capable of executing complex strategies and systems.

The key aspects of The Kingswood Way should now be fully integrated into the team's approach, with players making real-time decisions during matches, and refining their skills to be more effective both individually and as part of the team.

At this age, the focus is on perfecting core aspects of the game, including attacking, defending, and set-piece execution.

U16 players will be asked to read the game, react to opposition tactics, and ensure that team strategies are maintained under pressure.

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

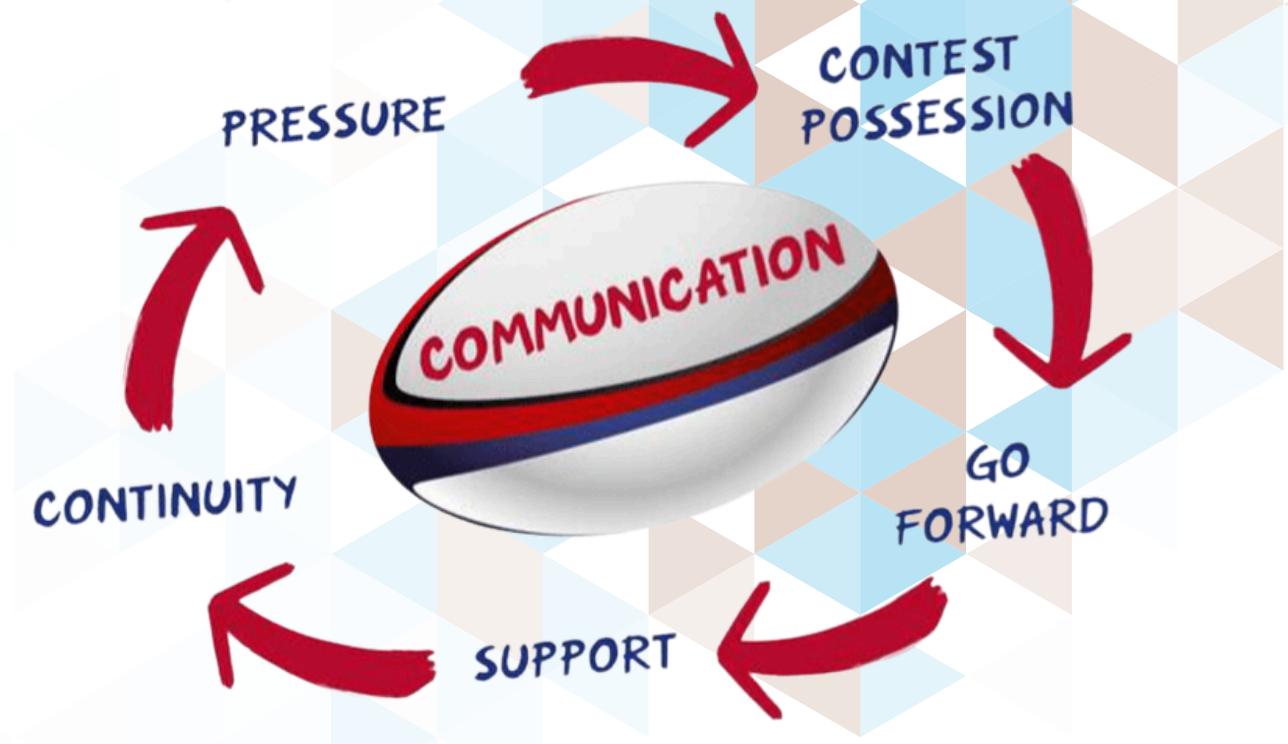
**TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP**

The Principles of Play

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

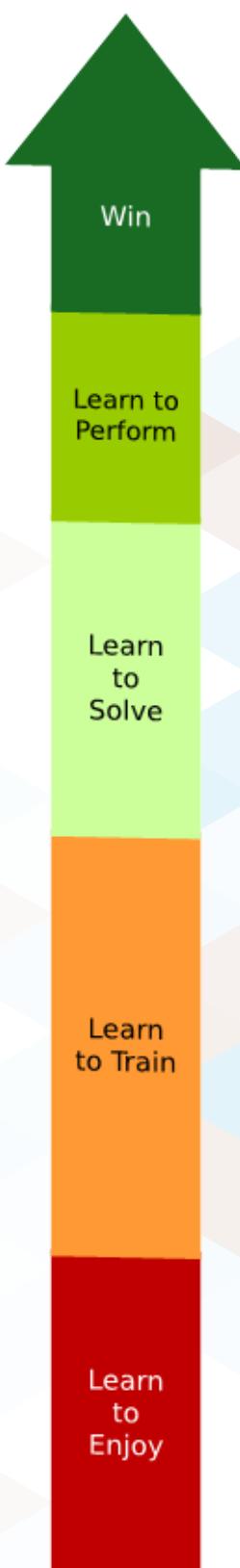
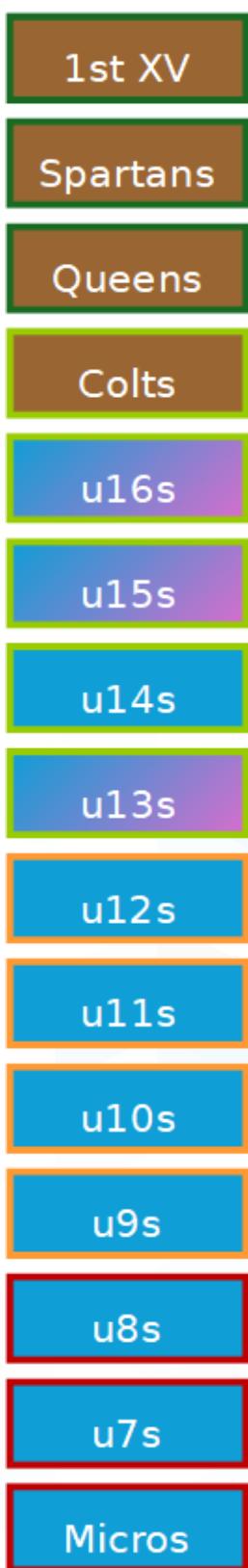
This coaching guide has been carefully structured to reinforce these principles.

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

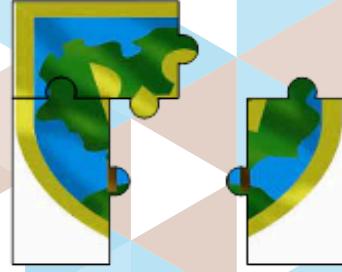
Progression Pathway



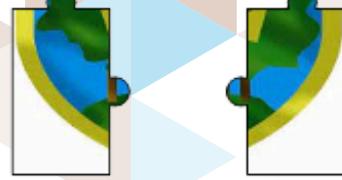
Enjoy + Train + Solve + Perform



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.



WIN

SENIORS

USING ALL THE SKILLS DEVELOPED THROUGH THE AGE GRADES AND THROUGH CONTINUED DEVELOPMENT, PRODUCE PLAYERS WHO HAVE THE ABILITY TO WIN EVERY TIME THEY STEP ON PITCH



LEARN TO PERFORM

U16-COLTS

THROUGH ENJOYABLE AND TACTICAL SESSIONS, DEVELOP A PLAYER WHO CAN CONSISTENTLY PERFORM IN GAMES THANKS TO HIGH SKILLS LEVELS & TACTICAL UNDERSTANDING OF THE GAME



LEARN TO SOLVE

U13-U15

THROUGH ENJOYABLE AND ACTIVITY HEAVY SESSIONS, DEVELOP A PLAYERS ABILITY TO SOLVE PROBLEMS IN ATTACK & DEFENCE IN ORDER TO OUTWIT THEIR OPPONITION



LEARN TO TRAIN

U9-U12

THROUGH ENJOYABLE AND ACTIVITY HEAVY SESSIONS, BUILD AN UNDERSTANDING OF FUNDAMENTAL MOVEMENT SKILLS, RUGBY SPECIFIC SKILLS & PSYCHOLOGICAL SKILLS



LEARN TO LOVE

U6-U8

THROUGH ENJOYABLE AND ACTIVITY HEAVY SESSIONS, BUILD A LOVE FOR RUGBY AND A LOVE FOR KINGSWOOD RFC

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

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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

U16 players must make decisions faster and with more accuracy. The ability to read the opposition's defence and decide whether to attack the wide channels, carry, or offload is crucial.

As phase play becomes more complex, U16 players will be expected to keep the ball alive and look for opportunities in tight spaces.

Offloads under pressure and quick ball recycling will be key to maintaining momentum.

Focus On:

Dynamic Phase Play: Players should work to increase the tempo of attacking phases, focusing on exploiting space through quick ball recycling.

Pod Systems: Continue using pods of three for forward play but introduce more fluid positioning between forwards and backs in open play.

Offloading Mastery: Develop confidence in offloading while under pressure, enabling continuity and creating opportunities for line breaks.

Width and Depth: Players must ensure attacking structures stretch and challenge defensive lines, with accurate passing to maintain width.

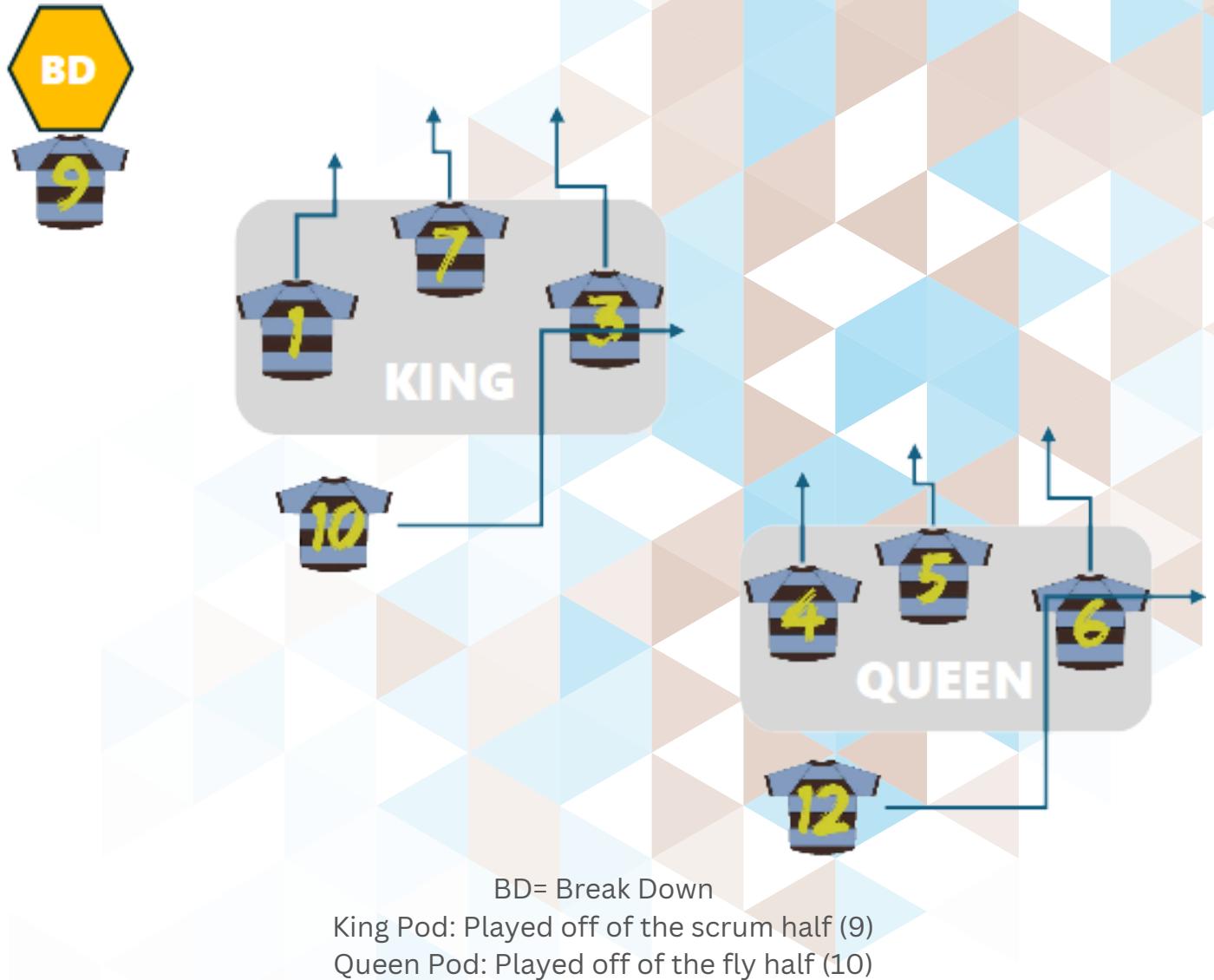
Principles of Attack

Introduction to Advanced Pods

By now, pods should be second nature to most players and an integral part of the attacking structure..

Now we introduce the second pod, the Queen, along with a ‘connected back’ who is the ‘FIRE’ option.

If the connected back calls ‘FIRE’ the scrum half passes direct to him not the lead man of the pod.



Principles of Attack

Advanced Pod Options

Lead (No7)

Must come onto the ball strong & fast
Must be square or slightly towards ball
Catch early, off-chest to provide options
Can PUNCH or TIP

Tip (Outside Player - No3)

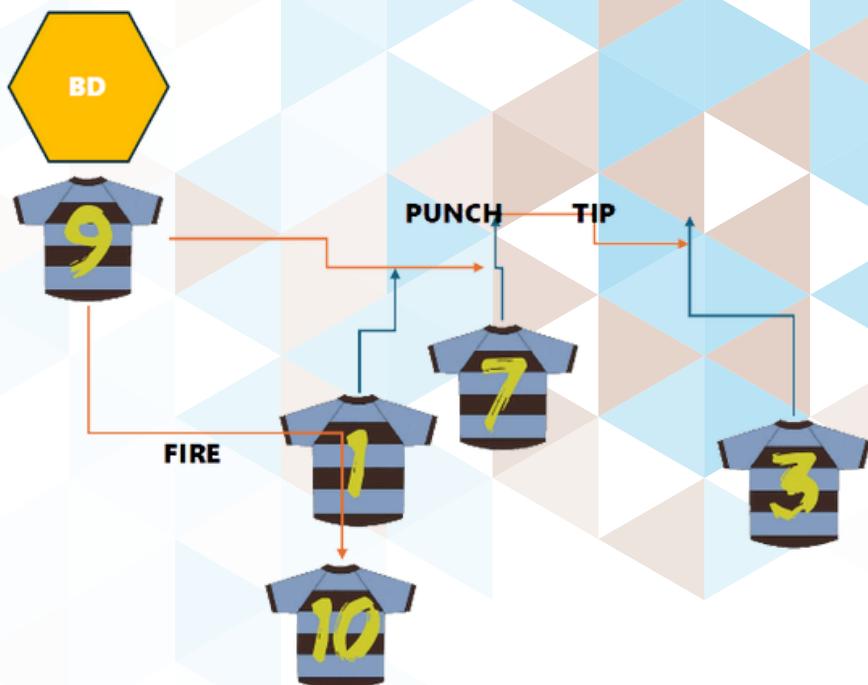
Starts slightly wider and runs an in-line targeting a weak spot on the defence
Must come on to the ball strong & fast

Latch (Inside Player - No1)

Starts tight to the lead ready to latch on through contact and 'BLAST'.
The latch option IS NOT usually an inside TIP option

Fire (Connected Back - No10)

The connected back stays in the pocket ready for a FIRE
The connected back is the general of the pod and guides positioning & decision making
ONLY the connected back can call a FIRE



Principles of Attack

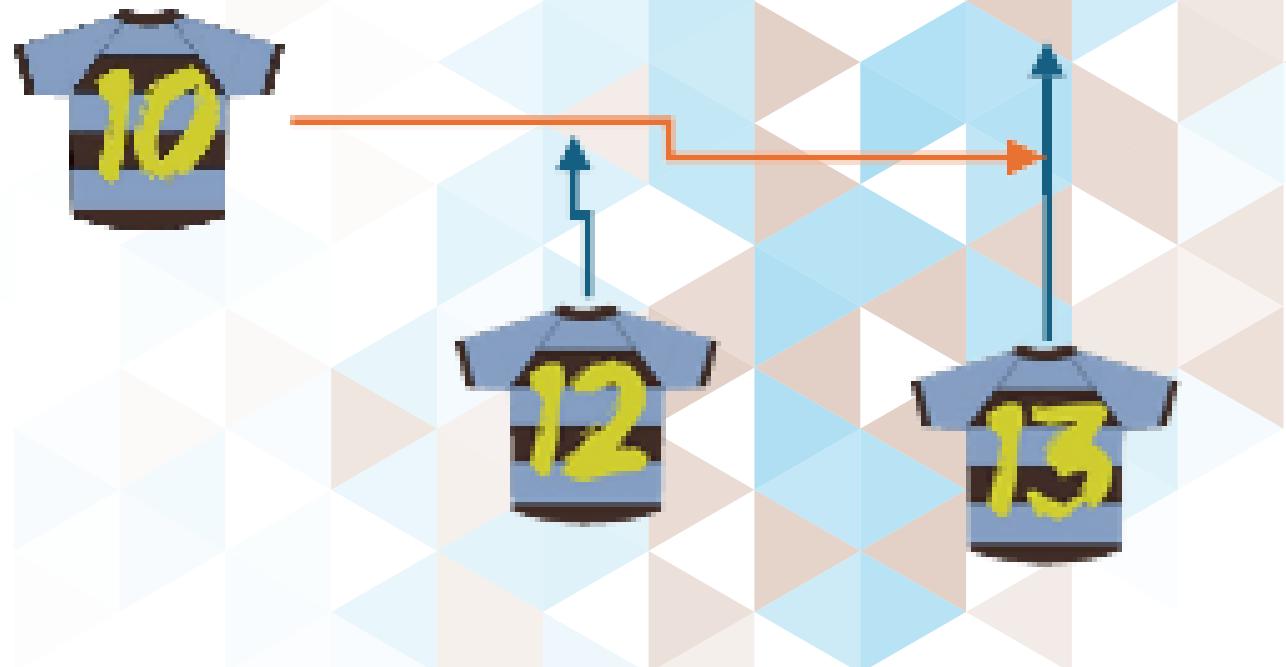
Millies

‘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

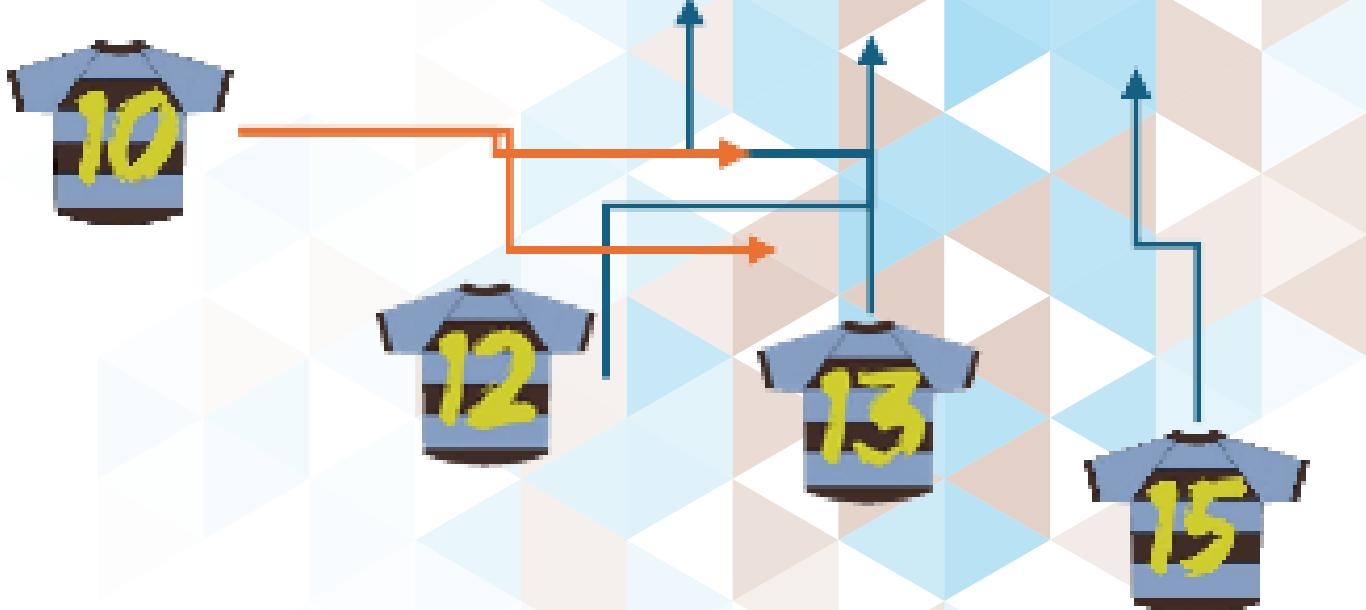
The ‘Slide’ is an attacking play designed to create space and confuse defenders.

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

Mario

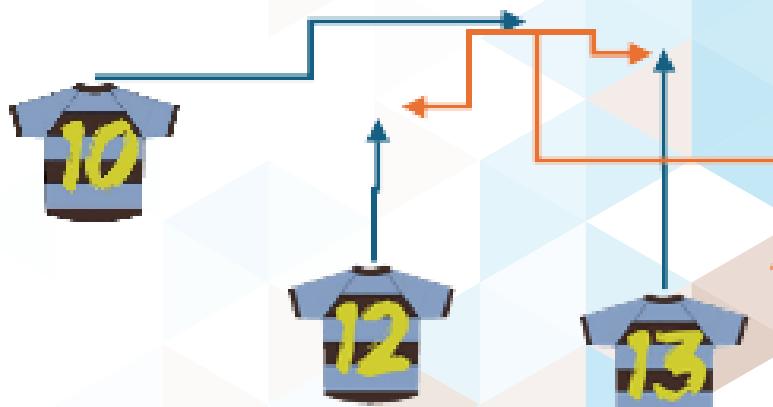
The ‘Mario’ is the classic ‘Dummy Switch Pop.

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

Introduction to 'Lollipop'

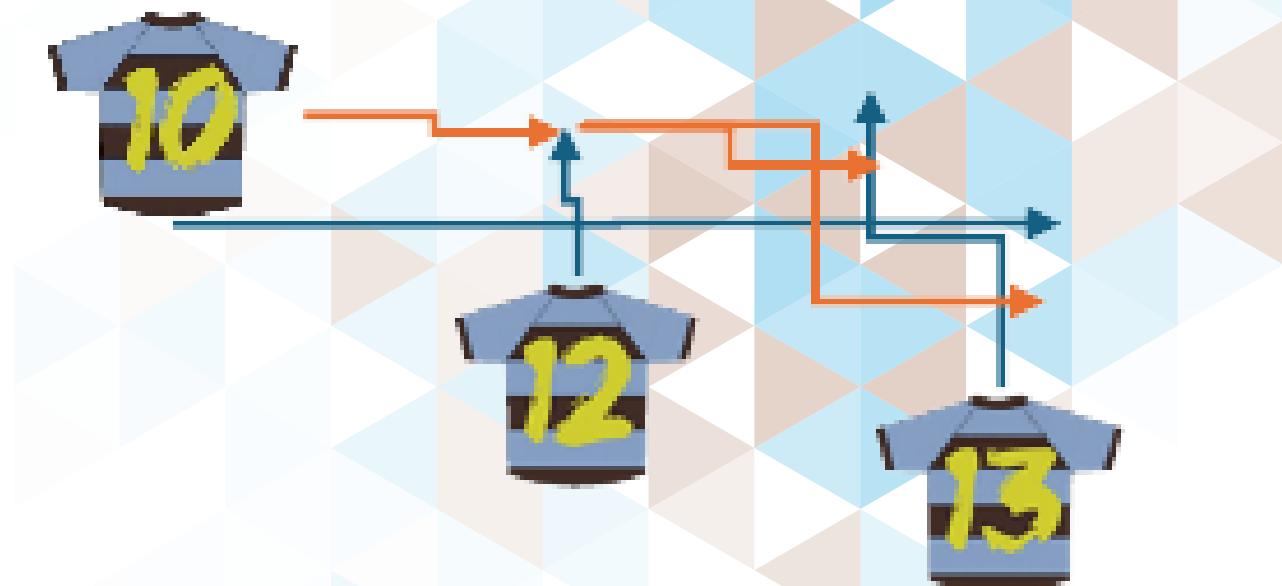
The "Lollipop" play, or loop play, is used to manipulate defensive lines and create attacking opportunities.

The 10 passes to the 12 and loops behind, adding an extra attacking option.

The 12 runs at pace to challenge defenders, with the 13 running a hard line as a decoy or TIP option.

This forces defenders to commit, creating space for the 10, who can receive a PULL pass to exploit gaps.

The move is effective for stretching defences, pressuring decision-making, and providing flexible attacking choices.



Once 12 has received the ball, the 10 and 13 are effectively running the 'slide'

Principles of Attack

Left Field Scrum - Hippo

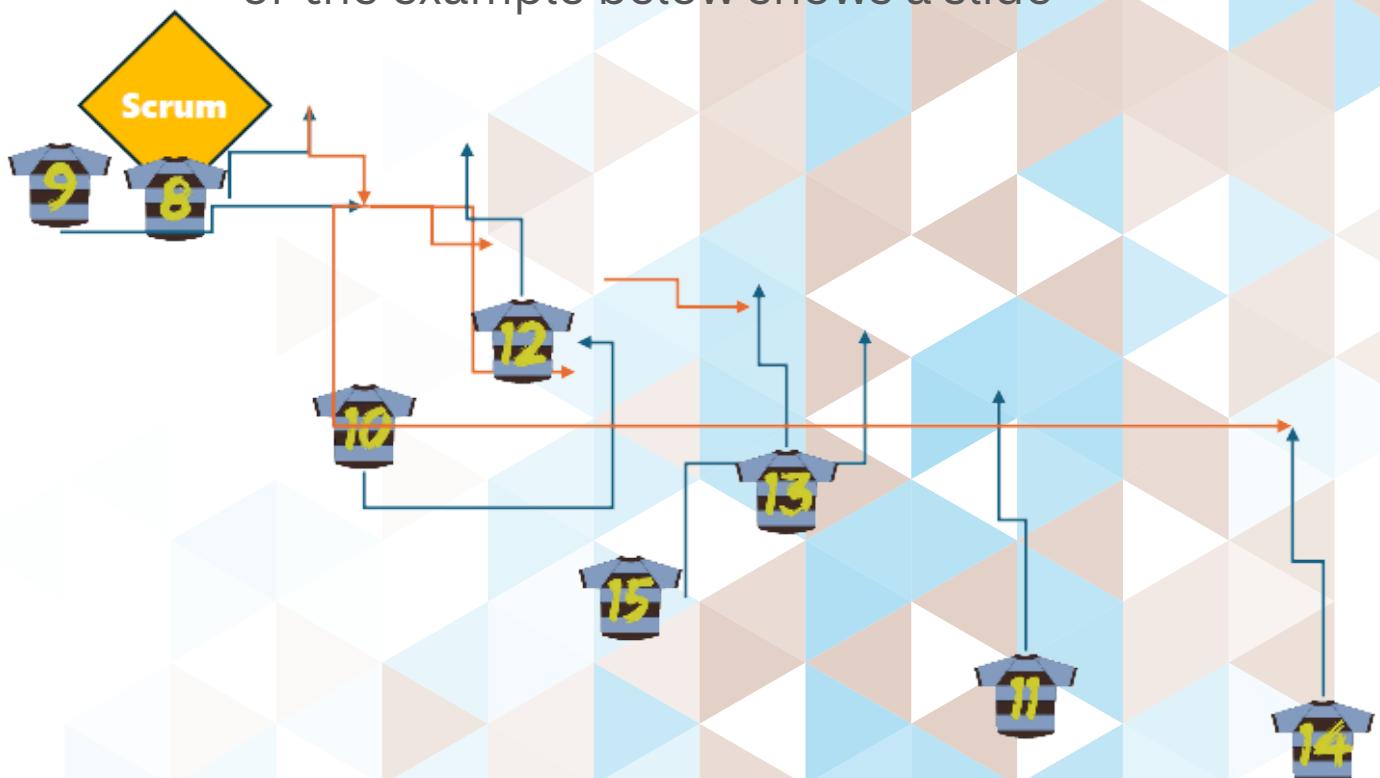
This is a No8 pick up from a scrum.

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.

Principles of Attack

Centre Field Scrum

In this instance we split our attacking line.

The Set Up

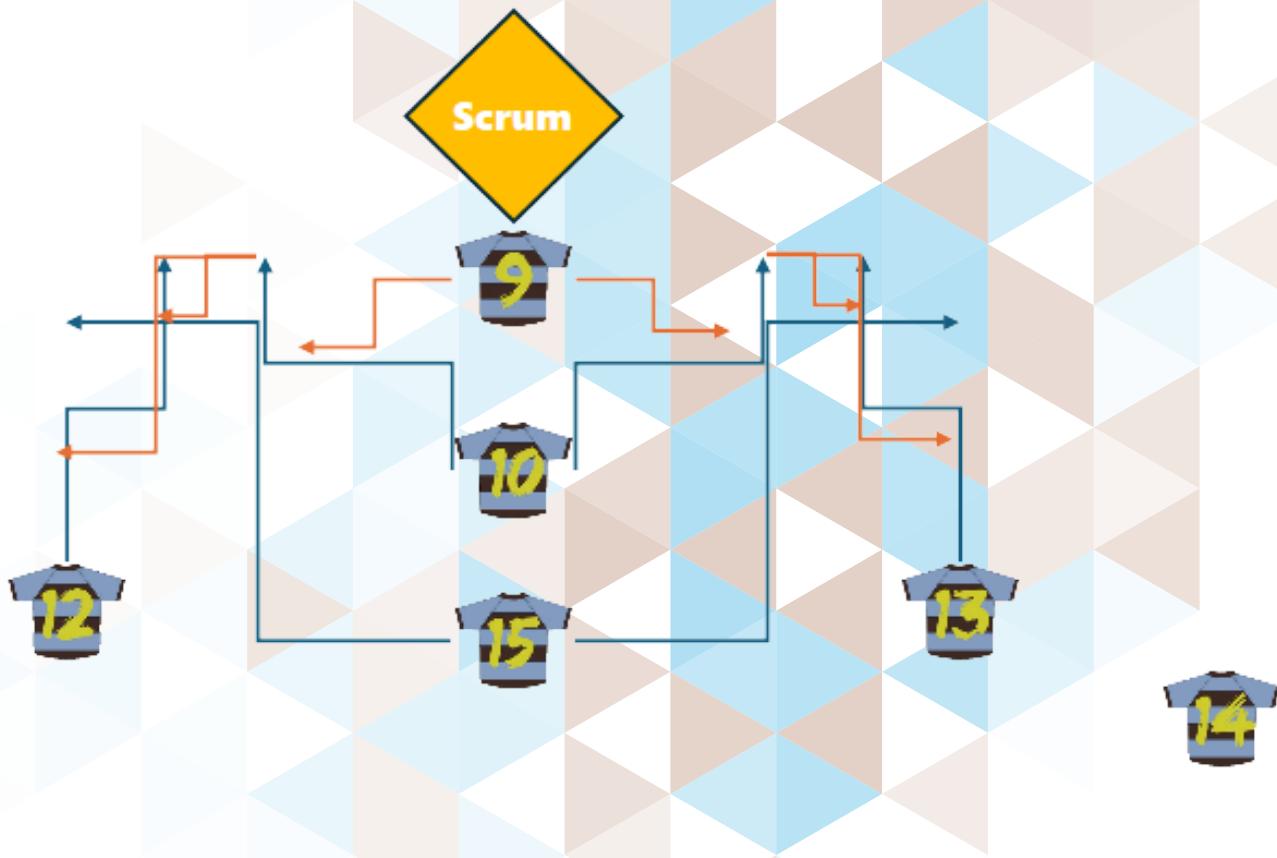
10 and 15 start behind the scrum

Centres start wide on either side ready to run an In Line

The 10 makes the call on which way we will attack

RIGHT: 13 and 15 run a SLIDE

LEFT: 12 and 15 run a SLIDE



9 passes to 10

The 15 will run a line BEHIND either 12 or 13 depending on which direction the 10 has indicated.

Principles of Attack

Kicking Strategy

We kick to attack, not to defend.

We kick on our terms, not because we feel pressure.

We kick to space when it presents itself.

We kick to get the ball to our teammates quicker

If we do not win the ball back immediately from the kick,
we aim to win the ball back within 2 phases.

Kicking Language

SILVER

Kick to gain territory

CHERRY

High kick that is contestable

PIRATE

Cross-field kick

We kick on our terms. This means they should be planned and communicated, and NOT a reaction to the play in front of us.

Attacking Restarts

SPLIT



This is our default restart.

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

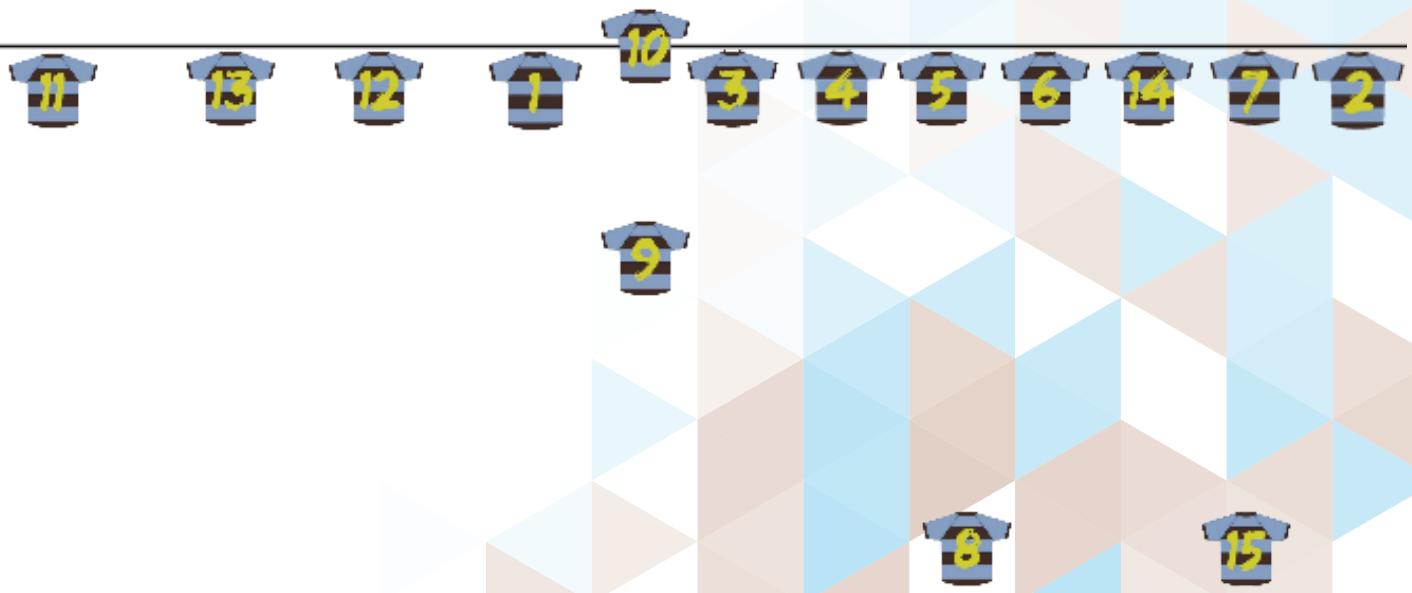
The centres protect the wider areas of the pitch

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

Attacking Restarts

OVERLOAD



Overload one side of the pitch.

The winger & flankers are the main chasers, looking to compete in the air or make a dominant tackle.

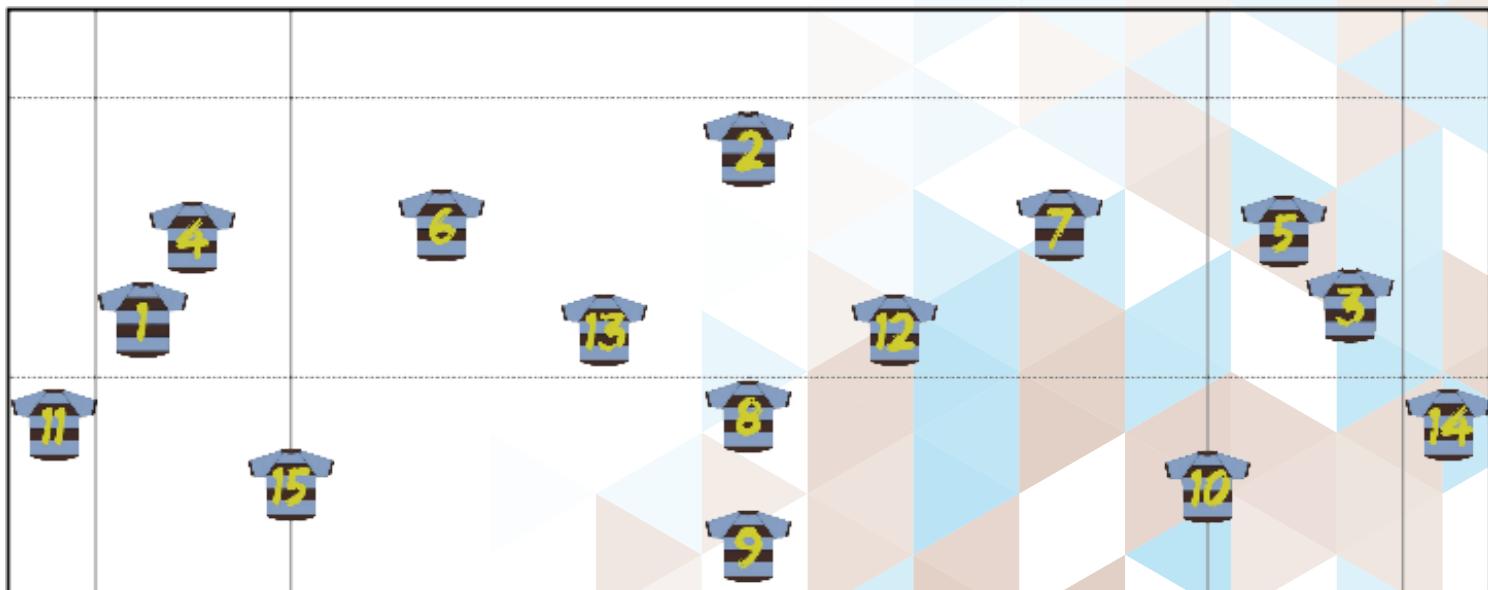
Our defensive line is ready for LINESPEED defence on Phase 2

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

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.

Defensive Principles

The Basics

Always have 10 players on their feet.

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

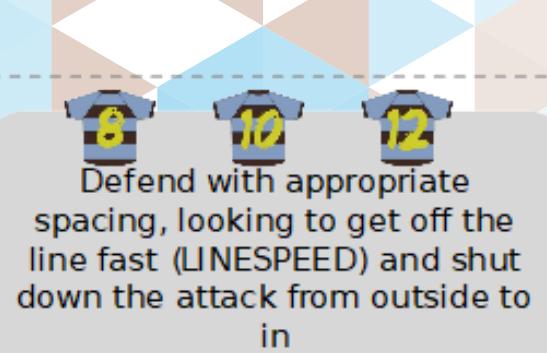
2 v 1 tackles wherever possible.

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

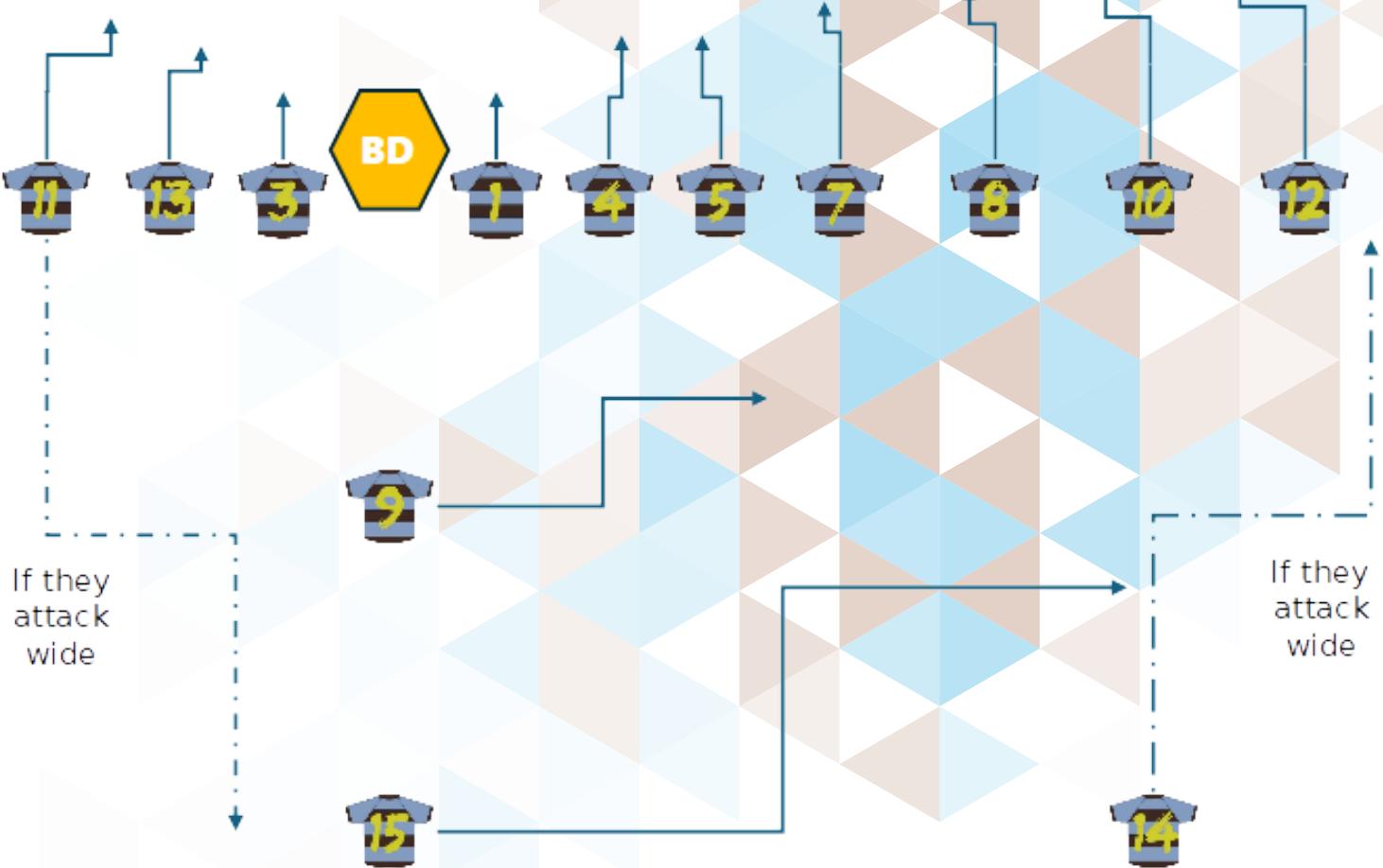
The Press

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.

King Pod: Pod off of the scrum half

Queen Pod: Pod off of the fly half.

Fire: Called to play the ball to the connected back NOT the lead of the pod.

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)

Lollipop: A loop play

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.

Silver: A kick to gain territory

Cherry: A high contestable kick

Pirate: A crossfield kick

The Kingswood Way

The Under 16 stage represents the culmination of the youth rugby pathway, preparing players for the challenges of senior rugby.

Building on the principles of The Kingswood Way, this guide helps players refine their technical skills, deepen their tactical understanding, and cultivate the leadership and resilience needed for competitive rugby.

The focus is on refining individual skills and working seamlessly as a team.

The tactical awareness, decision-making under pressure, and leadership qualities developed at this level will set the foundation for players as they transition to senior rugby.

WE ARE KINGS

