

# KINGSWOOD



**1954 - 2024**

**R.F.C.**

**The Kingswood Way  
for Under 14s**

**Building on Foundations: Strengthening the Knights Game**

# Introduction to the Under 14 Rugby Strategy

At Under 14, players begin to refine the skills they developed in U13 and start to implement more structured and strategic elements of The Kingswood Way.

While still focusing on solidifying individual techniques, we now introduce more complex attacking strategies, and defensive structures that build on the foundation of the previous year.

At this stage, players should develop a deeper understanding of the game and start becoming more aware of tactical decisions during matches.

# 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

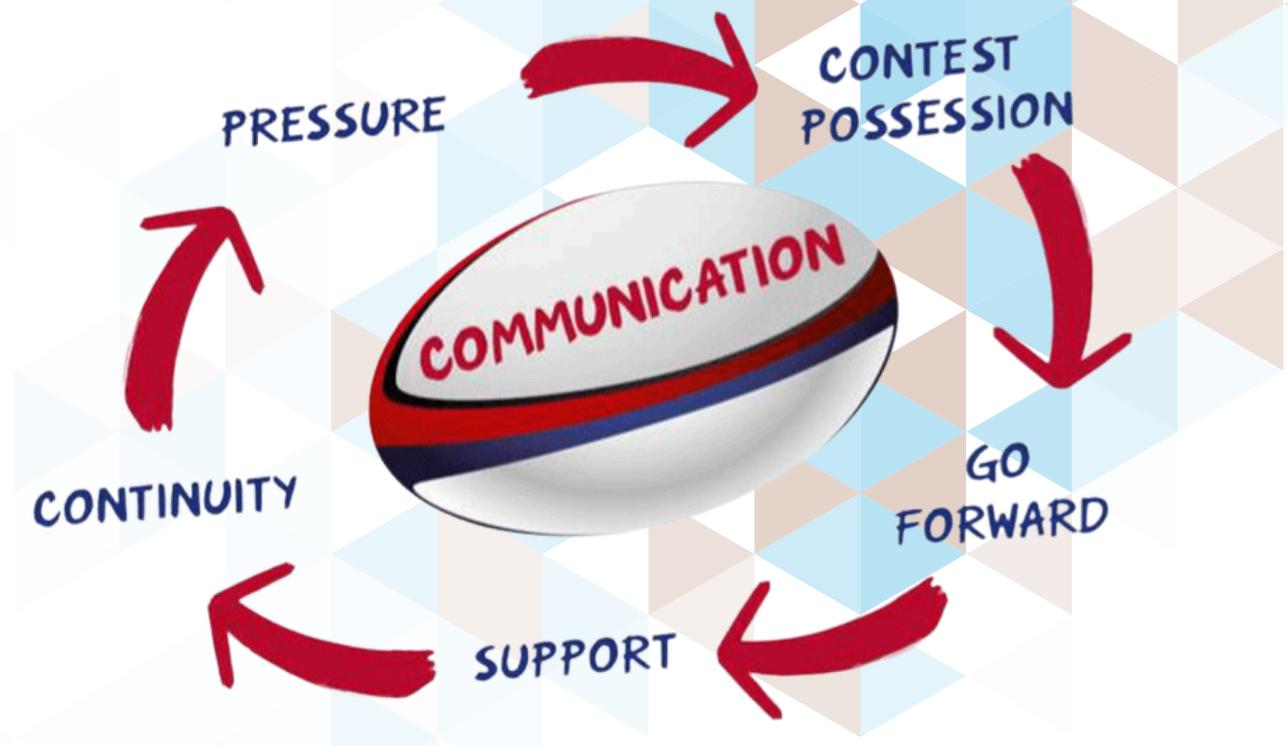
**TEAMWORK  
RESPECT  
ENJOYMENT  
DISCIPLINE  
SPORTSMANSHIP**

# The Principles of Play

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

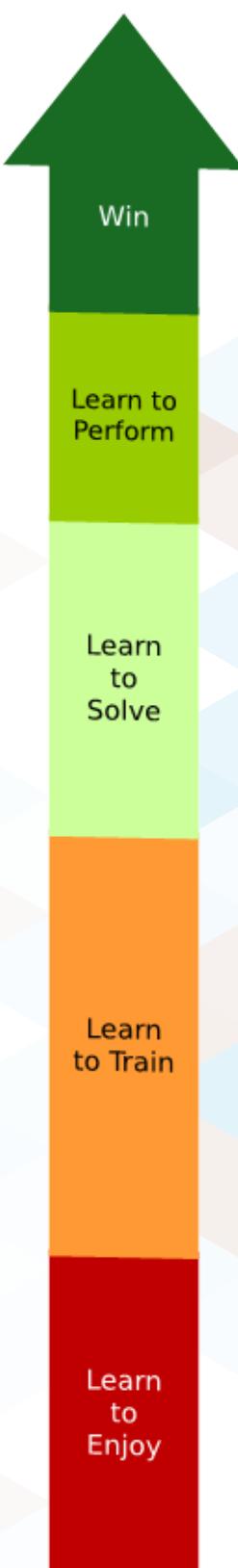
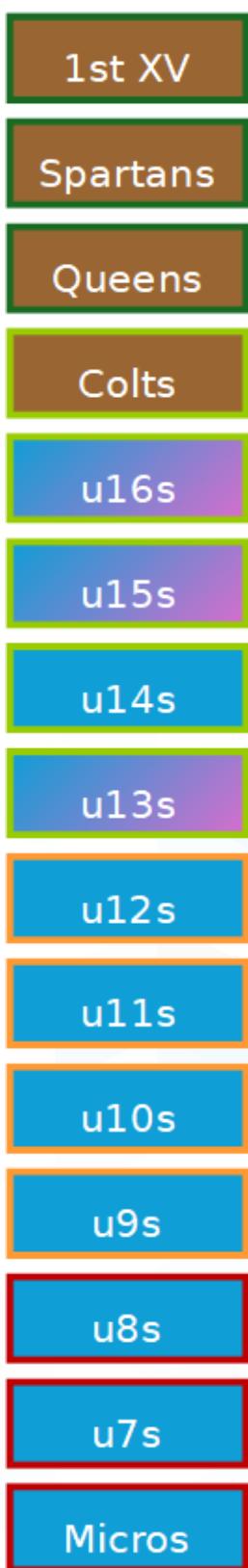
This coaching guide has been carefully structured to reinforce these principles.

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

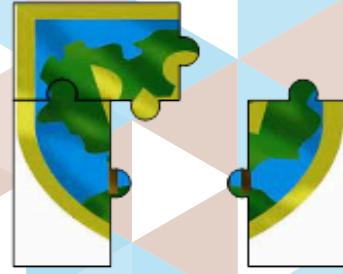
## Progression Pathway



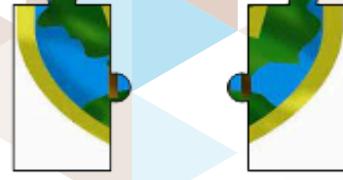
**Enjoy + Train + Solve + Perform**



**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

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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

At U14, Players will become more comfortable with attacking as a pod, focusing on supporting each other, carrying the ball, and making decisions as a team.

Simple passing drills will form the foundation for future attacking moves, but now we start to hone in on the running lines and timing.

We stick with the basic pod system, add another ‘backs move’, and learn how to be undefeatable at the break down

## Focus On:

**Building on U13s Skills:** Continue emphasising quick passing, running lines, and support play.

**Width and Depth:** Encourage maintaining width in attack to stretch the defence, and using depth to create time and space for decision-making.

**Effective Communication:** Players must learn to communicate to organise their attack and defence.

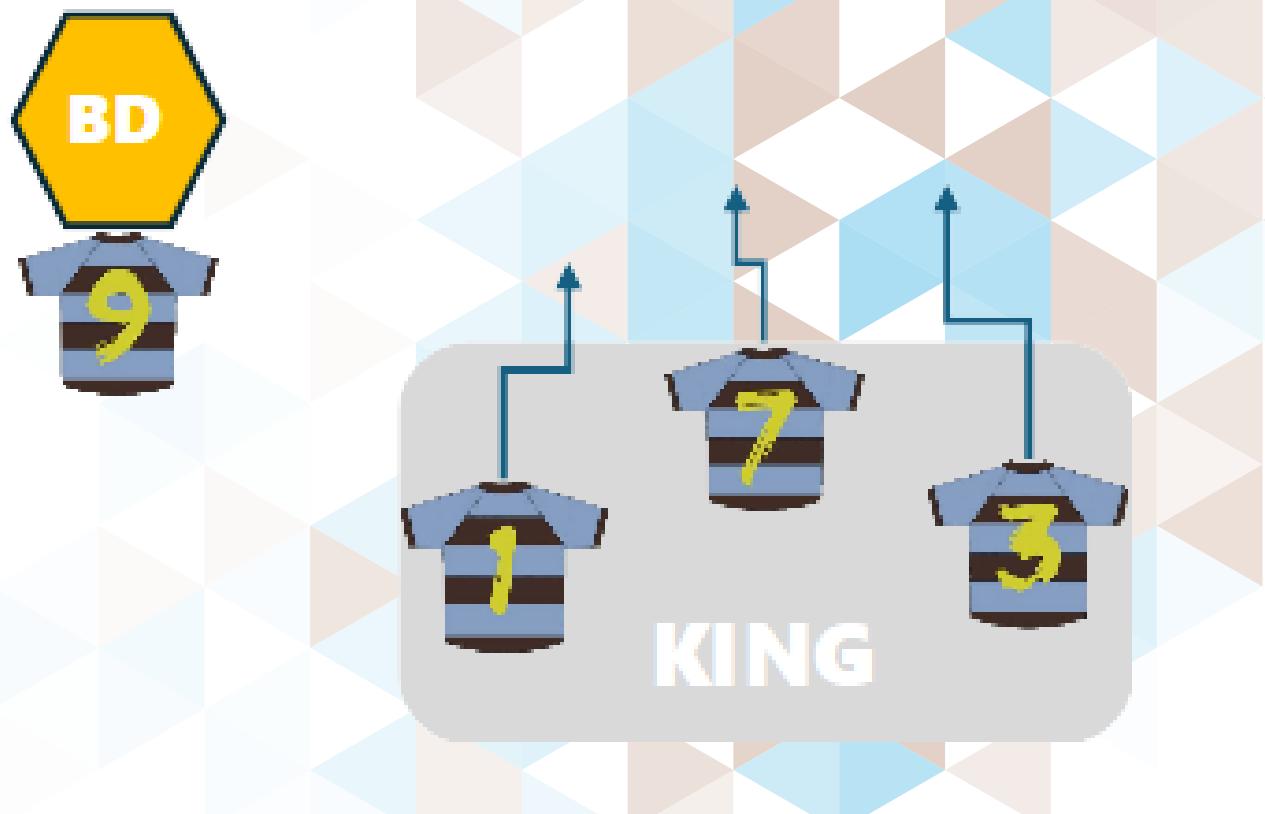
# Principles of Attack

## 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.



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

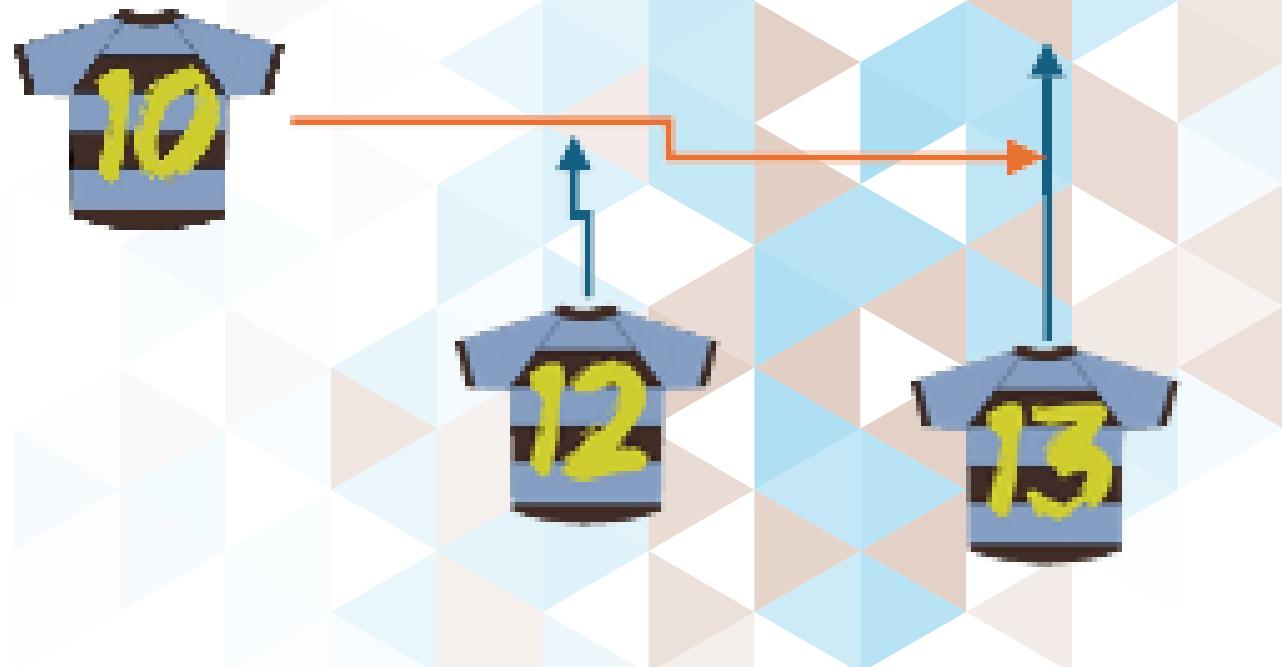
## Millies

‘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

## Introduction to ‘Slide’

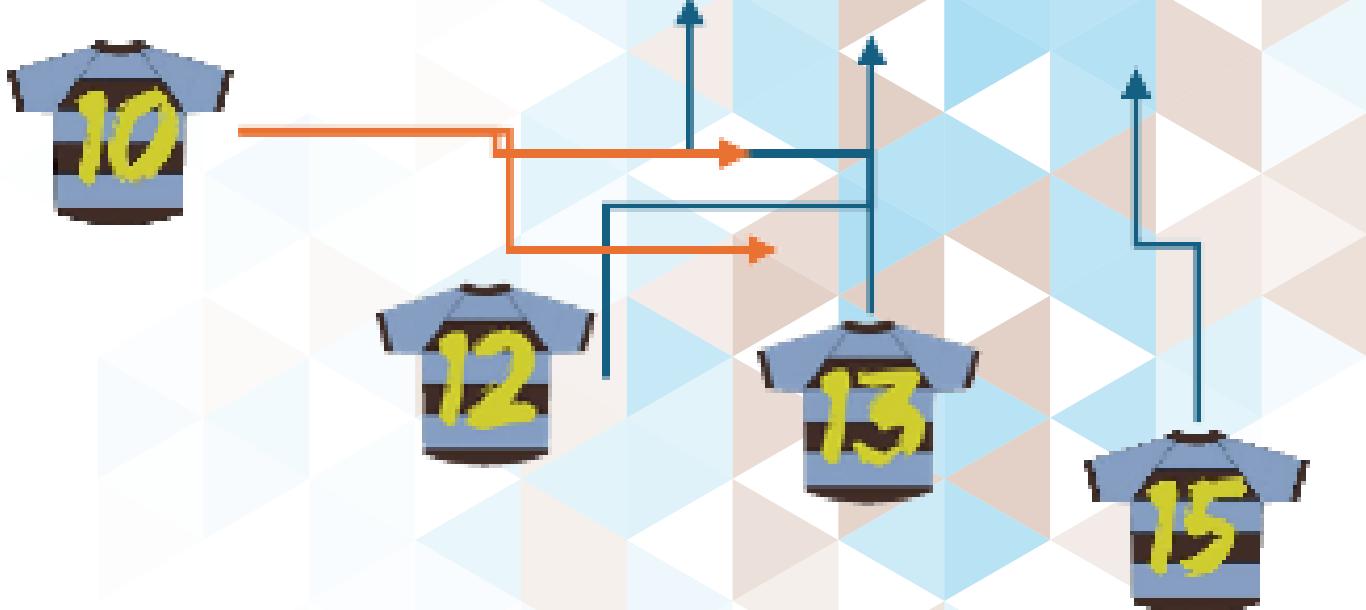
The ‘Slide’ is an attacking play designed to create space and confuse defenders.

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.



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.

# 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

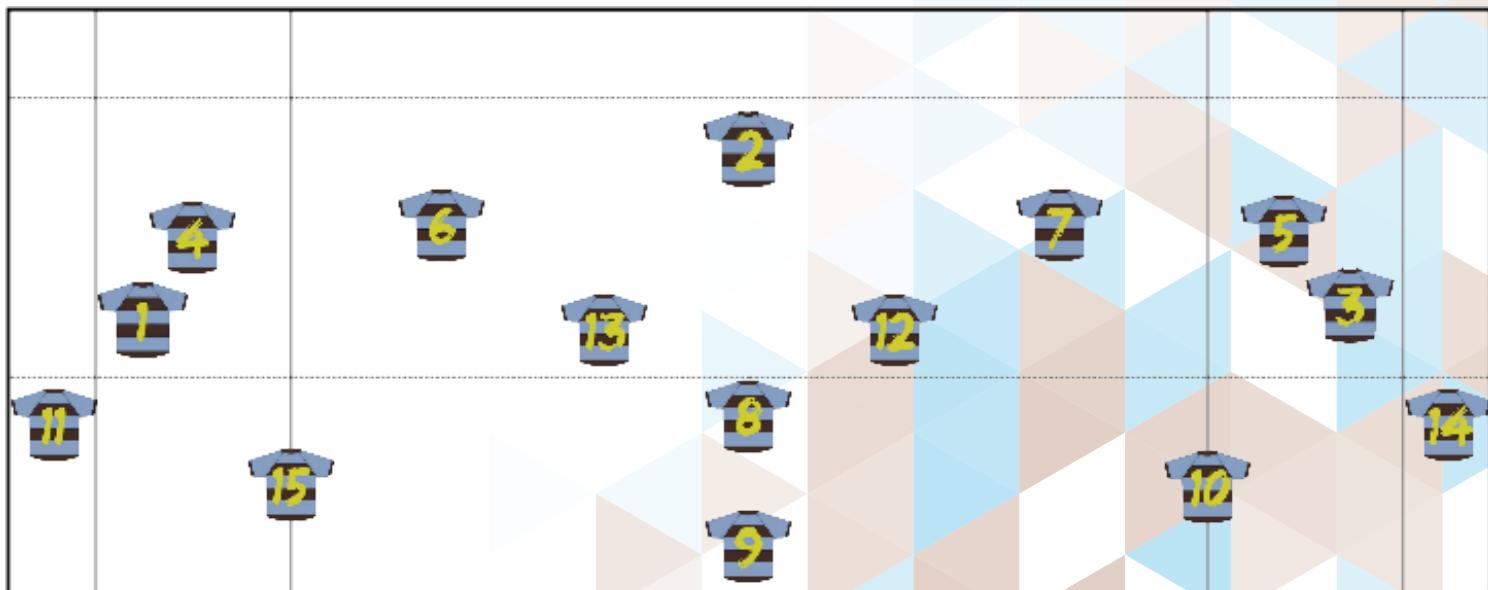
The 8, 15 and the 10 (after the kick) sit in the backfield ready to counter a return kick

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.

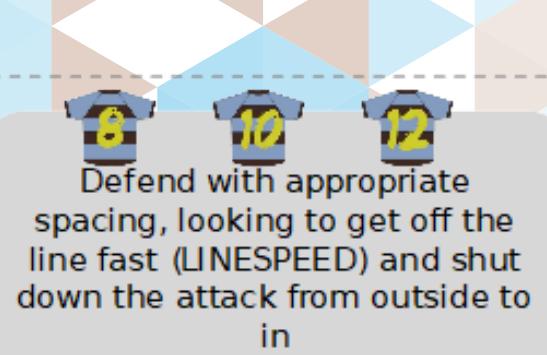
2 v 1 tackles wherever possible.

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

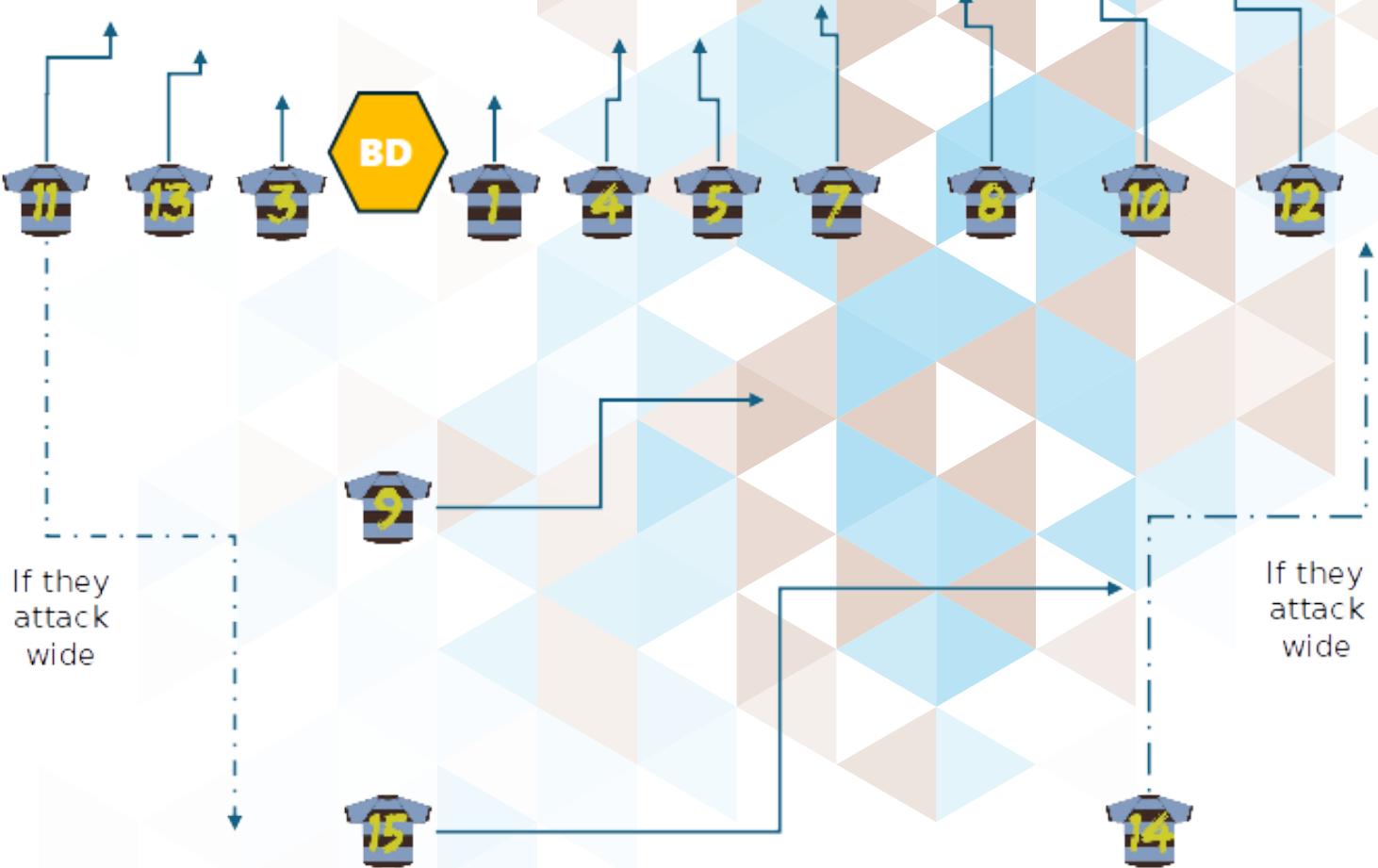
## The Press

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.

**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'.

# The Kingswood Way

For Under 14 players, we are beginning to build more structure into the game.

Players should now understand how to execute basic attack through pods, and how to set a solid defensive line.

At this stage, it's essential to keep refining individual techniques while introducing the strategic elements of The Kingswood Way.

The U14 season is about transition—moving from simple plays to more complex tactics while ensuring the players are still enjoying their rugby and developing their skills.

At Kingswood RFC, we continue to nurture their growth and lay the groundwork for their continued success in the years to come.

## WE ARE KINGS

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