

KINGSWOOD



1954 - 2024

R.F.C.

**The Kingswood Way
for Under 13s**

Starting Strong: Nurturing Kingswood's Future Kings

Introduction to the Under 13 Rugby Strategy

At the Under 13 level, we start building the foundation for the future of rugby at Kingswood RFC.

This document introduces the basic principles of The Kingswood Way, focusing on:

- Developing technical skills
- Building a solid understanding of the game
- Creating a team bond and working together

The goal for U13 players is to understand the key elements of our attacking and defensive strategies, while adhering to the RFU Regulation 15 age-grade rules.

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

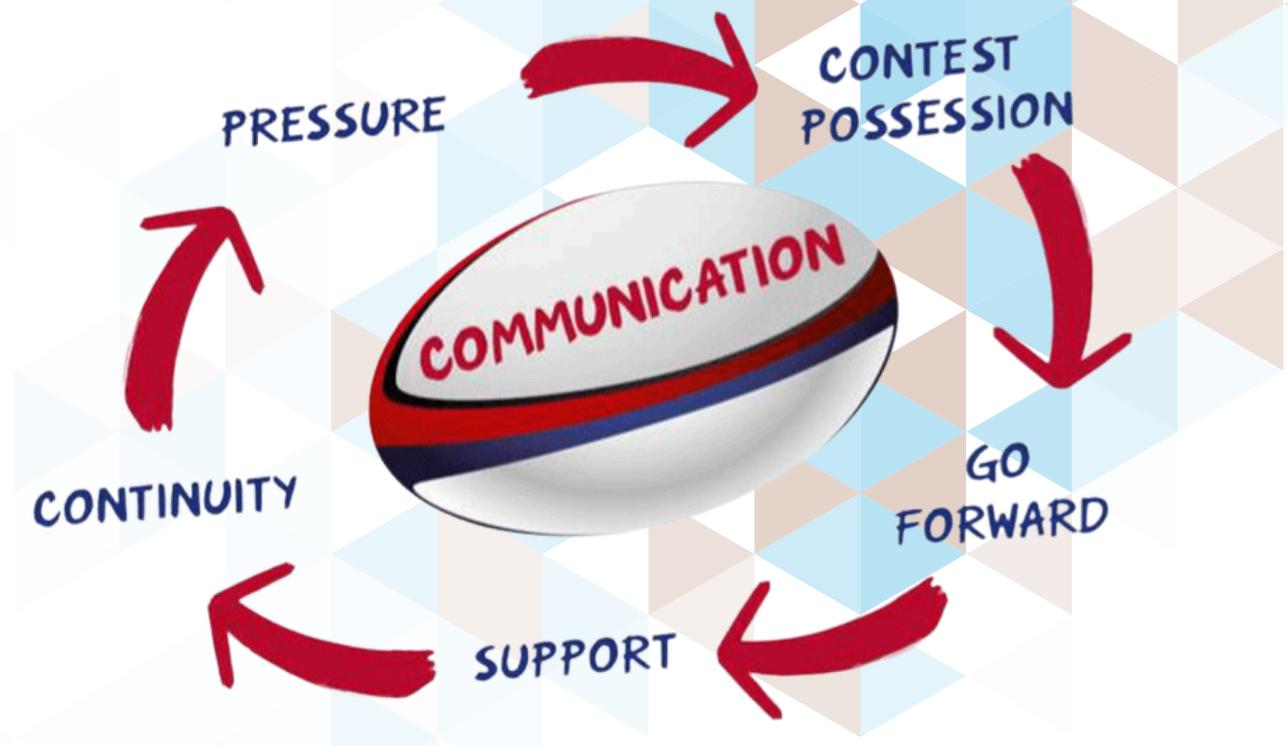
**TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP**

The Principles of Play

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

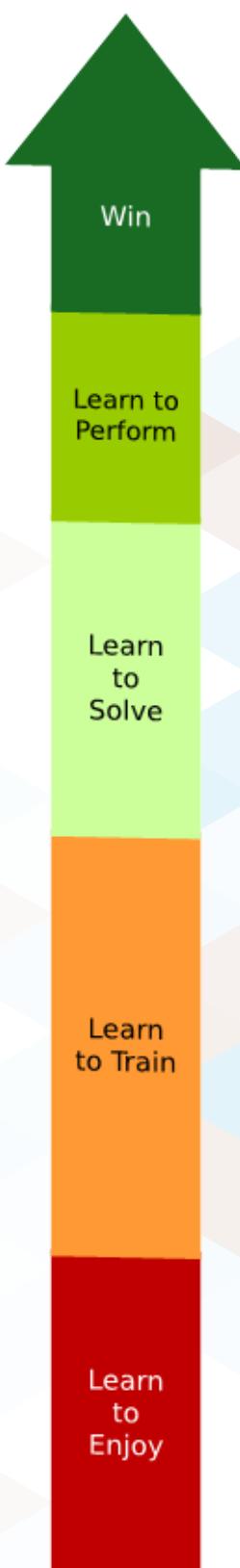
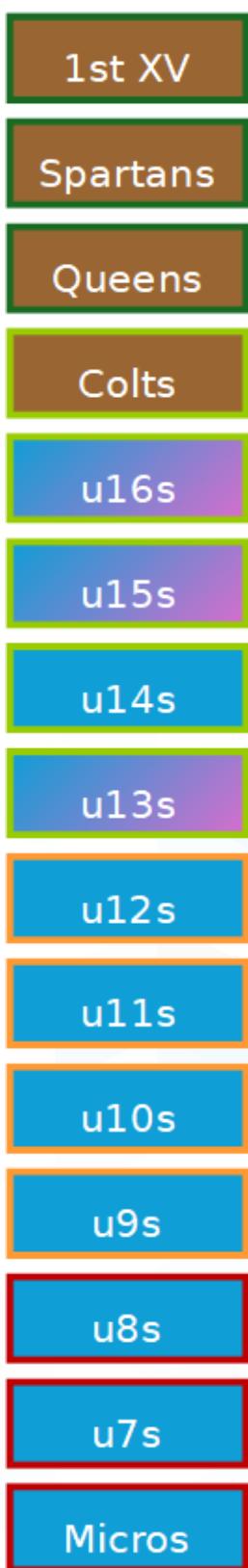
This coaching guide has been carefully structured to reinforce these principles.

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

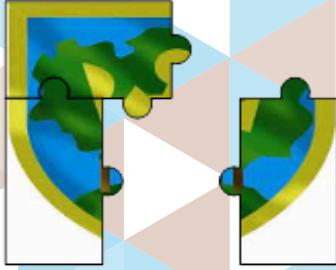
Progression Pathway



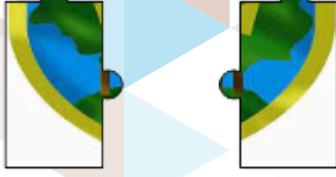
Enjoy + Train + Solve + Perform



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 U13, the focus is on developing a strong passing technique.

Simple passing drills will form the foundation for future attacking moves.

We introduce the basic pod system, where players learn the importance of keeping the ball secure and moving it quickly to exploit gaps in the opposition's defence, as well as our first 'backs move'.

Focus On:

Ball Movement: Focus on quick, accurate passing looking for the space in the defensive line.

Support Play: The support player should be ready to take a pass or clear the breakdown.

Continuity: Encourage players to play as a team and keep the ball moving.

Play with Pace: Attack with speed. The faster the ball is moved, the harder it is for the opposition to react.

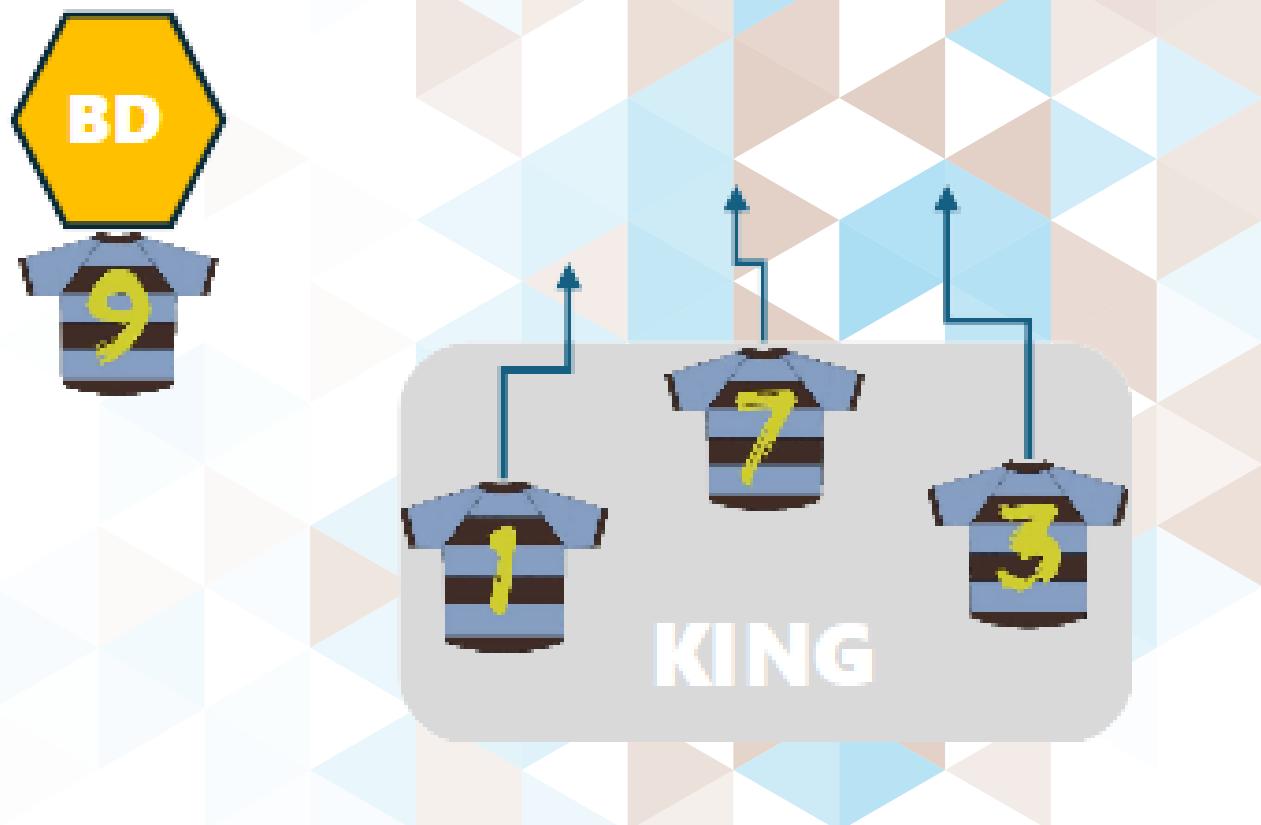
Principles of Attack

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, at free passes when the ball has gone in to touch, and from free kicks.

Principles of Attack

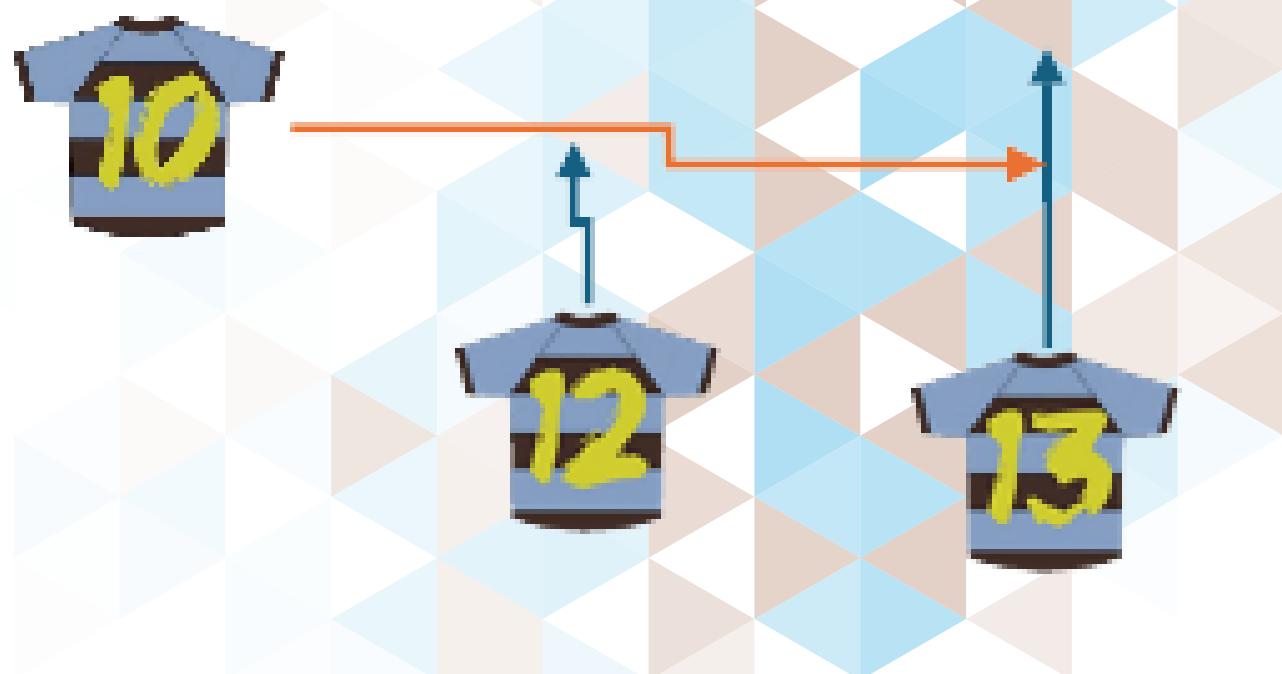
Introduction to ‘Millies’

‘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.

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

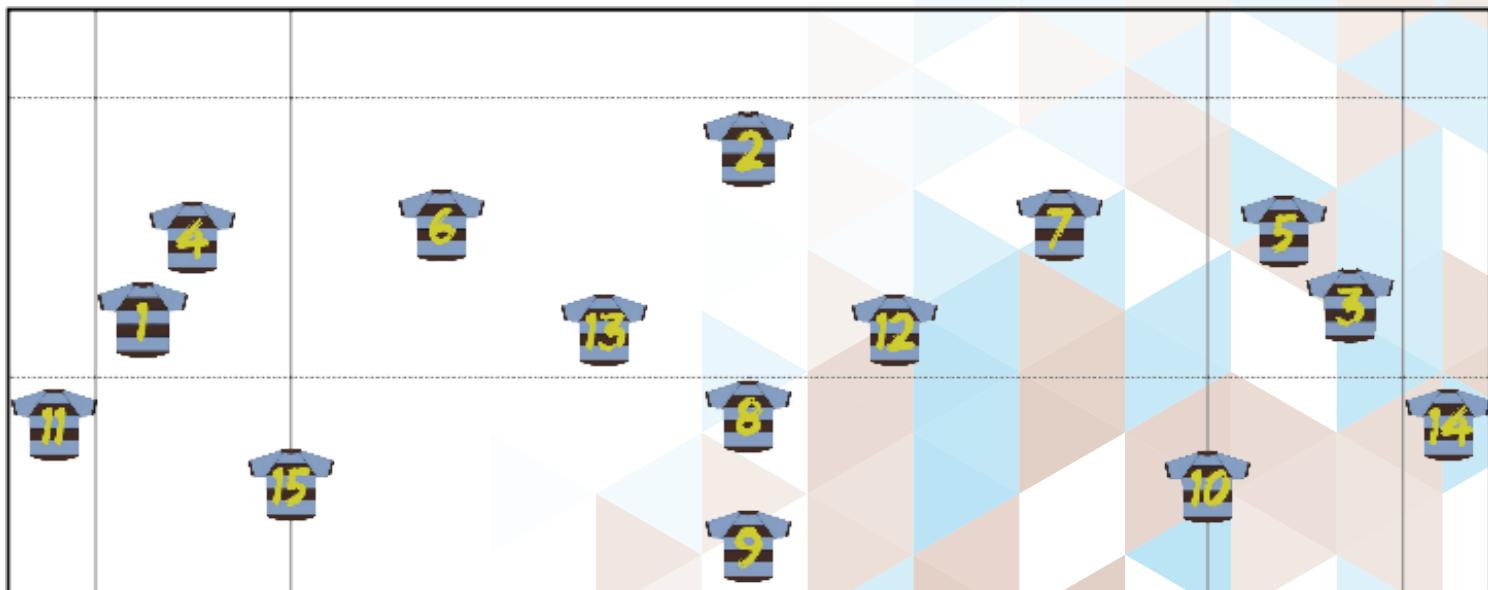
The 8, 15 and the 10 (after the kick) sit in the backfield ready to counter a return kick

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.

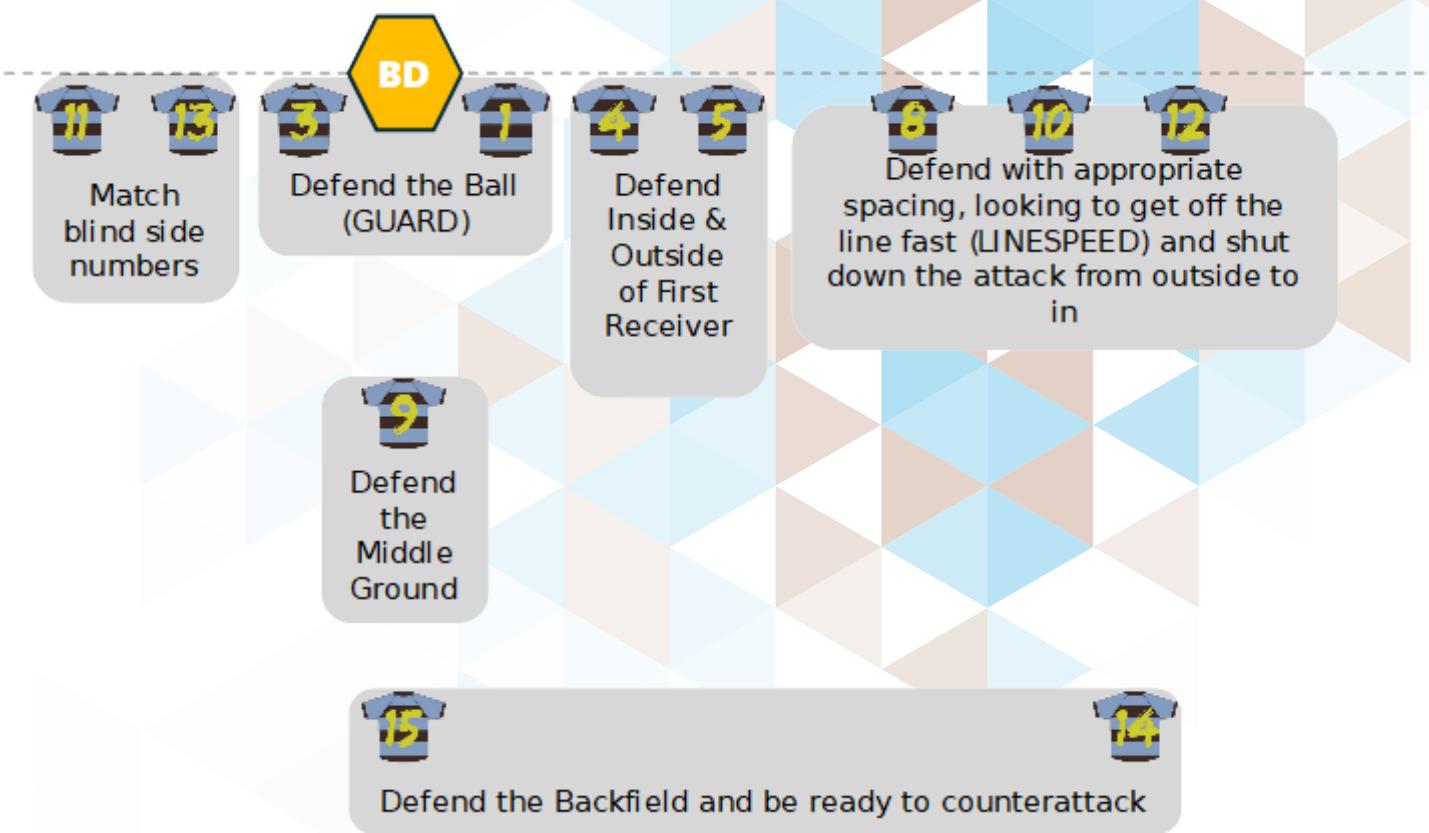
2 v 1 tackles wherever possible.

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

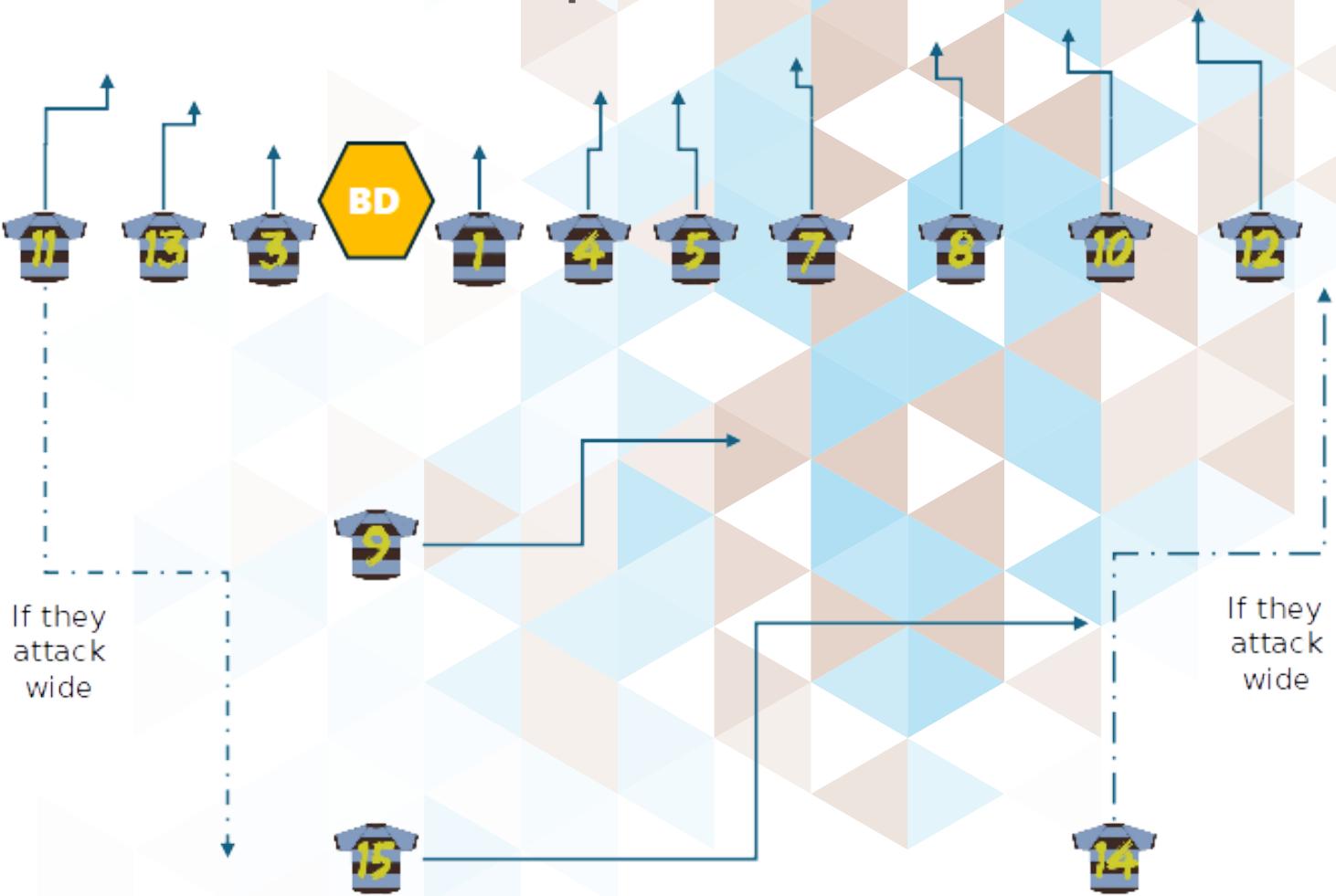
The Press

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.



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 free throw, or in front of the back foot at a ruck.

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.

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

Millies: Miss pass.

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

The Kingswood Way

The primary focus for U13 players is to develop fundamental rugby skills and begin to build an awareness of attacking and defensive principles.

We keep things simple and fun, ensuring that players develop a passion for the game while building a solid technical foundation that will carry them through to the higher age groups.

We aim to create a culture where each player can thrive and develop into a confident rugby player.

WE ARE KINGS

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