



North East Rugby League
Festival Handbook



RUGBY LEAGUE NORTH EAST FESTIVAL HANDBOOK





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Coaching Guide:

WEEK	FOCUS SKILL	COACHING POINTS
One	Grip and Carry	Two hand carry Fingers and thumbs spread Centre of ball Centre of body Elbows pointing out One hand carry = Take one hand away
Two	Pass and Catch	Pass – Normal grip position Point the ball Down ‘Six o’clock’ Rotate shoulders Step forward Pass over correct foot Pass Backwards Catch – Hands up, Chest height, fingers and thumbs spread ready to catch
Three	Play the ball Game of Tag rugby league	Starting on front – Pads of forearms. Snap – Sweep – Touch Good grip of the ball Defensive line
Four	Game of Tag rugby league Tackle if applicable Defensive structure	Reinforce previous weeks and put into practice.

Examples of all of these sessions can be found in the appendices at the end of this document.

Warm up should be session related and dynamic. Try to incorporate techniques taught in the previous session.



Cool down should be focused towards static stretching.

Rule Guide:

MINI rugby league is school years 3 and 4.

Modified rugby league is school years 5 and 6.

Key:

Black = applies to both Mini and Modified rugby league.

Blue = applies to Mini rugby league.

Red = applies to Modified rugby league.

Rule:

1. Each team should consist of a squad of 12 (two of which should be female). Each team will have 9 players only on the pitch at any one time. Each team should consist of a squad of 13 (two of which should be female). Each team will have 11 players only on the pitch at any one time.
2. Pitch size is 60m x 40m. 80m x 50m.
3. Ball size is 3, 4.
4. Each team has 6 tackles when in possession without making a mistake before handing the ball over to the other team. A tackle is complete when the defending team removes one of the attackers' tags.
5. After each tackle is made the defending team retreats 5m, 10m, in line with the referee.
6. A Try is scored when the ball is placed over the try line with downward pressure from at least one of the attackers' hands.
7. The team who did not score restarts the game with a play the ball on the half way line.
8. After every break in play and after every tackle the game restarts with a play the ball. A break in play may be a try, a knock on, a forward pass, a penalty or someone running out of play.
9. The defending team cannot move off the mark until the dummy half either passes to a teammate or runs with the ball.
10. No kicks in play are allowed.
11. No "hand-offs".
12. Tags must be used.



Code of Conduct:

Rugby league follows a strict code of conduct which all participants need to abide by. The code of conduct promotes an enjoyable experience of rugby league. The code of conduct aims to:

- Promote enjoyment and learning of rugby league.
- To promote participation over winning at this stage of learning.
- To be aware of the target age group and refrain from implementing adult values in regards to winning.
- To promote Fair play.

The RESPECT campaign:

This campaign applies to everyone involved in rugby league:

- Referee's
- Players
- Coaches
- Teachers
- Leaders
- Volunteers
- Spectators.

RESPECT means people in the above positions need to:

- Be polite.
- Promote fair play and be a good role model.
- Understand all the decisions are made in an unbiased way and to follow the code of conduct

Roles and responsibilities:

Spectators:

- To follow the code of conduct and RESPECT campaign.

Teachers:

- To follow the code of conduct and RESPECT campaign.
- Provide equipment and kit for your teams
- Act as team manager on the day of the festival or game.

Players:

- To follow the rules of the game.
- To follow the code of conduct and RESPECT campaign.

Parents:

- To follow the code of conduct and RESPECT campaign.

Coaches:

- To follow the code of conduct and RESPECT campaign.
- To prepare teams to play rugby league and make them aware of the rules by using the coaching guide.
- Keep in contact with the relevant people for dates and times of coaching and games.

Officials:

- To follow the code of conduct and RESPECT campaign. To enforce the rules of the game.

Administrators:

- To follow the code of conduct and RESPECT campaign.
- Organise dates and times of coaching and games and to provide all the necessary information and documentation.

Volunteers:

- To follow the code of conduct and RESPECT campaign.
- To work alongside relevant staff to support the running of sessions and games.



RLNE Contacts

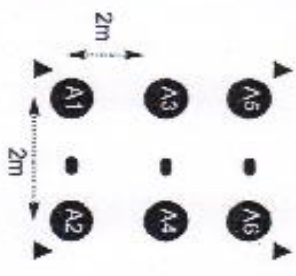

North East Development Officer	George Taylor	george.taylor@rfl.uk.com	07841783998
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Tyne and Wear Community Sports Coach	Danny Wilson	dannywillson_@hotmail.com	07828882810
Tyne and Wear Community Sports Coach	Steven Beaty	sbeaty_rl@yahoo.co.uk	07772290520

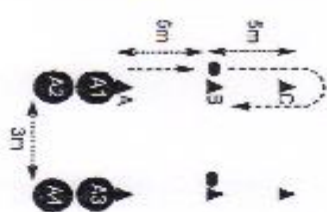



Appendix:

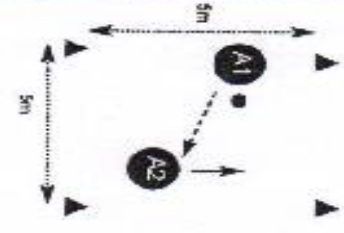

Coaching drill examples for:

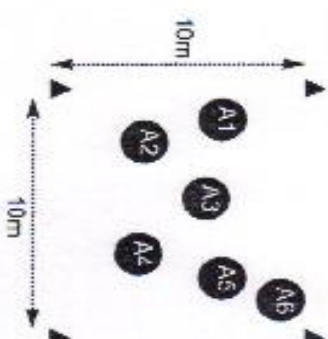
- Grip and Carry
- Try scoring
- Pass and Catch
- Play the ball
- Tackling

CONTENT	ORGANISATION/EQUIPMENT	KEY POINTS
<p>Core Skill Holding the ball Grip</p>	<p>Balls and Cones</p> <p>1 ball between 2 players</p>   <p>Coach Directed</p>	<p>Players in 2s – pick up</p> <p>Place down ball</p> <p>Alternate</p> <p>Players in 2s – pick up 2 hands Show ball – wave ball over head, across body</p> <p>Progress to one hand hold (retractable) Show ball – wave punch ball over head in the air Transfer hands Alternate</p> <p>Thumbs spread greater than right angle</p> <p>Arched palm</p> <p>Centre of ball</p> <p>Elbows out</p> <p>Alternate partners regularly</p> <p>10m square – 3 pairs Test the ball security 2 hand and 1 hand by the ball carrier moving around the grid performing the above exercises whilst their partner attempts to take or dislodge the ball.</p>

CONTENT	ORGANISATION/EQUIPMENT	KEY POINTS
<p>Core Skill</p> <p>Holding the Ball</p> <p>Carrying the Ball</p> <p>Scoring a Try</p>	<p>Balls and cones</p> <p>Groups of 3 players</p>   <p>Player 1 runs out picks up ball at B runs around far cone (C) on the return journey places down ball at (B) thus scoring a try before returning line at (A)</p> <p>Progression – pick up one handed carry right and one handed carry left</p> <p>Progression – pick up two handed carry – fend left and right at (C)</p> <p>On the return journey reload the ball at (B) before joining back of A</p> <p>Groups of 8 players A1s run out with a ball mimicing each others movements.</p> <p>Back off to (F)</p> <p>Forward to (G)</p> <p>Slide sideways to their respective start points.</p> <p>Before moving towards one another holding the ball (grp) in one hand and transferring in the middle (Henry Paul roll) before turning the balls over to the next person in line for the drill to continue.</p>	<p>Grip – relate to ball securely</p> <p>Middle – centre body carry</p> <p>Two hands</p> <p>NB – when the player uses a fend or a one handed carry check that the ball is still carried towards the centre of the body.</p> <p>Traditional Method of Try Scoring</p> <ul style="list-style-type: none"> Place the ball on the ground Exert downward pressure with the ball and hand together <p>Australian Method</p> <ul style="list-style-type: none"> Keep the ball tucked into the body Launch yourself horizontally over goal-line Body and ball make contact with the ground at the same time
<p>Checking the grip and carry</p>		


The Junior Rugby League Organiser's Award Lesson plan 2 – Passing and Handling

CONTENT	ORGANISATION/EQUIPMENT	KEY POINTS
<p>Pass and Catch</p> <p>Grip, Catch, Carry, Pass Game (10 passes)</p>	<p style="text-align: center;">Pass and Catch</p>  <p style="text-align: center;">Players A1 and A2 working in a 5m grid walk up and then down the area delivering passes off either hand</p>  <p style="text-align: center;">Groups of 3 Ball carriers vs defenders How quick can you make 10 passes A cumulative count I.e. Mistake on 4 – next time begin at 4 First to 10 passes</p>	<p style="text-align: center;">All key points for grip and carry apply</p> <p style="text-align: center;">The Pass</p> <ul style="list-style-type: none"> • 6 o'clock • Ball pointing down • Shoulder rotated • Pass over the correct foot (inside) • Wrist and hands follow through <p style="text-align: center;">The Catch</p> <ul style="list-style-type: none"> • Shoulders rotated • Target: hands up • No shirt • No adjust <p style="text-align: center;">All grip, carry, pass and catch points apply</p> <ul style="list-style-type: none"> • Ball carrier no more than two/three paces • Support runners identify good space • Defenders can only block/intercept ball • No contact

CONTENT	ORGANISATION/EQUIPMENT	KEY POINTS
<p>Demonstration of Skill</p>	<p>Teacher demonstrates the correct technique and situations</p> <ol style="list-style-type: none"> 1. Player on belly 2. Player on hands and knees 	<p>KEY POINTS</p> <p>Belly – 3 movements</p> <ul style="list-style-type: none"> • Sweep – knees to chest • Sweep leg round • Touch – play-the-ball <p>Elbows and Knees</p> <ul style="list-style-type: none"> • Sweep – leg round • Touch – play-the-ball
<p>Practice</p>	<p>Players in 2s practising right and left foot play-the-balls – Teacher check out technique.</p> <p>Balls 15m x 15m grid 6 players (1 ball each)</p> <p>Players move around grid waiting for Teacher's call – elbows/knees or belly. They go to ground as per instruction – regain their feet – play the ball and move on to recover any other ball – the drill continues in this manner</p> 	<p>Grip and carry points apply</p> <p>Efficiency and speed</p> <p>Sweep end touch</p> <p>2/3 movements</p>
<p>Play-the-ball Area</p>		

The Junior Rugby League Organiser's Award Lesson plan 4 – Tackling

CONTENT	ORGANISATION/EQUIPMENT	KEY POINTS
<p>Introduction</p> <p>Demonstrate all tackles</p>	<p>Discuss the key points with the group. Stress safety points</p> <p>In pairs. One player is standing, the other kneeling. Kneeling player familiarise body positioning with partner. Change roles. Practice using both left and right shoulders.</p>	<ul style="list-style-type: none"> • Tackling practice should be part of your weekly programme • Defence represents half of the game • Children should be taught tackling techniques early in their development • When practising tackle techniques always consider maturity level and match children accordingly • Never demonstrate on a child – use another adult or two children of equal size who are competent tacklers <p>Target area – low tackles</p> <ul style="list-style-type: none"> • Thighs for front passive side and rear tackles <p>Head positioning To the side of the ball carrier</p> <ul style="list-style-type: none"> • Front passive • Rear tackles <p>Behind the ball carrier</p> <ul style="list-style-type: none"> • Side tackle

CONTENT	ORGANISATION/EQUIPMENT	KEY POINTS
<p>Side Tackle</p> <p>Front Passive To be used when the ball carrier is much larger than the tackler and approaching at speed. The aim is to encircle the ball carrier's legs quickly and use his/her momentum to bring them down.</p> <p>Rear Tackle</p>	<p>Demonstrate Tackles</p> <p>In pairs. One player is standing, the other kneeling. Kneeling player familiarise body position on other. Change roles then progress to one player walking and the other crouching.</p> <p>Arrange groups into two parallel lines for a continuous practice.</p> <p>Practise using both right and left shoulders</p>  <p>Demonstrate tackles. As before, first static and then walking/crouching. Further progression into running.</p> <p>Demonstrate tackles. Progressions as before then move to ball carrier walking and tackler jogging from behind.</p>	<p>Checklist</p> <p>Approach</p> <ul style="list-style-type: none"> • Position player • Prepare to step in • Hands up • Head up <p>Contact</p> <ul style="list-style-type: none"> • Hit the target area – shoulder contact • Grip and handle <p>Finish</p> <ul style="list-style-type: none"> • Attempt to finish on top of the tackled player and be first up and ready for your next involvement