



Clovelly Eagles Junior Rugby Union Club

Coaches and Managers Briefing 2024



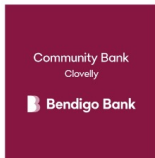


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W&M JENKINS PLUMBING PTY LTD



Agenda

- **Welcome and introductions**
- **Our objectives**
- **2024 club updates**
- **2024 key dates**
- **2024 season**
- **Managers: role & expectations**
- **Coaches: role & expectations**
- **Coaching**
 - **U6 & U6 changes**
 - **New tackle laws**
 - **Smart tackle cues**
 - **Concussion**
 - **Training kids**
- **The Committee**
- **Q&A**





Our objectives

1. **Grow the number of kids safely playing rugby union**
2. **We want to see kids:**
 - a. **Having fun with their mates**
 - b. **Growing and developing their skills**
 - c. **Building strong foundations with the rugby community**
3. **Coaching is key. We want to improve the quality, variety and outcomes of coaching within the Clovelly Eagles**





2024 club updates

1. Investing in COACHING

- a. (NEW) club subscription to the The Rugby Site
– for all coaches to use as a resource www.therugbysite.com
- b. Coz Sprint is back in 2024 (Wednesdays)
- c. (NEW) - MJ coaching added for Mondays & Wednesdays.
Focus – Tackle / Ruck

2. GEAR: Back to the butchers stripe + training jersey

3. EQUIPMENT

- a. (NEW) Bump pads – to help with height
- b. (NEW) chest guards to add to last year's tackle mats
for safer tackling practice
- c. What do you need? What can you recycle?
Send us what you need other than Rugby balls.



2024 key dates

Mon 4 & Wed 6 March	Training commences at Queens Park Please don't train at Burrows!
Wed 6 March	U6 & U7 Tri Tag coaching session
Mon 11 March onwards	Training moves back to Burrows
Fri 22 March	Trials night U10-U12
Sat 23 March	Gala Day U6-U9
Wed 3 April	Season launch BBQ + uniform kit
Fri 5 April	Fixtures start U10-U12 @Nagle Park (under lights)
Sat 6 April	Fixtures start U6-U9 @Nagle Park





Managers: role



Drive the social side

- **Create a WhatsApp Group**
- Communicate with parents regularly
- Push the 9 March Event as a great opportunity for club to get together (sell tickets!)
- Arrange a social or a team dinner at the Clovelly Hotel for your team
- Get involved in club socials:
 - Season launch 3 April
 - U12 NZ Tour Trivia night 22 June
- Drive assistance for BBQ duties, etc

Help us grow our club

- Ask your teams, to follow or like us on **Facebook / Instagram**
- Keep us posted on amazing achievements or efforts
- **We need photos!** Email every week (with a short description) to clovellyeagles@gmail.com

Match Day

- **Track the team scorers** for end of year reporting – Minis
- Team sheets / sign off – admin for all games
- Sign off score sheets with referee and opposition (U10-U12)
- Ensure we have qualified assistant referee and ground marshal (U10-U12) **in high vis vests**
- If you need HELP with Explorer – Lindsay Dawson is our Champion



Coaches: role

- **TRAINING:** Run a 45-minute or 1-hour training session on a Monday or Wednesday afternoon/evening
- **MATCH DAY:** Coach a game on a Friday night (U10-U12) or Saturday morning (U6-U9)
- **Set the standards in terms of culture and respect**
 - respect the referee
 - respect the opposition
 - respect each other
- **Be accredited and engaged in developing yourself as a coach**
- **Training to be F.I.S. (Fun, Inclusive and safe)**
- **Prepare a training plan. Life will be easier**





Coaches: requirements

1. **SMARTS Rugby online course (1.5hrs)**
– it does expire
2. ***NEW* SMART TACKLE – online course**
3. **Working with children checks – Service NSW**
4. **Register on Rugby Explorer as a volunteer**
5. **If you want to do the Foundation course, tell us! We can arrange one or sponsor you**





Coaches: how we can help

1. **Access to COACHING**
 - a. Foundation course support – just ask us
 - b. TheRugbysite.com – access to online coaching resources

2. **Access to our EXPERT BENCH**
 - a. Scrum sessions for relevant age groups with Randwick Scrum Technician Matthew Bowman
 - b. Coz Sprint and MJ Coaching – will be there Mondays & Wednesdays
 - c. Newer coaches find a mentor

3. **Communicating GUIDELINES**
 - a. Benchmarks for age groups/skills

4. **Access to TRAINING FACILITIES & EQUIPMENT**
 - a. Training tools – team bibs (U10+)
 - b. Cones / balls / tackle bags / tackle mats
 - c. Bump pads
 - d. If we need something, please tell us!





U6 & U7 changes in 2024

We are moving away from two-handed touch rugby

- Implementation of Tri Tag rugby
- Oz-tag style game but 3 tag left and right hip plus one on the derriere
- U6: 5 a side 2 x 10 min halves
- U7: 6 aside 2 x 15 min halves

**** IMPORTANT****

We have a coaching session at Nagle Park on Wed 6 March to learn more.





How to coach U8

Focus on the basics

- 30% on catch & pass attack skills
- 30% on tackle & defence
- 30% on tackle contest (ruck & maul)
- 10% specialist areas (set pieces)
scrum & lineouts and play off them





New tackle laws in 2024

What is the new tackle height?

The tackle height has been lowered to below the base of the sternum for all community competitions from 10 Feb.

Why is the tackle height changing?

The risk of concussion is 4.2 times higher when a tackler's head is positioned above the sternum of the ball carrier. Research has proven there to be a significant reduction in concussions with the lowering of the tackle height.

Who will be affected by the law change?

The change in law will be applicable to all matches played within Australia at Community level, including, all Premier Grades, School Competitions, and pathway competitions.

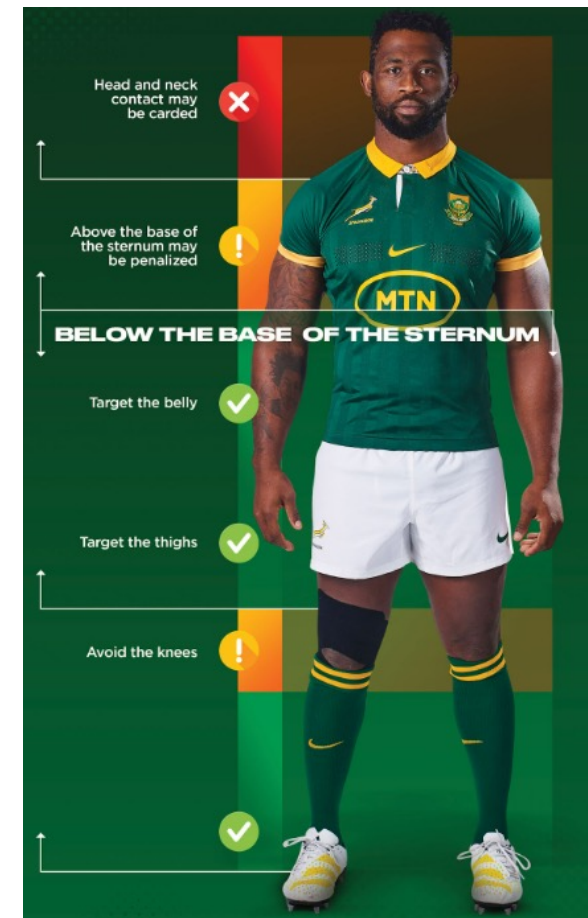




New tackle laws in 2024

Challenges

- League & Union very different rules now
- The first few weeks we suspect a lot of penalties as kids get used to the rule as do the referees
- Best to coach and coach and coach this
- Have patience and share this change with the parents





Smart tackle cues

Pre-Tackle (Tracking)

- ALIGN – off a shoulder, not chest to chest
- APPROACH - Fast – Control – Fast
- BALANCE – J curve into contact, dip through knees
- CONTACT – Foot in hoop

Contact (Foot in Hoop)

- Same foot – Same shoulder – same time
- Punch Wrap – elbows in and punch to lock
- Head placement – lock head behind ball carrier
- Active Feet – Drive for five (to ground)

Post-Tackle (Tackler actions)

- I. Release
- II. Roll (East to West)
- III. Get to Feet

Post-Tackle (Tackled Player Actions)

- I. Pop
- II. Pass
- III. Roll
- IV. Place
- V. Release



Concussion protocols

Policy from the ARU: “If in doubt sit them out”

- Our kids – in event of concussion MINIMUM period before RETURN TO PLAY is 19 days
- Coaches – Need to be able to identify an issue, then follow the protocol
- Safety is paramount
- <http://www.rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

ON THE DAY OF THE INJURY

- RECOGNISE
- REMOVE
- RECORD
- REFER

ON THE DAYS FOLLOWING THE INJURY

- REST
- RECOVER
- RECORD
- RETURN



Concussion protocols

Signs (what may be seen)	Symptoms (players may report)	Memory (questions to ask)
<ul style="list-style-type: none"> ▪ Dazed, blank or vacant look ▪ Lying motionless on ground / Slow to get up ▪ Unsteady on feet / Balance problems or falling over / Uncoordinated ▪ Loss of consciousness or unresponsive ▪ Confused / Not aware of plays or events ▪ Grabbing / Clutching of head ▪ Seizure (fits) ▪ More emotional / Irritable than normal for that person 	<ul style="list-style-type: none"> ▪ Headache ▪ Dizziness ▪ Mental clouding, confusion, or feeling slowed down ▪ Visual problems ▪ Nausea or vomiting ▪ Fatigue ▪ Drowsiness / Feeling like 'in a fog' / Difficulty concentrating ▪ "Pressure in head" ▪ Sensitivity to light or noise 	<ul style="list-style-type: none"> ▪ "What venue are we at today?" ▪ "Which half is it now?" ▪ "Who scored last in this game?" ▪ "What team did you play last week / game?" ▪ "Did your team win the last game?"



Training kids can be tough

- Kids are there to have fun and learn so make sure training reflects that
- Try to find ways to get through to kids who don't listen or mess around
- Talk to the parents, sit them on the sideline, send them for a lap around the oval (within reason)
- Don't yell, swear, call them names, belittle them, make disparaging remarks or physically discipline them
- If there is a child in the team that you can't handle and think is a detriment to the learning and enjoyment of the other kids in the team, grab a committee member there and then if possible or prior to the next training/game.
- We are here to help



The Committee

- **Luke Mann – President & Treasurer**
- **Matt Dawson – Vice-president**
- **Mary Weaver – Communications**
- **Liam Healey – Minis Representative**
- **Jack Singleton**
- **Sharnie Anson**
- **Iwan Davies**
- **Rhys Williams**
- **Ali Stynes**
- **Amy Ryan**
- **Niki Fairhall**

Email us at clovellyeagles@gmail.com

WE NEED VOLUNTEERS. Please consider joining us. Many hands make light work!



Q&A

Thank you for volunteering. How can we help support you in 2024 as coaches and managers?



Wrap-up

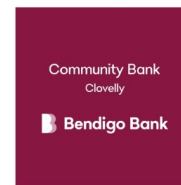
If you have any ideas for the Clovelly Eagles or want to get more involved, please get in touch.

If you have special requests or ideas on how we can improve the club, please contact us at clovellyeagles@gmail.com

Good luck for the season ahead.



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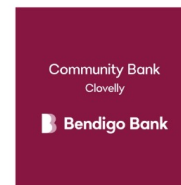


Appendices

1. Resources
2. Clovelly Pathways
 1. Stave 1-4 skills and focus
3. Weight for age
4. Competition draw
5. 2024 season fixtures



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Resources

1. www.clovellyeagles.com.au
1. www.therugbysite.com – coaching videos
2. Rugby Xplorer App (download)
3. <https://nsw.rugby/participate/programs/online-courses>
4. www.smallblacks.com/ – coaching videos
5. www.rugbyau.com/participate/coach/coaching-resources



Clovelly Rugby Pathway: Stage 1: U6-U7

- **Saturday mornings @ Nagle Park**
- **Tri Tag Rugby: 5-7 a side**

- Confident lateral passing and catching
- U7: draw and pass foundations
- Shifting the ball in the match
- 2+ passes off the ruck in attack (U6)
- 3+ passes off the ruck in attack (U7)
- Foundations of the Crickey Body Position



Clovelly Rugby Pathway: Stage 2: U8-U9

- **Saturday mornings @ Nagle Park**
- **U8 has 7 players**
- **U9 has 10 players**

- Tackle & defence. Overdo this area!
 - Heavily weighted to training load
 - Assessment for safety prior to season kick off
- Tackle contest (ruck & maul)
 - Crickey Body Positions
 - Where is the Gate?
- Scrum body position foundations / neck strength exercises
- Draw and pass skills
 - Basic backline plays (wrap etc)



Clovelly Rugby Pathway: Stage 3: U10-11

- **Friday night football – SJRU Comp**
- **(Competitive Scrums and Lineouts, 12 a side)**
- **2 x development teams per age group with Randwick**

- Confident in the tackle and ruck/maul
 - Defensive line speed
- Specialist skills work –
 - Kicking general play (allowed in play)
- Understanding field position – making decisions
- Backline plays basics
- Scrums
 - MAYDAY Call for Scrum
 - Body position foundations / neck strength exercises
 - Scrum management
 - Scrum feed & timing
 - Controlled push



Clovelly Rugby Pathway: Stage 4: U12+

- **Friday / Sunday – SJRU comp**
- **15 a side**
- **1x Randwick rep team; they are looking at a development XV**

- Game management – playing the field
- Structured / Unstructured play
- Specialist positions growth
 - Breakaways – defensive lines
 - Full back play
 - Backrow moves
 - Backline moves – full backline



Weight for age

- We need to be sure our numbers stack up
- Please check players' details

A simplified series of growth charts for the use of Clubs, Schools, parents, coaches, competition managers and State Unions are provided below:

Mandatory Assessment Guidelines for Male players

Age Turning in Calendar Year	Players <u>below</u> both		Players <u>above</u> both	
	Height (cm)	Weight (kg)	Height (cm)	Weight (kg)
10 Years Old	130	26	158	58
11 Years Old	134	29	164	65
12 Years Old	140	32	172	72
13 Years Old	147	36	179	79
14 Years Old	153	40	185	85
15 Years Old	158	45	188	91

Mandatory Assessment Guidelines for Female players

Age Turning in Calendar Year	Players <u>below</u> both		Players <u>above</u> both	
	Height (cm)	Weight (kg)	Height (cm)	Weight (kg)
10 Years Old	129	26	158	60
11 Years Old	136	29	165	68
12 Years Old	143	33	171	75
13 Years Old	147	36	174	80
14 Years Old	149	39	175	85
15 Years Old	150	41	176	88

Players falling outside one of the guidelines

Players that fall outside either the height or weight parameters of these guidelines, but not both, may request or be required to undertake an assessment but this is not mandatory.



Competition draw

- Minis – draw expected this week
- Note Minis this year – need a ground marshal



2024 season fixtures

- To be updated