NORTHERN BRONCOS DEVELOPMENT PROGRAM
PARTNERS IN THE DEVELOPMENT OF RUGBY LEAGUE

2018 NORTHERN BRONCOS COACH DEVELOPMENT BOOKLET
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About the Booklet

On behalf of the Norths Devils I would like to firstly thank you for taking on the responsibility of a coaching position at your rugby league club or school. This is a role that requires both time and effort but can be very rewarding.

This skills information booklet will assist you with the processes and coaching techniques required to teach basic rugby league skills to your players. Teaching rugby league fundamentals to your players in one of the most important challenges that you will face as a coach. For a coach to teach effectively you must have knowledge of the game and knowledge of the basic skills that are required for you as a coach to transfer to your player or players.

Rugby League at any level is not complicated and requires it's players to perform basic skills such as grip / catch / pass, draw and pass (2v1), tackle technique and kicking. These fundamentals are crucial to a player’s ability to play our game and should take up a large percentage of the training time that you have with your team. As a coach, it is important that you are willing to learn, better your knowledge and transfer what you have learnt to the players and support staff that you come in contact and work with. Knowledge provides us with the ability to teach and correct teaching brings success.

For video demonstrations about grip / catch / pass, draw and pass, extra core skill manuals, player requirements, National Code of Conduct, National Safe Play Code and Coach accreditation please click on

https://playnrl.com/coach/coaching-resources/

As coaches you all play a very important role in our game and it is certainly very much appreciated. I wish you, your support staff, your club, school and your players the very best for your upcoming season.

Best regards

Shane Morris
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Under 6’s & 7’s

Goal: To have a basic understanding of rules as well as completing a basic introduction to passing / carrying / play the ball and tackling technique.

- Introduction of Under 6 to Under 7 rules;
  For example: Field 40m x 20m, Game time 4 x 8-minute quarters, no scrums, no conversions, no kicking in general play and no markers.

- Introduction passing and carrying technique

- Introduction to landing safe on the ground

- Correct play-the-ball

- Introduction to tackling techniques

- Direction of defensive line

The emphasis in under 6 & 7’s should be on fun and enjoyment.

Under 8’s

- Introduction of Under 8 rules;
  For example: Field size 68m x 30m, conversions allowed.

- Progress from basic pass / carry technique to Catch / pass and running onto ball

- Understanding roles of dummy half and first receiver

- Progression of tackling technique, front on / side on

Emphasis in under 8’s should be on enjoyment as well as progression of basic skills.
Under 9

Goal: To have a thorough understanding of mid league rules and a progression of basic fundamental skills.

➢ Review of Under 9 rules, For example;
  8 players on the field
  Field size - 68m x 30m
  Markers
  Kicking in general play (No bombs)
  No scrum

➢ Further progression of catch / pass / carry
  Carry ball in two hands
  Catch ball off chest
  Hands up
  Catch and pass in one motion
  Correct footwork

➢ Basic understanding of positions

➢ Introduction to basic kicking technique

➢ Basic introduction to defensive roles eg markers etc

Emphasis for under 9’s should be on enjoyment and basic understanding and knowledge of league.

Under 10’s

➢ Review of Under 10’s rules, For example:
  11 players on the field
  Field size – 80m x 48m
  2 x 20 minute halves
  No scrums

➢ Continue progression of catch / pass / carry from first year of mid league

➢ Introduction to Go Forward

➢ Introduction to support

➢ Progression of kicking technique

➢ Progression of defensive roles

Emphasis on enjoyment with players ready to progress onto Under 11’s.
Under 11’s

Goal: To prepare players for Under 12’s by end of the season.

➢ Review Under 11’s rules
➢ Continued progression of catch / pass / carry
➢ Introduction of basic draw and pass technique
➢ Progression of go forward and support
➢ Continued progression of defensive roles
➢ Introduction of kick and chase

Under 12’s Mod League

➢ Introduction to rule variations from under 11’s to under 12’s, For example;
  Full Field – 100m x 68m
  13 players on the field
➢ Introduce fitness transition games
  Emphasis on skills
  Go forward and support
  Focus on coaching points
➢ Progression of draw and pass technique. 2 v 1, 2 v 2
➢ Basic understanding of line running
  Width / pass
  Angle of run
  Positioning of support
➢ Progression of tackling of technique

Emphasis on enjoyment and being fully prepared for Under 13’s rugby league next season.
Under 13’s and 14’s

➢ Introduction to ruck plays and backline formation
➢ Progression of draw and pass 3 v 2, 3 v 3
➢ Progression of line running and support play
➢ Progression of footwork and evasion
➢ Progress to defensive teams (left, right and ruck)
➢ Progression of tackling technique and introduce double marker defence
➢ Introduction to weights (technique only)

Emphasis on enjoyment and fine tuning basic skills.

Under 15’s and Under 16’s

➢ Introduce optional pre season fitness
➢ Progression of formation and ruck plays
➢ Fine tune catch / pass, draw / pass
➢ Introduce play the ball speed
➢ Fine tune defensive roles (teams, kick chase, trail, slide etc)
➢ Progress weight training
➢ Introduction to goal setting

Emphasis on sportsmanship and fine tuning major skill areas.

Under 17’s and Under 18’s

➢ Compulsory pre-season fitness
➢ Introduce game plans
➢ Fine tune catch / pass, draw / pass
➢ Fine tune defensive roles:
  Teams
  Kick Chase
  Trail
  Slide
  Line Speed
  Technique
➢ Introduce individual weights programs
➢ Fine tune goal setting
➢ Progress play the ball speed

Emphasis on being fully prepared for senior football.
Norths Devils – NDRLFC Coach’s Information

THE COACH

TEACHER (Knowledge)

COMMUNICATOR

DEVELOPMENT ‘Technical Skills’

DISCIPLINARY

MAKE THE EXPERIENCE ENJOYABLE

ORGANISER

DEVELOPMENT ‘Person’

MOTIVATOR
WARM UP

PASSING / CATCHING ACTIVITIES

Waves

\[
\begin{array}{cccccc}
X & X & X & X & X & X \\
X & X & X & X & X & X \\
\uparrow & \uparrow & \uparrow & \uparrow & \uparrow & \uparrow \\
X & X & X & X & X & X \\
X & X & X & X & X & X \\
\end{array}
\]

Focussing on:

- catching off chest
- hands-up targets
- good lines
- getting to pass without adjustment of the ball

1. GRIP ACTIVITIES

Pin Drills

- 1-hand carry
- 2-hand carry
- change hands
- figure 8
- behind back
- overhead carry

(PUT IN WARM UP DRILLS)
Coaching - What Is It All About

Rugby League experiences a participant churn rate (participants who leave the game) of over 30% (Pathways Review 2010-2015) on an annual basis, this is more than double the national sporting average.

Evidence has now proven that a participant’s experience with their club, and in particular their coach, plays a pivotal role in their future involvement in Rugby League.

The main issue negatively impacting on the game’s retention rate is the experience a participant and their parents have with their coach.

A club’s culture and level of professionalism also play a significant role in a Club’s ability to retain players from one year to the next.

Coaching is not about the winning. Period.
It’s about creating a positive environment and teaching players how to achieve success.

It’s about being in the game, striving to be your best and using every moment as an opportunity to optimize the potential of your players.

It’s about making your players better people.
Want your team to execute? Then teach them the process.

Teach them to never give up, teach them how to get stronger/faster/fitter, teach them the technical skills that they will require to compete.
Teach them about the importance of respect, commitment and punctuality….

It’s the process that is important, not the result.
An easy process for all coaches to follow is - ENJOY, DEVELOP, COMPETE.
These three areas of coaching are the foundation of why people play sport and ultimately it is YOU, the coach that controls this process for the player.

ENJOY- You control the one thing your players love to do, play Rugby League.
Your players must enjoy the experience from the moment they arrive at training to the time they finish playing on the weekend. This environment is created through variation at training, communication, games and being with their friends.
Fun & enjoyment should be the main motivation to play, when they stop enjoying the experience, they will stop playing the sport.

DEVELOP- Players want to develop and improve their skills. For them to do this, you will require knowledge. This will enable them to get better at the game they are playing and will also increase their confidence. Another motivating factor that keeps them playing sport. The coach should also be assisting with the development of the player’s character off the field as well. The coach controls the one thing that the player loves to do, play sport. If you control the team, then you can control behaviour.
COMPETE- Teach your players to always give their best effort, regardless of their ability and the result on the scoreboard. Teach them to compete, this will give them the best chance of reaching their potential and also teach them about work ethic and the importance of perseverance and overcoming setbacks.

Challenging players to actualise their full potential and providing them with the knowledge and skill set to achieve this, is vitally important. Very few players will ever get the opportunity to have a career playing sport, so we must use sport as the vehicle to teach players the process of how to succeed. If we teach them this process, it is more likely to translate into other areas of their life, whether that’s playing in the NRL or gaining employment in another field.

Success comes to those who have a Dream, Believe that they can achieve it, Learn the Process and Work Hard. It’s that simple.

Process will always be the primary ingredient to coaching, it is what drives many of our games most respected coaches and ultimately should underpin your philosophy as a Coach.

“It’s not just about the finishing line. It’s how I get there”

Cathy Freeman / Olympic 400m Female Gold Medallist
How To Teach - ‘The Skill’

The primary role of the coach is to teach.

“Tell me how to do it and I will forget, show me how to do it and I might remember, make me do it and I will never forget.”

Teaching is a process that requires knowledge.

3.1 Knowledge of the skill
“It is impossible for a man to learn what he thinks he already knows”
Knowledge is a confident understanding of a skill acquire by a coach through experience and education. How can you teach without knowledge?

3.2 Plan the session
In planning a session, ask yourself what are you aiming to accomplish? Drills and games should be planned with the sole focus on the skill you are aiming to teach. Make sure you have an even balance of attack and defence.

3.3 Explanation of the drill
Organise your group and explain how the mechanics of the drill operate. There is no need to teach skills at this stage, as the players must firstly understand how the drill operates and the individual requirements the drill places on them as players.

3.4 Get Active
Get the players active as quickly as possible upon explanation of the drill, it is important that you do not over communicate at this stage.

3.5 Coach the skill
The skill you are aiming to teach has coaching points and it is now that you must teach each of these in stages. For example: Stop the drill, demonstrate and explain the 1st coaching point then have them perform that before you move onto the next point.

3.6 Practice
Player must practise with correct skill technique before moving onto the next coaching point. It is critical that the coach evaluates and provide feedback to the players at this stage.

3.7 Small Sided Games
Games are a great way to provide an enjoyable working environment. They also provide the coach with the ideal platform to gauge whether a player has retained the knowledge of a skill and whether or not the player can execute this new skill under pressure. Small Sided Games are designed to place the player in an environment that replicated small sections of what they may face when they play Rugby League.
Grip / Catch / Pass

Key Coaching Points - HOW

1.0 Grip The Footy
1.1 Carry the football with two hands.
1.2 Thumbs on top, fingers spread underneath, pull your thumbs back on the footy.

2.0 Catch
2.1 Hands up, in front of the body, thumbs in tight, fingers spread.
2.2 Elbows off your chest, arms flexed, in front of the body.
2.3 Catch the ball in your hands, away from your chest (Watch the ball).

3.0 Pass – Orthodox Short Pass
3.1 Point the ball facing to the ground (thumbs and fingers to the ground).
3.2 Arms down in front of your body, not over extended, but straight.
3.3 Start the ball from outside your hip on the opposite leg to the direction that you are passing the ball. Never start the ball from the centre of your body.
3.4 The ball travels underneath your body, not around your body.
3.5 On release of the ball, your weight should be on your opposite foot, over the top of the ball, with toes facing towards the try line. You rotate from your shoulders, keeping your feet and hips square down the field. On release of the ball your eyes should be looking to the receiver.
3.6 Pass the ball softly, making sure that you follow through with your arms in the direction of the support runner and release the ball with no rotation on it.
3.7 Weight the ball as it travels upwards towards the support runner’s eyes.

4.0 Feet
4.1 Pass the ball off the outside leg (leg that is furthest away from the support runner).
4.2 Keep your feet and hips square down the field when promoting the footy

Coaching Point Explanation – Grip / Catch / Pass
1.0 Grip On The footy
1.1 This is the best grip you can have on the footy to allow you to do everything you need to as an attacking runner – Run, Pass, Kick, One handed offload etc.
1.2 This will enable you to release the ball with no rotation on it and also gives you the best grip for one handed offloads.

2.0 Catch
2.1 Allows you to catch the ball in your hands, not on your chest.
2.2 Enables you to receive a bad pass – high or low.
2.3 This will allow you to transfer the ball to the support runner at a great speed.
2.4 If you elect to run the ball then you commence by carrying the ball in two hands.

3.0 Pass – Orthodox Short Pass
3.1 Stops you from throwing a spiral pass and allows you to pass the ball with no rotation.
3.2 When passing the ball we should use your arms to promote the footy, as the fingers and wrists will add weight and direction.
3.3 The ball starts from outside your hip as this allows you to generate power through swinging your arms. This technique will also prevent players from flinging the ball with fingers and wrists, helping eliminate rotation of the football.
3.4 If the ball travels underneath the body there is a lot less room for error. If the ball is released early it might go low, late release may go high, but the ball is still travelling towards the target thus the receiver is still a chance to catch the ball. If the ball travels around the body, an early release would see the ball travel forward and a late release would see the ball travel behind the player (follow through dictates direction). This enables you to promote the ball from your arms and shoulders as well as giving you a clear sight at the support runner.
3.5 Gives the support runner every opportunity to catch the footy. A hard rotating pass is very hard to catch at the best of times let alone whilst under pressure.
3.6 Because the ball is travelling upwards towards the eyes, the support player is able to catch the footy in his hands whilst still being able to see the defensive players.

4.0 Feet
4.1 Refer to Draw The Man, Coaching Point 2.1 (Page 8).
4.2 This will straighten your body position, allowing you to square up and attract defenders before releasing the pass.
Draw The Man - 2v1

Key Coaching Points - HOW

1.0 Ball Carry
1.1 The attacking player must have two hands on the footy.

2.0 Body Position
2.1 First movements are straight.
2.2 Pass off the leg that is opposite to the support runner eg: passing left, have the right foot forward on the ground, making sure that the feet and hips are square down the field.
2.3 Get the defender interested by attacking the inside shoulder of the defence and pass the ball from no more than a couple of metres away (this will vary depending on the situation, early or late pass).

3.0 Speed On The run
3.1 Ball Carrier – attack the inside shoulder of the defender at speed, isolate the defender (get him interested) then slow down to make the pass (fast then slow). Slow down as you see the defender turn or commit to making the tackle.
3.2 Support Runner – opposite to the ball carrier, off the line slow then receive the pass at speed (slow then fast). Accelerate to full speed once the passer has drawn the defender and takes a step with his feet to make the pass.

4.0 Running Lines (2 On 2)
4.1 Ball Carrier – attack the defender’s inside shoulder.
4.2 Support runner – start straight, hold up the defender, when the ball carrier prepares to make the pass, this is the cue to attack the hole. To engage the hole, the support runner must show a genuine change of direction and speed and do this as a late as possible.
4.3 Location of the hole – if you were to draw a line in the middle of the space between the two defenders, you must aim to get to the side of the line that is closest to the ball carrier.

Support runner must aim at this space

D: Defender
A: Attacker
BC: Ball Carrier
SR: Support Runner
Coaching Point Explanation – Draw the Man 2v1

1.0 Ball Carry
1.1 This places doubt in the defenders mind as to what the attacking player is going to do with the footy. It also allows the attacking player to pass, kick, dummy, run etc on demand.

2.0 Body Position
2.1 This will square up a defender and force him to make a decision.
2.2 This gives you the best opportunity to deliver an effective pass whilst under pressure.
2.3 This will make the defender shift to the position you want him before making the pass.

3.0 Speed On The Run
3.1 Attacking at speed will commit the defender; we slow down as the defender commits, to give us the best opportunity of making a nice soft pass that the support runner can catch.
3.2 Enables the attacker to hold the defender square as long as possible before changing direction and accelerating into the hole at speed. Attacking the hole at speed give the attacker the best chance of breaking the tackle or at worst forcing the defender to make an arm tackle.

4.0 Running Lines (2 On 2)
4.1 This will square up and commit the defender to the ball carrier.
Front On Tackle

Key Coaching Points - HOW

1.0 Attitude
1.1 Defence is about attitude (will to make the tackle).

2.0 Target Area
2.1 Area on the body you are going to hit with the shoulder, this will vary depending on the height of the ball carrier. Bottom of the ball / bottom of the ball carrier’s arm / belly button. Target the body’s centre of gravity.

3.0 Reaction Zone
3.1 Distance from the attacking player where the defender will react /(speed up/drop) when making the tackle. This distance is approx. 1.5meters from the attacking player; however this can vary depending on the situation. Get in close, with a good head lead and take your feet to the tackle, fast feet, road runner style.

4.0 Drop
4.1 Must get one foot forward in the reaction zone, making sure that your feet and hips are square on to the target.
4.2 Bend at the knees, eyes up, neck must be straight and not sloppy, keep your back flat.
4.3 Arms and elbows in close to the chest.

5.0 Drive
5.1 Head lead (head in tight to the attacking player’s target zone), eyes up.
5.2 Hit with the shoulder, drive up and accelerate through contact area, good strong contact.
5.3 Fast feet into the contact area, leg drive, keep on your feet.

6.0 Lock On
6.1 Use your arms to wrap on to the defender; your hands are used to lock on to the jersey or legs.

Key is:
Force generation

![Diagram of Correct and Incorrect Tackles]
Coaching Point Explanation – Front on Tackle

1.0 Attitude
1.1 Good defenders display a great attitude towards defence; they always believe that they can make the tackle.

2.0 Target Area
2.1 This is the best area on the body to make an effective front on tackle.

3.0 Reaction Zone
3.1 It’s important that the defender stays upright for as long as possible, this enables you to shift if the attacking player moves on you. If you drop too early the attacker will beat you with footwork. This is the reason that getting into the zone before you drop is vital.

4.0 Drop
4.1 Feet and Leg position will generate your power. One foot forward and one back (like starting a race) enables you to drop and generate the most power. If your feet and hips are not square to the target then you will lose power.
4.2 Bending at the knees enables the defender to generate power through the legs, places the body in a good strong position, allows the defender to keep their eyes up and back flat. If the defender bends at the waist, they will get themselves in a dangerous position as well as limit the opportunity to raise their head. By keeping your eyes up, you effectively keep you back flat and this gives you sight of the attacker.
4.3 Bringing your arms in tight gives you a sense of where the contract area is, at shoulder width.

5.0 Drive
5.1 Head lead is crucial in establishing the best possible contact. Your shoulders are connected to your head, thus the only way you are going to make an effective tackle with your shoulders is if your head is in tight.
5.2 The contact and drive is very important to the effectiveness of the tackle. If the defender drives up and makes solid contract, the player will be locked off balance and be dislodged from his feet. It is important the drive is up and not through the attacker – if we drive through the player they may keep their footing and be able to off load the footy.
5.3 Stops you from planting your feet and helps with keeping power in the tackle and not missing the attacker.

6.0 Lock On
6.1 If we fail to lock on to the attacker with our hands and arms, the attacker may bounce out of the contact zone.
SKILLS TO FOCUS ON IN WARM UP, DRILLS AND GAMES

- Ball Grip – Thumbs on top, fingers spread and underneath the ball and gripping with their finger tips (not with their palm of their hands).

- Practice Ball Control, out from your chest, left hand to right hand, right hand to left hand, left hand to right hand – make yourself small, shoulders forward, ball into middle of the chest then left arm across the ball to protect it and yourself. (Should be able to look through the fingers of your left hand).

- Always call for the ball – Positive Talk

- Hands Up around chest height, fingers up thumbs down – Targets Up.

- Follow through with the pass – hands should point towards or at the receiver’s target.

- Rotate or turn your core or upper body towards were you are passing the ball.

- Pass off the outside foot and catch the ball on the outside foot.

- Practice Short Feet.
  Between the markers it is about short feet on the balls of your feet, quick, quick, quick feet then power out through the polls.
  Introduce support runners then a pass from dummy half.
  Also bring the yellow, red, white and orange markers into play.
• Practice Wrestling.
  One person on the ground with the ball in hand and a defender on top getting to marker (On your toes weight on your shoulder into their’s and head in tight – not as a weapon).

• Standing up finding handles (One person has the ball trying to spin or get free while the defender is trying to stick onto the ball carrier).

• One person is on their back on the ground the other person is on top trying to stop him from getting to a short body by moving his hands around his body with out his hands holding onto him.

**Tackle Technique**

*(a) 1 on 1 (wrestle)*

*(b) 2 on 1 (under / over)*

*(c) 3 on 1 (third person coming from inside – spearing in at legs)*

• **2 MAN UNDER OVER TACKLE**

  1st Man tackles around the ball (while using the above skills – making solid contact with their shoulder, head in tight, strong arm wrap while finding a handle.

  2nd Man tackles on the non-ball carrying side (also while using the above skills – and spearing at the ball runners leg).
  Working together to get the ball carrier on his back on the ground.
  While the ball carrier is trying to push through the tackle (using short feet and making themselves small left arm across the ball looking through their fingers).

**Remember every tackle and hit up is a competition, tacklers getting the ball carrier on his back and the ball carrier getting over the advantage line and getting to a short body for a good play the ball.**
Finding the Ground Technique

(a) Pad Work (using bump pads)

(i) Bump – land short – find knees (no resistance) – PTB
(ii) Bump and spin – find the ground – PTB
(iii) Bump – leg drive – find the ground - PTB

(b) Above activities using 2 pads (2 defenders)

 ALLOW players to explore which method best suits so they may find the ground quickly

Running Correct Lines Around the Ruck

(a) Jump and hold

<table>
<thead>
<tr>
<th>X</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>A</td>
</tr>
</tbody>
</table>

marker and ‘A’ defender make tackle
(a)  *Good line off +1*

(b)  *Run combinations of (a) and (b) or combinations of (b) and (a)*

\[
i.e. \text{jump and hold} \quad \rightarrow \quad +1
\]

\[
\text{OR}
\]

\[
+1 \quad \rightarrow \quad \text{jump and hold}
\]
SKILL APPLICATION  
*(Games applying the skills learnt)*

1. Ruck Battle Games

   **6 on 6**  
   **7 on 7**  
   **8 on 8**  
   
   **Ruck ATTACK Points**  
   - running correct lines  
   - pushing up both sides of rucks  
   - support plays  
   - PTB quickly – finding the ground  
   
   **Ruck DEFENCE Points**  
   - marker defence  
   - ‘A’ defenders getting onside  
   - slowing down the PTB  
   - tackle technique  
   
2. Recognition Games

   **6 v 4**  
   **7 v 5**  
   **8 v 6**  
   
   Game situation whereby players practice recognizing the side with the least numbers (the space)  
   The game is played in HALVES  
   Team A have 8 players with the ball, Team B are defending  
   Team A will attack (for say 5 minutes) while Team B defends  
   Swap around for the second 5 minutes
DEFENSE

Defensive Line Set

<table>
<thead>
<tr>
<th>Left Block</th>
<th>Middle Block</th>
<th>Right Block</th>
</tr>
</thead>
<tbody>
<tr>
<td>2  3  6  11</td>
<td>8  9  10  13</td>
<td>12  7  4  5</td>
</tr>
</tbody>
</table>

(Note: the 6 and the 7 play them on with side suits best. The positions for the 9 and 13, If the 13 is a better defender and attacker on the right then play the 9 on the left).

In defence the A and B defenders mark up on the inside and outside of the 1st receiver on both sides of the ruck.

C Defender marks up on the 2nd receiver on both sides of the ruck.

Take notice of who gets into dummy half if a winger, centre or fullback gets to dummy half they will properly run from dummy half.

A and B Defenders must communicate to everyone and letting them know that they are A and B Defenders on the left and right sides of the ruck.

The fullback is to help them get into place by communicating to the players to were to be.

Defensive Technique - MAKE THE ONE ON ONE’S- General

- Technique - How Good is your Tackle Technique?? Learn It and Practice.
- The space between you & the person on your inside is your Domain.
- Off line square – forward straight ahead off the line, outside foot up from PTB
- Dominance in the tackle – know your roles? - Make the tackle
- Ground work: Learn how to peel (legs off first) correctly controlling the speed of the ruck
- Looking in Front – most players only concentrate on the PTB.
- Have them look up in-front & adjust. The PTB doesn’t move...

Practice the above with 9 on 8.
2 Markers
3 Defenders on each side of the ruck
1 Fullback
Against a play the ball, dummy half and 3 attackers each side of the ruck.
For 4 to 6 play the balls.
MARKERS

THE CORE (B to B DEFENCE)
1. Plug / Secure the middle or the Ruck
2. Tie in – Solid line
3. Work rate – Double
4. Kick pressure – 5th Tackle pressure CALL
   (1st Marker & “A” pressure the kicker)

1<sup>st</sup> Marker indicates with pointing in the direction of which way he thinks the attacking team is going. He is positioned a good arms length away from the person playing the ball. The 2<sup>nd</sup> Marker lets him know he is there by tap on the back and reminding him which way is he going and is also a good arms length away from the 1<sup>st</sup> Marker.

Remember do not over commit and make our defensive line complete. Markers are very important part of our ruck defence, our ruck must be solid.

THE CORE (B to B DEFENCE)
• Straight line always – up as quick as slowest person
• Communicate
• Don’t go up past inside defender unless you can stop the ball.
• Don’t go past the ball. Always keep the ball in front & inside you.
• When defending on your line, must get off quickly....
• When on back foot up & hold e.g. QPTB or Man Down
• After a break stand & wait
• After offload, hold line at the advantage line

You are there to work not for a rest.
KICKERS

Grubbers into the in goal making the defenders to play at the ball.

Bombs to land on or just before the try line at the posts or to the left and right side of the field.

Across field kicks into the corners to be taken by our wingers, centres and fullback just before the try line.

Down Town kicks to find the ground and into the corners as deep as we can.

Kick Offs the same as our Down Town kicks into the corners and as deep as we can kick it.

Wingers, Centres and Fullbacks to practice with the kickers taking the bombs on the full, attacking the grubber kicks, running the down town kicks back to the forwards also running onto the kick chase.

Remember the kick is only as good as our chase.
We want to use our kicks and our chase to apply pressure to the opposition.

WE WANT TO OUR SETS AND DRILLS TO FINISH ON A HIGH.
Principles of Attack

KEEP IT SIMPLE

Core Skill
Attacking in Rugby League at any level requires it’s players to be competent in the Fundamental Core Skills such as GRIP, CATCH & PASS and DRAW & PASS (2v1) (2v2). It is these skills that will give your players the ability to execute more advanced structures under pressure and Attacking Principles cannot be introduced until your players have a solid grounding in these fundamentals.

Possession
A key focus for every Rugby League team is possession of the ball, as without it, a team cannot attack, compete or score points. Coaches and Teams need to focus on these key principles;

Winning the Ball - (Defence & Pressure)
Defence - Line Speed, Contact, Controlling the Ruck, 5th Tackle Pressure.
Pressure - Disciplined execution (quality not quantity), keep applying pressure through Support Play, Repeat Sets, Turnovers. You don’t have to score on every play.

Keeping the Ball
You can’t compete without the ball. An ability to execute basic skills and understand the rules.

Using the Ball
Understanding the importance of Possession, Shape and Structure.

Field Position
Key sections of the field that the attacking teams can execute its plays from;
Example:

Left – Always Our Left (O/L)
10m corridor about halfway way between corner post & centre of goal posts.
Right – Always Our Right (O/R)
Similar corridor on our RIGHT (O/R)
Middle – Middle of the Field
The Area between the Goal Posts

Momentum
Quick Play the Balls - Attack up Tempo, Effect the oppositions Defence and Communication.
Direct - Getting the 9 up on the advantage line as much as possible, last movements straight.
**Shape/Structure**
Shape and Structure are critical for a team’s ability to attack, so teaching your players to understand these key components, will ultimately improve your team’s effectiveness to attack and your individual player’s ability to execute attacking sets under pressure.

Coaches should use their own initiative and feel a freedom to coach what they feel works with Shape and Structure but effectively Shape/Structure is teaching your players where to stand in anticipation of the next movement or play after each Play the Ball (PTB) and also what lines to run when attacking down the field.

(Ruck Plays, Attacking sets at the try line, second phase play, etc.)

**Support**
**Players** - Playing with width and pushing up on the ball in support, in order to spread defence.
**Off the Ball** - Good off the ball width and running, makes it very difficult for defence to commit numbers to each tackle.

**Last Tackle Options**
Finishing your sets positively, to mount pressure or score points.
- **Good Ball** - attacking the line
  When to run or kick? So that the result is try, repeat set or turnover close to the tryline.
- **Danger Ball** - coming off your try line
- **Tackled** - Don’t get tackled on the last play and give away possession in this area of the field.

**Kick Placement and Length** - some examples include, positioning of the kick as to move the back 3 of the opposition, ball in play to mount pressure, kicking at the advantage line to get maximum distance.
Specific Player Requirements

FULLBACK
Attack:
Highly skilled and agile, with a safe set of hands, an ability to attack in broken play and a good kick return. Extremely high work rate so that after choosing where and when to come into the back line and/or run or pass for attacking raids, the player can regroup and attack on more than one occasion in the set. This involves a lot of unrewarded efforts covering lots of kms. Good space awareness is required with the ability to produce a quick PTB. Very strong communication skills.

Defence:
The Fullback is the last line of defence, he must have a good foundation for defensive technique, good communication skills and be an additional set of eyes, to organise the defensive line of his team. It is important for the Fullback to follow the ball across the field, staying just inside the footy as to switch directions if needed. Tackle timing and tackle selection very important. As is kicker awareness, who – when – where.

WING
Attack:
Speed, size, strength and agility are all ideal assets of great Wingers. The Winger must have an understanding with his Centre, be aware of the sideline and have the commitment and ability to score tries. Wingers must have a willingness to look for extra work (relief rucks coming out of trouble) and pull off the ball to utilize the full width of the field. Wingers must have the ability to jump and catch under pressure in both attack and defence, as to either score tries or diffuse cross-field kicks. Strong kick return with the ability to not get dominated, win plays 1 and 2 to get sets off to a good start.

Defence:
Wingers have faith in their inside man, knowing when to slide, wedge or stay on their opposing Winger. Positional play for kicks is important, especially late in the tackle count. It is also important that your wingers are good communicators and have a reasonable understanding of the Centre inside them and the way in which that player defends. Strong 1 on 1 tackle technique, hit and stick.
CENTRE
Attack:
Similar to a Wingers, speed, size, strength and agility are ideal attributes. A Centre ideally has good catch pass and draw pass skills, knowing when to promote the ball to his support and when to run. Centres will need to be sound at running lines, putting themselves in the right hole at the right time for their ball player.

Defence:
Ability to read attacking situations (numbers) eg: slide, wedge or retreat and wait for numbers. Centres are effective 1 on 1 defenders and have good communication skills. Dictate compression, read offense from outside in.

HALF / FIVE-EIGHTH
Attack:
Highly skilled players who have the ability to play within a structure as well as knowing when to look up and play what is in front of them. These players have excellent catch pass, draw pass and decision-making skills under pressure. Halves are confident players with good communication skills and the ability to execute the correct plays at the right times. Highly competent kicking skills are also an important asset for good Halves.

Defence:
Ideally, these players are strong 1 on 1 defenders, good communicators and have the ability to read numbers and lock the football up when defending the line.

LOCK
Attack:
A versatile position, that can be used as a hit up forward, running forward or a five-eighth type role. These players should be reasonably agile, have good catch pass and draw pass skills and be strong communicators. Ideally your Lock would have a high work rate, follow the ball, back up the ball carrier and have the ability to offload or pass at the line if required.

Defence:
Solid 1 on 1 defender, that has a willingness to do a little bit extra in defence. Effective technical defender with good communication skills and the ability to make the correct decisions at the right time.
SECOND ROW (EDGE FORWARD)

Attack:
Tough player, with a strong running game and the ability to offload and run a line for a ball player. These players generally, have a great work ethic. Leg speed/drive.

Defence:
A workaholic in defence, with the ability to count numbers, make the 1 on 1’s and lock up the football when required. Tackle selection, high / low / ball and all.

HOOKER

Attack:
The general of the forward pack, highly skilled in the technical elements of catch pass and draw pass, with a good kicking game and the ability to provide good quick service from dummy half. These players have an extremely high work rate, display good vision and know when to pass or run as to not put pressure on the ball receivers with poor decision making.

Defence:
Extremely effective defenders, who normally make up what they lack in size, with courage. These players are technically very good defenders, with a high work rate and a desire to make contact no matter what the size of the opposition. They will generally need a very high level of fitness and lead the kick chase.

FRONT ROW

Attack:
Size, strength and aggression are all key components of a good Front Rower. A willingness to compete, these players have a strong work ethic, and are both physically and mentally tough. They will require a relatively high fitness base to carry out a heavy and intense work load. Modern Front Rowers possess the ability to offload and pass before the line, however not all front rowsers may be required to carry out this role in your team. Find their front with quality PTB, support and reload in yardage.

Defence:
Aggressive, intimidating players with sound technical ability and confidence to make 1 on 1 tackles. The front rower will set the benchmark for your teams line speed, energy and ability to slow the play and ball down. Also tackle selection in group tackles.
National Code of Conduct

Introduction
The Rugby League Code of Conduct provides all participants – players, parents, coaches, referees, spectators and officials – with some simple rules that assist in delivering a safe and positive environment for everyone involved in the game. Within that safe environment, every Rugby League participant has the best chance to enjoy the game. By accepting the standards of behaviour in the Code, we provide opportunities for young boys and girls to grow on the field – we build good players, good citizens and good communities in which Rugby League is a social asset.

I strongly recommend that everyone connected with Rugby League adopts these rules as an essential part of the way they contribute to our great game.

Code of Conduct – Player
• Be a good sport. Respect all good play whether from your team or the opposition and shake hands with, and thank, the opposition players and officials after the game – win, lose or draw.
• Participate for your own enjoyment and benefit.
• Always respect the referee’s decision.
• Never become involved in acts of foul play.
• Honour both the spirit and letter of the competition rules and live up to the highest ideals of ethics and sportsmanship; avoid gamesmanship, and respect the traditions of the game.
• Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other players, officials or supporters.
• Care for and respect the facilities and equipment made available to you during training and competition.
• Safeguard our health; don’t use any illegal or unhealthy substances.
• Recognise that many officials, coaches and referees are volunteers who give up their time to provide their services. Treat them with the utmost respect.
• Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Rugby League match or competition in which you are involved.

Code of Conduct – Coach
• Actively discourage foul play and/or unsportsmanlike behaviour by players.
• Seek to maximise the participation and enjoyment of all players regardless of ability; avoid the tendency to over-use a talented player; treat all players as equals, regardless of their talent.
• Show concern and caution towards all sick and injured players. Follow the advice of a physician and/ or sports trainer to the letter when determining when an injured player is ready to commence training or playing.
• Teach players that an honest effort and competing to the best of their ability is as important as victory.
• Maintain appropriate, professional relationships with players at all times.
• Maintain a thorough knowledge of the Laws of the Game and keep abreast of current coaching methods; maintain or improve your current accreditation level.
• Always consider the health, safety and welfare of the players at all times.
• Teach young players to realise that there is a big gap between their play and the professional game; do not coach them as if they are professionals.
• Ensure that your coaching reflects the level of the competition being played; do not be a ‘win-at-all-cost’ coach.
• As coach, conduct yourself at all times in a manner, and in all situations that shows leadership, respect for the game of Rugby League and respect for all those that are involved in the game – the players, officials, the fans, the parents, the referees and the media.

National Code of Conduct
National Safe Play Code

Introduction
The Safe Play Code was developed to emphasise safety and good conduct within the game of Rugby League by creating the best possible on-field environment and actively controlling undesirable actions. It applies to all players up to and including the Under 15 years age group.

National Safe Play Code

Coaching Accreditation

What is the Rugby League National Coaching Accreditation Scheme?
The National Coaching Accreditation Scheme is endorsed by the Australian Sports Commission and aims to ensure that all Rugby League coaches receive both essential and beneficial educational opportunities.

Why do I need an accreditation to coach a Rugby League team?
Coaching Accreditation is compulsory for all Rugby League coaches in Australia, regardless of what age or level you are coaching at. It is essential that new coaches gain a basic understanding of how to coach, different stages of learning and development, safety considerations, as well as the core skills, tactics and laws of the game prior to taking on the role of a coach.

Who needs a Coaching Accreditation?
Regardless of what age or level you intend on coaching, you will be required to gain a Coaching Accreditation as per National Rugby League (NRL) policy.
The following coach education courses must be completed under NRL policy:
– Modified Games Coaching Course (6-12 Years)
– International Games Coaching Course (13+ Years)
– Senior Club Coaching Course (18+ Years)
NB. If you are coaching a senior team (18+) and are the head coach, coaching coordinator or top level (senior) coach with 2 or more senior grades, we would advise you to complete the Senior Club Coaching Course.

How long does my accreditation last for?
Your Accreditation has an expiry date – of four years from its date of issue. At that time, you must update your accreditation in order to continue coaching. Of course, if you should upgrade your accreditation to a higher level at any time during those four years, then the expiry date re-commences from the date of issue of the updated accreditation.
The expiry date is clearly shown on the accreditation certificate issued to all coaches upon accreditation.
For further information on coach accreditation requirements please visit:
www.playnrl.com or https://playnrl.com/coach/coaching-courses/

Mini, Mod & International Rules

After more than 5 years of research, the rules governing the game in the Mini & Mod age groups (5-12yo) were adjusted for the start of the 2015 season. The introduction of these rule changes has had a positive impact on the Rugby League experience for kids competing in these age groups and are designed to create a more inclusive and enjoyable environment. The rules governing the game in the Mini & Mod age groups can be accessed through the following link:
Junior Rugby League Rules & Laws (6 to 12 years)
International Rules (13 years to Opens)
“Failing to prepare is preparing to fail”

NORTHERN BRONCOS DEVELOPMENT PROGRAM
PARTNERS IN THE DEVELOPMENT OF RUGBY LEAGUE

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