

Long term player development and this Manual

The Manual covers all the areas suggested by the RFU/WRU/SRU Long Term Athlete Development (LTAD) programme, and most of those suggested by the other national unions. You can match your players by their age groups or LTAD stage with the sessions included in the Manual, to construct a programme as appropriate.

Key technical areas covered

FUNdamental and learning to train stages: under 8s to under 12s

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