

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

Key skill	Page	Key skill	Page
Individual skills		Unit skills	
Balanced running	43	Scrum (safety)	
Evasion, side-step, swerve and change of pace	41, 42	Building a scrum (3 or 5 man)	65, 66, 67
Handling skills		Individual body positions, balance, feet positions, the bind, the engagement, the put in, the strike	65, 66, 67
Throwing	27	Lineout	
Catching	27	The throw in	72
The lateral pass	28	The catch	70
The scrum half pass	32	The delivery	70
2 v 1 and 3 v 2 situations	31	Losing an opponent	71
Picking up the ball	38	Continuity skills	
Scoring a try	39	Attacking and defensive alignment	55, 56, 61, 62, 63
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Training to train stage: under 11s to under 16s

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The punt	46	The rear tackle	25
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Handling (introduction)		Back row plays	76
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Decision making			
Finding space to attack	33, 34, 37		
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