



# ULSTER WAY

## Rugby Curriculum

## **VISION**

Over the next 10 years we want to transform the game to excite and develop a group of young players to equip them with the skills, knowledge and freedom to shape the future playing style in Ulster.

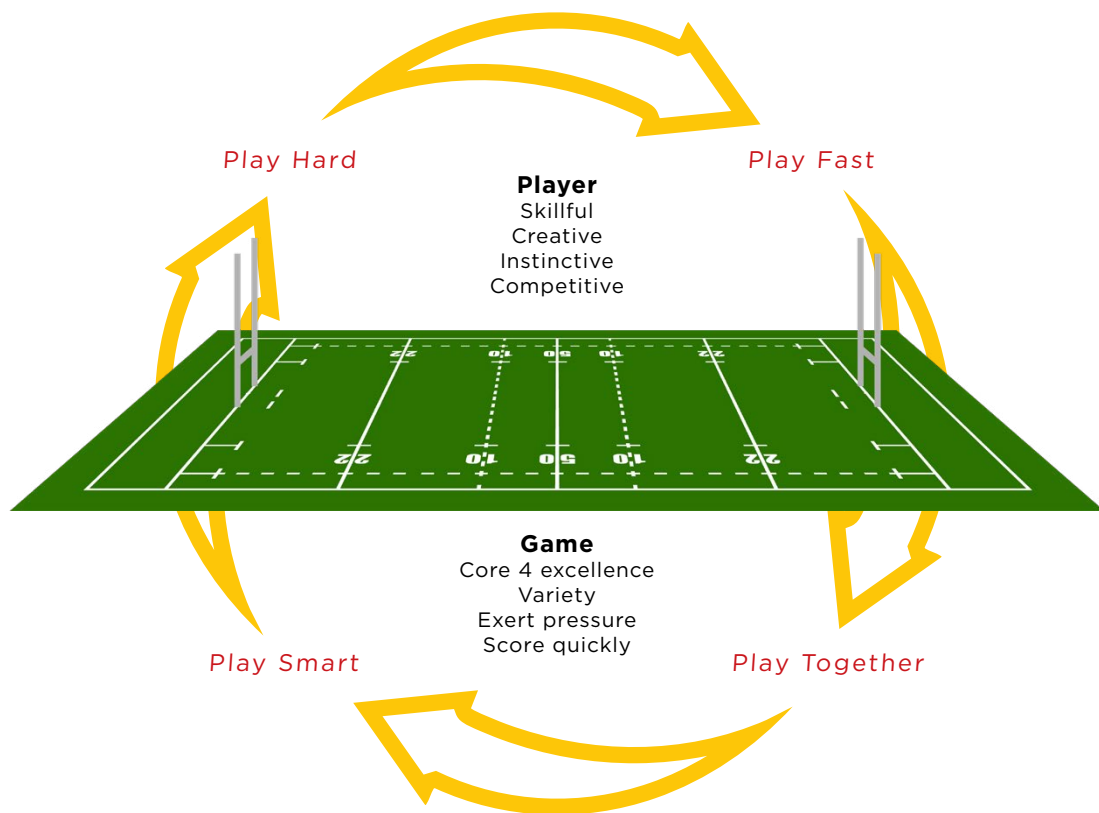
## **PURPOSE**

The 'Ulster Way' is a resource that is designed to outline the development stages within our pathway, providing clarity on an appropriate curriculum that is delivered to support player development.

The aim of the curriculum resource is to help all stakeholders better understand the focus areas at each stage of the pathway and provide the best opportunity for player development.

Using the PLAY model allows us to develop a cohort of modern thinking coaches committed to help shape the game of the future.

## U13-U14 Game Model



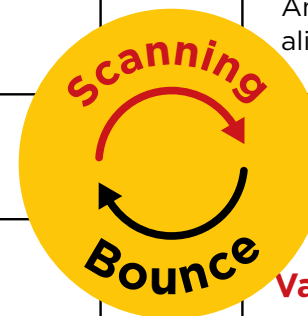
## U13-U14 Curriculum

### Score Quickly

Score in 4  
High risk  
Away from contact  
Chaotic

### Core 4 Excellence

Pass off both hands  
Tackle with both shoulders  
Footwork to beat defender  
Ambition to keep ball alive in contact



### Exert Pressure

Go forward  
Support the ball carrier  
Force mistakes  
Transition quickly

### Variety

Attack best space  
Triple threat - run, pass, kick  
Offload & continuity

## U13-U14 Session Design



### COACHES CLIPBOARD

What should the session look like?

- Lots of game play
- Skill zone
- Enjoyment

**Training Time**














**Wee games**  
25%

**Skill zone**  
40%

**Big game**  
35%



## U13-U14 Session Example

	Theme	Drill	Duration	Focus	Coaching Superpower
1	Core 4	<b>Skill Zone</b> Handling - L Drill	6 mins	Early catch Finish pass	  Noticing Feedback
2	Score quickly	<b>Wee Games</b> 4v2 Repeats	6 mins 30s on / 30s off	Scanning Attack Best Space Force Mistakes	  Pause Replay
3	Core 4	<b>Skill Zone</b> Tackle 1v1 Footwork 1v1 Feed em, beat em	10 mins (2x5)	Same foot/same shoulder Snap height Cheek to cheek  Attack space- change of direction & pace	  Noticing Feedback
4	Score quickly	<b>Wee Games</b> 6v4 Repeats	8 mins 30s on / 30s off	Scanning Attack best space Force mistakes	  Pause Replay
5	Core 4	<b>Skill Zone</b> Offload - Continuity Channel 3v1 + 1 Ball Wrestle 1v1	10 mins (2 x 5) Wrestle 30 sec on/30 sec off	Beat 'em' Dominate Contact Site Target Control of Ball	  Noticing Peer-to-peer
6	Exert pressure	<b>Big Game</b> 7-9 aside 'Offload Touch' 1st Touch= Free Play (keep going) 2nd Touch = Offload 4 x 2 Touches = turnover	20 mins	Go Forward Support the ball carrier Transition quickly	    2nd Ball

## U13-U14 Session Design



### COACHES CLIPBOARD

What should the session look like?

- Lots of game play
- Skill zone
- Enjoyment

**Training Time**

**Wee games**  
60%














**Skill zone**  
15%

**Big game**  
20%

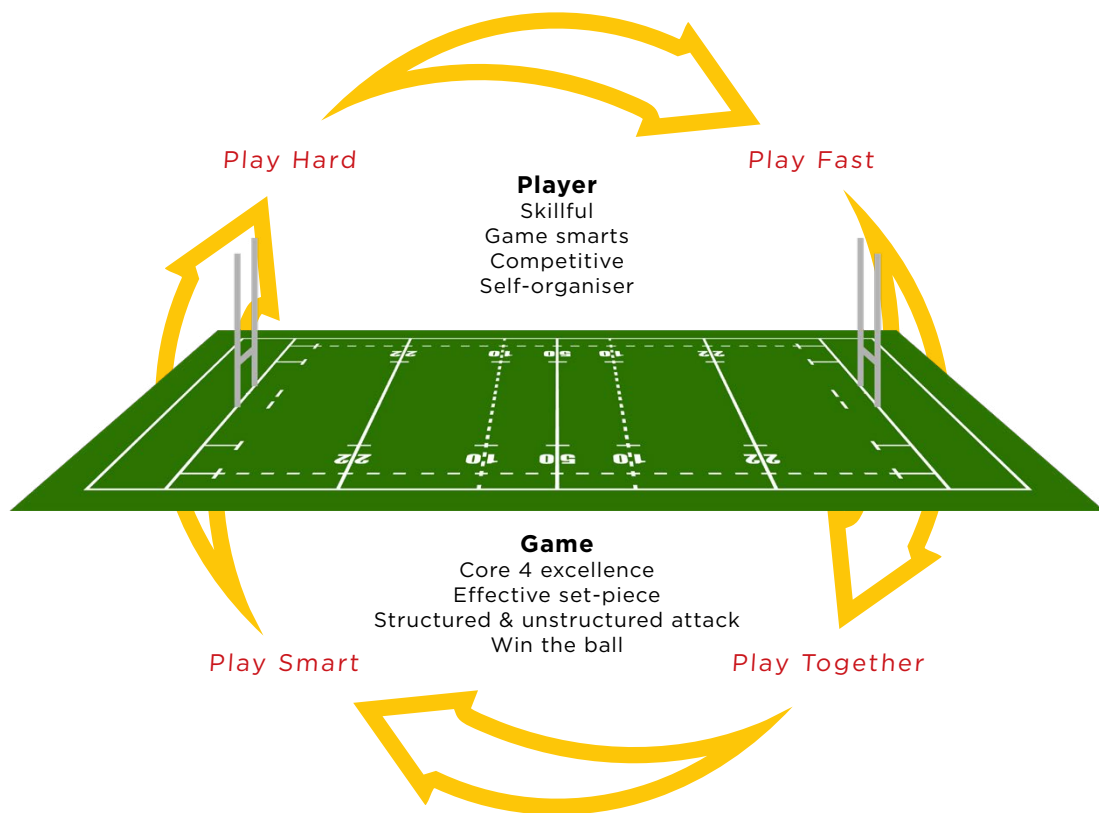
**Muck Around**  
5%



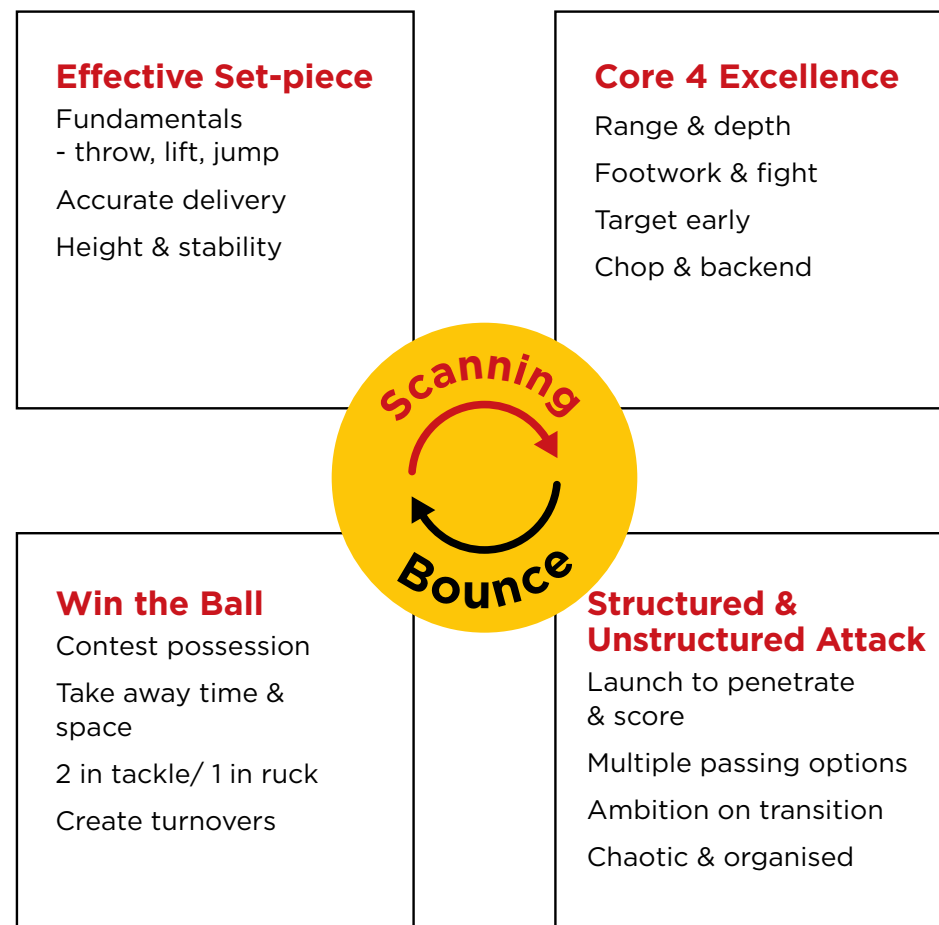
## U13-U14 Session Example 2

	Theme	Drill	Duration	Focus	Coaching Superpower
1	Core 4 & variety	<b>Muck Around</b> Player Led Explore skills	5 mins	Creativity & fun	  Priming Peer-to-peer
2	Score quickly	<b>Wee Games</b> Multi-directional Overload attack 4v2/ 5v3	10 mins 30s on / 30s off	Scanning Attack best space Force mistakes	  Freeze Feedback
3	Core 4	<b>Skill Zone</b> Passing Decision making	5 mins	Catch early Finish hands to target Exert pressure	  Noticing Feedback
4	Variety	<b>Wee Games</b> 6v6 'Offload Touch' 1st Touch= Offload within 1m /1 sec 2nd Touch = Ball presentation	8 mins 30s on / 30s off	Attack best space Go forward Offload & continuity Support	  Pause Replay
5	Core 4	<b>Skill Zone</b> 1v1 Beat defender	10 mins (2 x 5) Wrestle 30 sec on/30 sec off	Go forward Late footwork Change direction/ change pace	  Noticing Peer-to-peer
6	Score quickly	<b>Big Game</b> 7-9 aside Scoring System to reward e.g. 2 pts for offload 10 pts for scoring on transition	20 mins	Go Forward Support the ball carrier Transition quickly	  Challenges Scoring System  2nd Ball

## U15-U17 Game Model



## U15-U17 Curriculum



## U15-U17 Session Design



### COACHES CLIPBOARD

What should the session look like?

- Game play
- Skill zone & units
- Learning opportunity

**Training Time**

**Nerd Alert**  
15%














**Skill zone**  
20%

**Big game**  
40%

**Units**  
25%



## U15-U17 Session Example

	Theme	Drill	Duration	Focus	Coaching Superpower
1	Core 4	<b>Muck Around</b> Coach Primed Player & Peer Led 'What do I need to get better at?'	5 mins	Individual Development	  Priming Peer-to-peer
2	Unstructured attack & win the ball	<b>Big Game</b> (10-12 aside) Transition Single Touch = Offload 3 Double Touches = Turnover	10 mins 3x 3mins	Multiple passing options Best space on transition	  Pause 2nd Ball
				Take away time & space 2 In tackle	
3	Core 4	<b>Skill Zone</b> 1. Passing (vary range & depth) 2. Carry & breakdown (3 v 1 v 2)	10 mins (2x5)	Catch early Finish hands to target	  Noticing Peer-to-peer
				Footwork Target early	
4	Structured Attack & Win the Ball	<b>Nerd Alert (Learning)</b> 3 Phase attack v defence Playing off 9 & 10	10 mins	Penetrate to score Multiple passing options	  Questioning Replay
				Take Away Time & Space 2 in Tackle	
5	Structured Attack & Win the Ball	<b>Big Game</b> 15 v 15 Vary starting points of possession	15 mins	Launch to Penetrate & Score Chaotic & Organised	  Co-coaching Challenges
				Contest Possession Create turnovers	
6	Effective Set-Piece	<b>Units</b> Forwards- Lineout & Scrum Backs- Edge Attack & Scrum Launch	15 mins	Throw, Lift, Jump Accurate Delivery Height & Stability	 Scoring System
				Launch to Score Multiple Passing Options	
					  Feedback Peer-to-peer

## U15-U17 Session Design



### COACHES CLIPBOARD

What should the session look like?

- Game play
- Skill zone & units
- Learning opportunity

**Training Time**

**Nerd Alert**  
15%













**Skill zone**  
25%

**Big game**  
30%

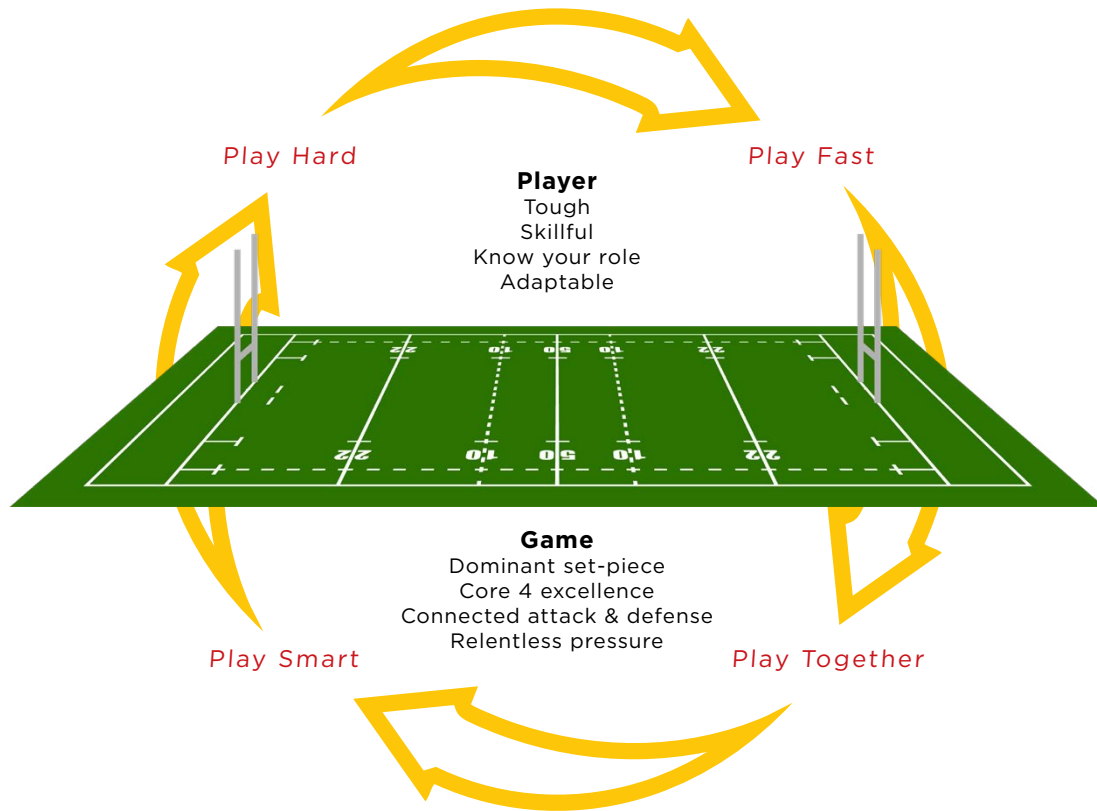
**Units**  
30%



## U15-U17 Session Example 2

	Theme	Drill	Duration	Focus	Coaching Superpower
1	Core 4	<b>Skill Zone</b> 1. Passing 2. Decision making	5 mins	Catch Early Finish Hands to Target Exert Pressure	  Noticing Peer-to-peer
2	Effective Set-Piece	<b>Units</b> Forwards- lineout Backs- edge attack	10 mins	Throw, Lift, Jump Accurate Delivery	  Noticing Feedback
				Range & depth multiple passing options	
3	Core 4	<b>Skill Zone</b> 1. Tackle 2. Backend	10 mins (2x5)	Snap height to chop Backend- Jackal & Barge	  Noticing Questioning
4	Struc- tured Attack & Win the Ball	<b>Nerd Alert (Learning)</b> 3 Phase Launch Attack Playing off Lineout/ Scrum	10 mins	Penetrate to score Multiple passing options	  Replay Feedback
				Take Away Time & Space 2 in Tackle	
5	Un/Struc- tured Attack & Win the Ball	<b>Big Game</b> 15 v 15 Vary starting points of possession Include Transition & Counter-Attack	20 mins	Ambition on transition Chaotic & organised	  Co-coaching 2nd Ball
				Contest Possession Create turnovers	
6	Effective Set-Piece	<b>Units</b> Forwards- scrum Backs- kicking & high ball	10 mins	Height & Stability	  Feedback Peer-to-peer
				Kicking/Catching Con- testable	

## U18-Academy Game Model



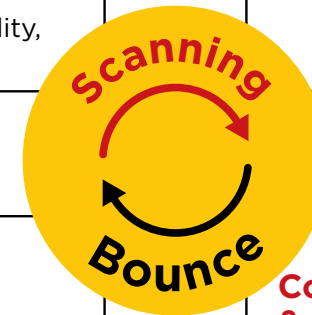
## U18 Academy Curriculum

### Dominant Set-piece

Lineout - drill, system & speed  
Win or damage opposition possession  
Maul - drill, win the set, no seams  
Scrum shape, stability, 8 as 1

### Core 4 Excellence

Accurate & fast  
Dominate gainline  
Produce lightning quick ball  
Impactful collisions



### Relentless & Transfer of Pressure

High effort  
Multi-phase/kick strategy  
Outscore  
Smothering

### Connected Attack & Defence

Full pitch threat  
Flow  
Organised & disciplined  
Good spacing/line speed

# U18-Academy Session Design



## COACHES CLIPBOARD

What should the session look like?

- Game understanding
- Individual & unit skill development
- Shared problem solving

**Training Time**

**Nerd Alert**  
22%

**Skill zone**  
24%













**Big game**  
30%

**Wee game**  
12%

**Beyond the gates**  
12%



# U18-Academy Session Example 1

	Theme	Drill	Duration	Focus	Coaching Superpower
1	Connected Attack	<b>Beyond the Gates</b> Team Install New Ideas	8 mins	Learning Game understanding	  Priming Peer-to-peer
2	Relentless Pressure	<b>Wee Game</b> 6v4 / 8v5 Overload touch Floating attackers with both teams	8 mins 4x 90s	High effort Multi-phase Outscore	  Scoring System 2nd Ball
3	Core 4	<b>Skill Zone</b> 1. Passing 2. Ball carry/continuity	8 mins (2x4)	Catch early Finish hands to target  Late footwork Sight target	  Noticing Feedback
4	Connected Attack & Defence	<b>Nerd Alert (Learning)</b> 3 Breakdowns across pitch Vary starting point	15 mins	Full Pitch Threat (2-sided) Multi Phase (Back in Game)  Good Spacing/Line Speed (Chop/Backend)	  Pause Replay
5	Core 4	<b>Skill Zone</b> 1. Tackle/backend 2. Breakdown	8 mins (2x4)	Snap height to chop Backend- Jackal & Barge  Target Early Double Barrell (Left & Right)	  Noticing Peer-to-peer
6	Connected Attack & Defence	<b>Big Game</b> 15v15 Vary starting point (set-piece & phase) Create scenarios	20 mins	Transfer of learning into Game Opportunity to reflect	  Co-coaching Reflection

# U18-Academy Session Design



## COACHES CLIPBOARD

What should the session look like?













- Game understanding
- Individual & unit skill development
- Shared problem solving

**Training Time**

- Nerd Alert**  
15%
- Skill zone**  
50%
- Big game**  
30%
- Wee game**  
5%



# U18-Academy Session Example 2

	Theme	Drill	Duration	Focus	Coaching Superpower
1	Accurate & Fast	<b>Wee Games</b> Rondo- 7v4 Continuous attack v try line	5 mins 4x 60s	Energiser Catch Early Scan Bounce	  2nd Ball Challenges
2	Dominant Set-Piece	<b>Units</b> Forwards- Lineout & Scrum Backs- Edge & Counterattack	15 mins	Drill, System & Speed Scrum Shape, Stability Scan Accurate & Fast	  Questioning Peer-to-peer
3	Core 4	<b>Skill Zone</b> Player Choice	2x 5 mins	Player Led Coach Supported	  Noticing Feedback
4	Connected Attack & Defence	<b>Nerd Alert (Learning)</b> Attack off 9 & 10 3 Phase	10 mins	Full Pitch Threat (2-sided) Connections Flow & Organised Good Spacing/Line Speed	  Pause Replay
5	Relentless Pressure	<b>Big Game</b> Exits into counter-attack Launch play into phase	20 mins	Transfer of learning into game Opportunity to reflect	  Co-coaching Reflection
6	Core 4	<b>Skill Zone</b> Player choice Individual priorities	10 mins	Player Led Coach Supported	  Peer-to-peer Old way/new way

## Positional Requirements (Forwards)

Prop	Hooker	Second Row	Back Row
Scrum	Throw	Jump, lift, catch, delivery & maul	Base of scrum
Lineout & restart	Scrum	Scrum	Jump, lift, catch, delivery & maul
Maul	Ball carry / passing range	Dominate collisions	Ball carry / passing range
Dominate Collisions	Chop tackle	Pressure on kickers	Breakdown (1st support)
Short Passing	Backend (jackal/ barge)	Short passing	Backend (jackal)



## Positional Requirements (Backs)

Scrum-half	Fly-half	Centre	Back Three
Speed of pass	Pass- range & depth	Pass- range & depth	Ability to beat players
Kick	Kick	Kick	Finisher
Tactical awareness	Run	Run	Aerial skills
Game management	Variety in attack	Defensive leader	Kicking
Communication	Communication	Attack threat	Back field positioning





# Coaching Rugby: PLAY

**PLAY** is designed to support our coaches to create environments that allow all players to explore, learn and develop through game-based activity.

Focusing on the coach's role to guide, challenge and support learning based on the needs of the player.

- **Person**  
Coach the person, not the sport
- **Learning**  
Create the environment
- **Activity**  
Coach through the game
- **You**  
Skills and behaviours

For more info, visit:  
[ulster.rugby](http://ulster.rugby)

## Playground

### Muck Around

- Express themselves
- Enjoyment
- No coaching



### Beyond the Gates

- Don't stop at the pitch
- Set challenges
- Prime & extend
- Use technology



### Big Game

- Looks like the game
- Multiple skills
- Lots of transition
- Manipulate conditions



### Wee Games

- Skills within context of game
- Fast paced & dynamic
- Lots of touches



### Skills Zones

- Isolated skills in safe space
- Varied pressure
- Short & sweet
- Small coaching points
- Repetition



### Nerd Alert

- Game understanding
- Opportunities to be creative
- Problem solving
- Mistakes evident



### Plan-Do-Review

- Player is the star
- Mostly games
- Good fun
- Tactical genius
- Connections

## Learning Principles

- Stretch & Challenge
- Risk Taking
- Shared Language
- Problem Solving

## Coaching Superpowers



Noticing



Pause



Replay



2nd Ball



Freeze



Reflection



Scoring System



Analogies



Challenges



Feedback



Co-coaching



Peer-to-peer



Priming




Old way/new way



Questioning

# Game Cards




## All Blacks

Overload Attack Focus




<p style="text-align: center; color: red;"><b>Rules</b></p> <p><b>2 Defenders must retreat to their own line every time there is a touch situation</b></p>	<p style="text-align: center; color: red;"><b>Focus</b></p> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Make the extra players count</li> <li>• Attack best space, encourage creativity</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Do not get beat through the middle</li> <li>• Scramble to connect to touchlines</li> </ul>
<p style="text-align: center; color: red;"><b>Challenge</b></p> <p>Can you break down the defence in your shape?  <b>Coaching Superpower - Peer &gt; Peer:</b> Allow your players to troubleshoot themselves to solve their own problems</p>	<p style="text-align: center; color: white;"><b>Overload Attack Tips</b></p> <ul style="list-style-type: none"> <li>• Play tight – be brave, making your decisions tight to the defensive line</li> <li>• Player square – all players with running intent through square hips</li> </ul>




## Storm

Momentum and Phase Focus



<p style="text-align: center; color: red;"><b>Rules</b></p> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Must score within 6 phases</li> <li>• Can kick on 6th phase.</li> <li>• If ball goes out from kick opposition ball back where it was kicked.</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• 3 dominant tackles = turnover</li> </ul>	<p style="text-align: center; color: red;"><b>Focus</b></p> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Emphasis is on momentum and speed of phases. Whilst using tactical kicking.</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Choose when to blitz and when to slide.</li> </ul>
<p style="text-align: center; color: red;"><b>Challenge</b></p> <p><b>Coaching Superpower</b></p> <ul style="list-style-type: none"> <li>• Change how players play the ball after tackle to encourage different speed of attack.</li> </ul>	<p style="text-align: center; color: white;"><b>Momentum and Phase Tips</b></p> <ul style="list-style-type: none"> <li>• Encourage players to scan for weaknesses in defense.</li> </ul>




## Globetrotters

Keep ball alive Focus




<p style="text-align: center; color: red;"><b>Rules</b></p> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Must score within 1 phase</li> <li>• Score from a kick = restart with ball from middle of pitch</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Complete 1 tackle to regain possession</li> </ul>	<p style="text-align: center; color: red;"><b>Focus</b></p> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Emphasis is on movement of the ball before contact keeping the ball alive.</li> <li>• Attack with kicking, encourage creativity</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Stay connected to force attack to touchlines.</li> </ul>
<p style="text-align: center; color: red;"><b>Challenge</b></p> <p><b>Coaching Superpower</b></p> <p><b>2<sup>nd</sup> ball:</b> The perfect game to throw in a 2<sup>nd</sup> ball to aid with space and transition.</p> <p><b>Player superpower</b></p> <p>Allow 1 player per team to have more than one tackle to get some linebreaks.</p>	<p style="text-align: center; color: white;"><b>Keep Ball alive Tips</b></p> <ul style="list-style-type: none"> <li>• Encourage support players to target their running to give ball carrier three passing options.</li> <li>• Ball Carriers need to make eye contact with their support players before offloading.</li> </ul>




## France

Ball Transfer Focus




<p style="text-align: center; color: red;"><b>Rules</b></p> <p><b>Attack</b></p> <p>3 Phases (Tags) to score</p> <ul style="list-style-type: none"> <li>• If you make 3 consecutive passes, the phase count re-starts</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Every phase the full defensive side must retreat onside and complete a "Down-Up"</li> </ul>	<p style="text-align: center; color: red;"><b>Focus</b></p> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Scan best space and attack it</li> <li>• Catch Pass Habits</li> <li>• Sharp play of the ball</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Work hard off the ball to "GET SET"</li> </ul>
<p style="text-align: center; color: red;"><b>Challenge</b></p> <p><b>Player Superpower</b></p> <ul style="list-style-type: none"> <li>• Include TACKLE MONSTER superpower</li> </ul> <p><b>Coaching Superpower</b></p> <ul style="list-style-type: none"> <li>• FREEZE: stop play for 3-5 seconds to allow Players to scan the bigger picture</li> </ul>	<p style="text-align: center; color: white;"><b>BALL TRANSFER TIPS</b></p> <ul style="list-style-type: none"> <li>• SPEED TO SET</li> <li>• FINGERS UP</li> <li>• CATCH EARLY</li> <li>• HANDS AT THE TARGET</li> <li>• KEEP MOVING UPFIELD</li> </ul>

# Game Cards



## Fiji

### Ball Transfer Focus



**Game Description:**

The attack must score within 3 phases or ball is turned over – 1 point per post contact offload

**Focus**

- BALL CARRY: Run-Catch, Change Up, Pump Ball, Footwork, Fire Inside Leg Through, Covers On, Studs In, Dynamic Placement.
- BALL SUPPORT: Speed to support


**Challenge**

**Turnover if:**

1. Toucher(s) can get to ground and back on feet before Attack support arrives at BD = Poor Ball Support
2. Poor Ball Carry/Presentation skill error or other Core 4 execution referees deem poor


**Noticing: Is attack** keeping tempo high with good core 4 skills, is defence winning the race to breakdown.

**Nerd Alert example:** Attack get a bonus point or steal a player from the opposition if they can perform an effective "Reverse"



## Chiefs

### Focus on Attacking off 9



**Game Description:**

First four phases must be played off the number 9 (one out rugby), any phase after can be played anywhere.

**Defence Coaching Focus**

- What is my role in the defence right now?
- How can we manipulate the attack play?
- Who am I defending, how can I be more effective?
- Organisation, communication, double hit?


**Challenge in Attack**

- What is my role within this attack? Ball carrier, soft line, hard line, next phase organiser...
- Positionally where do we need to play? Play around the corner, get to an edge, get back to the middle of the pitch...
- How does the 9 like to play the ball? Pass from the base, pick and pass, pass and go...

**Why use it?**


Essential tools to use?

- Encourage tactical thinking.
- Freeze frames - highlight
- Explore creative ways to attack off 9.
- Group reflection - how could we get better
- Develop self-organisation.



## Saints Rondo

### Both sides of the Ball Focus



**Game Description**

1<sup>st</sup> Touch = Ball carrier keep going but can't score.  
2<sup>nd</sup> Touch = play stops and Attack must restart with another ball rolled behind them

- Forward pass, knock on = Attack must start with another ball.
- If attack score, they must play two passes from where they scored before they can score again.

**Focus**

- Ball transfer playing the ball into best space whilst playing through and on top of attack.
- Defence get to understand how to defend with less players and equal numbers. Speed to set.


**Challenge**

- 1 point for a try and -1 point for every, 2 touch tackle and mistake.
- Start with less defenders and add more.

**Coach Superpower:**


Keep the time of the game short and keep it intense. Keep the score to make sure game is competitive.

**Nerd Alert example:** A kick counts as a pass!



## Wallabies

### Ruck speed Game



**Game Description:**

Defence win turnover if attack don't deliver ball within 5 seconds of contact

**Defence Coaching Focus**

- Double shots
- Dominate tackles
- Target breakdown

**Challenge in Attack**


- Keep Ball Alive
- Ball Carry
- Continuity
- Breakdown (Speed to support)

**Why use it?**

Essential tools to use?


- Encourage Attack to play quickly
- Attack best space? Isolate defenders
- Defence must think how to slow play down

# Game Cards



## Springbok

### Overload Game



<p><b>Game Description:</b></p> <p>Defence is not allowed to fold (move to far side of breakdown) when there is a low touch made</p>	<p><b>Defence Coaching Focus</b></p> <ul style="list-style-type: none"> <li>- What do we do when we are numbers down?</li> <li>- What do we do off an edge?</li> <li>- What is my role after the ball moves from a ruck?</li> </ul>
<p><b>Challenge in Attack</b></p> <ul style="list-style-type: none"> <li>- Decision making</li> <li>- Work around the corner after a touch to create overloads</li> </ul>	<p><b>Why use it?</b></p> <p>Essential tools to use?</p> <ul style="list-style-type: none"> <li>• Creates different pictures for defence and attack</li> <li>• Challenges decision making both sides of the ball</li> <li>• Develops scanning in attack</li> <li>• If players can stay square to hold the defence and achieve regular success.</li> </ul>




## Scotland

### Continuity Game




<p><b>Game Description:</b></p> <p>1st Touch offload/Fall North Pop          2nd Touch offload/Fall North Pop          3rd Touch Fall North Present – contest at the breakdown</p>	<p><b>Defence Coaching Focus</b></p> <ul style="list-style-type: none"> <li>- Defence can prevent offloads/lifts to force good decision making around lifts.</li> </ul>
<p><b>Challenge in Attack</b></p> <ul style="list-style-type: none"> <li>- How can we best support the ball carrier?</li> <li>- Where, when and how to pop the ball?</li> </ul>	<p><b>Why use it?</b></p> <p>Use 2<sup>nd</sup> Ball superpower to keep the game flowing from turnovers</p> <p>Great opportunity to coach support play and roles. If we can keep the ball alive it does not allow the defence to get set which provides better attacking opportunities.</p>




## Samoa

### Decision making Game




<p><b>Game Description:</b></p> <p>5 touches = Turnover          1 touch offload – 2 touch must fall and lift ball from floor          Defence get turnover if they can stop attack within 2 passes</p>	<p><b>Defence Coaching Focus</b></p> <ul style="list-style-type: none"> <li>- Line speed</li> <li>- Double shots</li> </ul>
<p><b>Challenge in Attack</b></p> <ul style="list-style-type: none"> <li>- Ball Movement</li> <li>- Decision making</li> <li>- Continuity</li> </ul>	<p><b>Why use it?</b></p> <p>Attack don't have unlimited touch's. Encourages attack to scan for space across the pitch. Encourages defence to come forward and force skill errors by reducing time and space. Call Freeze and give teams 30 seconds for Peer-to-peer coaching to problem solve how to score.</p>




## Brumbies

### Continuous Defence Game




<p><b>Game Description:</b></p> <ul style="list-style-type: none"> <li>- 3 Teams – 1 Constantly in the middle defending the others start on each try line</li> <li>- After score or turnover defending team turn and defended the other attack team</li> <li>- Add Rules to suit the needs of the players</li> </ul>	<p><b>Defence Coaching Focus</b></p> <ul style="list-style-type: none"> <li>-Hard work off the ball</li> <li>-Test our defensive decision making under pressure</li> </ul>
<p><b>Challenge in Attack</b></p> <ul style="list-style-type: none"> <li>- Scan Defence before they are turned and attack best space</li> <li>- We other team is attacking can we problem solve to find opportunities to attack?</li> </ul>	<p><b>Why use it?</b></p> <p>Technical -Tactical - Physical - Personal</p> <p><b>Why not try...</b></p> <p>If Defence get a turnover, they have 1 phase to score before the other gets the ball to work on transitions.</p>

# Game Cards



## Ravenhill

Tactical Game



<p><b>Game Description:</b></p> <ul style="list-style-type: none"> <li>- Pitch set up with a line across the middle</li> <li>- Attack has 3 phases to get over the line</li> <li>- If they get over the line, they then have unlimited phases to try score</li> <li>- If they don't then they must kick to exit. Box kick, spiral bomb, punt etc (Ball must stay in play)</li> </ul>	<p><b>Defence Coaching Focus</b></p> <p>How can we stop attack in 3 phases? Line speed? Doubles?</p> <p>Back field cover?</p> <p>Transitions on Kick</p>
<p style="text-align: center;"><b>Challenge in Attack</b></p> <p>How can we use our 3 Phases wisely to get out of our half On our Exit how can what type of kick will work best?</p>	<p style="text-align: center;"><b>Why use it?</b></p> <p>Essential tools to use?</p> <p>Helps develop tactical knowledge around areas to play in and how to Exit.</p>



## Guess The Rules

Self Organisation Game



<p><b>Game Description:</b></p> <p>Give the players the pitch dimensions. Give the players the level of contact. Can give players certain rules to help the game flow. Secret rules can link to session focus. Coach refs the game no coaching</p>	<p><b>Self-Organisation</b></p> <p>To figure out the rules the players need to communicate with their team mates to find out what works. As they work out the rules players will strategise their game plan as they figure out the rules.</p>
<p style="text-align: center;"><b>Challenge in Attack</b></p> <p>Can The attack figure out the rule before the opposition?</p> <p>How do we give Information Effectively with High Turnovers?</p>	<p style="text-align: center;"><b>Why use it?</b></p> <p>Encourages players to engage with each other. Lots of peer to peer feedback</p>




## Turnover Game

Transitional Game



<p><b>Game Description:</b></p> <p>Any turnovers in the game the direction of the pitch changes. 3 seconds before play restarts.</p>	<p><b>Transition Coaching Focus</b></p> <p>Work hard for 3 secs to get set. Close space (defence)</p>
<p style="text-align: center;"><b>Challenge in Attack</b></p> <p>Work hard for 3 secs to get set. Scan get ball to space (attack)</p>	<p style="text-align: center;"><b>Why use it?</b></p> <p>Game is chaotic.</p> <p>Encourages scanning.</p> <p>Work rate to get organised</p>

## Game Constraints



<p style="text-align: center;"><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Must play from 9/10</li> <li>• Must get into phase attack shape from 9 or 10</li> <li>• Ball carrier must have inside/outside/STAR option</li> <li>• Ball must be delivered in X seconds</li> <li>• Must get X passes before contact</li> <li>• Certain number of phases/time to score or get to another zone</li> <li>• Must win breakdown with X players</li> <li>• Incentives for 3 passes, offloads, kick to collect, scoring zones etc</li> </ul>	<p style="text-align: center;"><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Must have X players in backfield at all times</li> <li>• X players must be out of the game on their knees at each breakdown</li> <li>• If 10,20,30 is set before ball is delivered – Defence will get ball back</li> <li>• X players must retreat to their own line after each phase</li> <li>• Defence can't enter certain areas of pitch</li> <li>• Incentives for low tackles, stopping attacks, slowing ball etc</li> </ul>
<p><b>Can we change the PITCH SHAPE or add ZONES?</b></p>	



**ULSTER**  
Rugby

2025