



## **INTRODUCTION TO THE SMALL BLACKS COACHING PROCESS**

The Small Blacks Development Model was developed to ensure that there was consistency of play, player welfare and coaching across New Zealand. Skill Development was to be a focus and it was to be aligned to the players' physical and cognitive ability.

There are three Small Blacks grade levels:

- Beginning Rugby (J7 and J8)
- Learning Rugby (J6, J5, J4, J3, U9 Ripa, U11 RR)
- Playing Rugby (J2, J1, U13 RR)

It is compulsory for all Small Blacks coaches to have a NZ Rugby Small Blacks accreditation applicable to the grade level they will be coaching.

To gain the required Small Blacks accreditation, coaches must attend a Small Blacks course. Delivered by North Harbour Rugby staff. Dates & locations for these courses can be found on our website under 'workshop dates'. <https://www.harbourrugby.co.nz/coaching>

NZR and North Harbour Rugby recommend the following individual skills. Each set of skills is the focus for the below age groups and should be the focus for the coach. It is unrealistic to presume that the team you oversee has all these skills, therefore a coach should always work on promoting and developing all the skills. Keeping in front of mind the relative age effect (RAE) that can see many teams with players as much as 12 months age difference.

*Please note:* It is important to understand that many of these skills are progressive and repetitive therefore all levels should include the basics of running, handling and evasion.

| U6 - U7 (J8 & J7)                  | U8 (J6)                            | U9 - U11 (J5 - J3)                   |
|------------------------------------|------------------------------------|--------------------------------------|
| <b>Human Performance Abilities</b> | <b>Human Performance Abilities</b> | <b>Human Performance Abilities</b>   |
| Coordination                       | Flexibility                        | Physical Literacy                    |
| Flexibility                        | Skills                             | (motivation, confidence, competence) |
| Skills                             | Power                              | Skills                               |
|                                    |                                    |                                      |
|                                    |                                    |                                      |
| <b>Skills</b>                      | <b>Skills</b>                      | <b>Skills</b>                        |
| Running with ball                  | Draw and pass                      | Draw and pass                        |
| Basic pass                         | Side on tackle                     | Side on tackle                       |
| Receiving pass                     | Front on tackle                    | Front on tackle                      |
| Ball familiarisation               | Basic kick                         | Basic kick                           |
| Tap kick and pass                  | Ball placement                     | Ball placement                       |
| Ripping                            | Falling in tackle                  | Falling in tackle                    |
| Swerve / evade                     | Side step                          | Side step                            |
|                                    | Support Play                       | Support Play                         |
|                                    |                                    | Understanding Scrum Shape            |

| U12 - U13 (J2 - J1)                | Rippa (U9's)                       | Rip Rugby (U11 upwards)              |
|------------------------------------|------------------------------------|--------------------------------------|
| <b>Human Performance Abilities</b> | <b>Human Performance Abilities</b> | <b>Human Performance Abilities</b>   |
| Endurance                          | Coordination                       | Physical Literacy                    |
| Skills                             | Flexibility                        | (motivation, confidence, competence) |
|                                    | Skills                             | Skills                               |
|                                    |                                    | Endurance                            |
|                                    |                                    |                                      |
| <b>Skills</b>                      | <b>Skills</b>                      | <b>Skills</b>                        |
| Catch and Pass under pressure      | Running with ball                  | Catch and Pass under pressure        |
| Tackle                             | Basic pass                         | Identifying and playing to space     |
| Body shape / height pre breakdown  | Receiving pass                     | Drop kick                            |
| Safe / Strong Scrum shape          | Ripping                            | Basic kick                           |
| Support play                       | Support play                       | Grubber kick                         |
| Identifying and playing to space   | Evasion                            | Support play                         |
| Keeping ball alive                 |                                    | Evasion / side step                  |
| Catching high ball                 |                                    | Lineout throw                        |
| Drop kick                          |                                    | Running lines                        |
| Grubber kick                       |                                    |                                      |
| Line out throw                     |                                    |                                      |
| Running lines                      |                                    |                                      |