

Player Development Full Season Programme

Ages 11–16 · Strength · Speed · Skills · Tactics · Nutrition · NRL & Super League Standards

£14.99 one-off

Ages 11–16

Instant Download

What's included:

- ✓ 12 complete session plans across 4 phases
- ✓ Periodised pre-season strength & conditioning programme
- ✓ Position-specific training guides for all positions
- ✓ Player self-assessment template
- ✓ 90-minute field session plan templates
- ✓ Speed & agility testing protocols with benchmark times
- ✓ Match day preparation guide
- ✓ Parent & player handbook
- ✓ Season planner with week-by-week overview
- ✓ Player of the Month certificate (printable)

Created by Ken Snelson | Former Professional Rugby League Player (1980s)
CoachEdge Rugby — coachedgerugby.com

PREMIUM PRODUCT — For personal and club coaching use only. Not for redistribution.

Full Season Planner — Ages 11–16

Week	Phase	Session	Field Focus	Gym Focus	✓
1	Pre-Season	Session 1 — Fitness Testing	Sprint times, agility, strength baseline	Bodyweight circuit	■
2	Pre-Season	Session 2 — Speed Foundations	A-march, A-skip, wall drives, flying 10s	Squat and press-up technique	■
3	Pre-Season	Session 3 — Contact Intro	Tackle technique, ball presentation	Goblet squat, dumbbell row	■
4	Early Season	Session 4 — Attack Patterns	3v2, dummy half options, backline move	Bench press, pull-ups	■
5	Early Season	Session 5 — Defence Systems	Flat line, drift, rush defence	Romanian deadlift, Nordic curl	■
6	Early Season	Session 6 — Set Pieces	Ruck speed, play-the-ball, kick-off	Power clean technique	■
7	Mid Season	Session 7 — Positional Skills	Forwards contact, backs passing	Full gym session — all lifts	■

8	Mid Season	Session 8 — Game Intelligence	Conditioned game, kick & chase	Speed session — flying 10s	■
9	Mid Season	Session 9 — Full Run	90-min match simulation	Active recovery	■
10	End Season	Session 10 — Player Choice	Player-led favourite drills	Max effort — personal bests	■
11	End Season	Session 11 — Finals Prep	Set plays, defensive shape rehearsal	Taper — lighter session	■
12	End Season	Session 12 — Review & Awards	Season highlight drills	End of season fitness retest	■

PHASE 1

Pre-Season

Sessions 1–3 · Fitness testing, speed foundations, contact introduction

Pre-Season · Session 1

Fitness Testing & Baseline

Ages 11–16 · 90 minutes · Focus: Testing, benchmarks, team building

✓ Establish sprint and agility baselines · ✓ Bodyweight strength assessment · ✓ Build team identity for the season

Time	Activity	Coach Does	Players Do
0–10	Dynamic warm-up — jog, high knees, hip circles	Lead it yourself at high energy. Name everyone.	Dynamic movement — get warm and focused.
10–25	Sprint testing — 10m, 20m, 40m	Record every time. Share results individually.	Three attempts each. Beat your own time.
25–40	T-drill agility test	Time each player. Record for end of season comparison.	Timed agility — beat the benchmark.
40–55	Bodyweight strength circuit — press-ups, squats, plank	Count reps. Record. No competition — personal baseline.	Max reps in 60 secs each. Record your numbers.
55–70	3v2 attack drill — baseline assessment	Watch decision-making quality. Don't coach — observe.	Play naturally. Show your current level.
70–85	Small-sided game — 7v7	Let them play. Watch patterns. No coaching.	Full game. First look at team combinations.
85–90	Team huddle — season goals	Ask each player their individual goal for the season.	Share one goal for the season.

"Today we find out where we are. By session 12 we will see how far we have come."

COACH TIPS

- Record every test result — you need these for the end of season comparison
- Never share results publicly — individual conversations only
- The goal-setting exercise at the end is powerful — reference these goals throughout the season
- Watch the 3v2 drill carefully — it tells you everything about a player's rugby intelligence

Pre-Season · Session 2

Speed Foundations — Sprint Mechanics

Ages 11–16 · 90 minutes · Focus: Sprint mechanics, acceleration, agility

✓ Correct A-march and A-skip technique · ✓ Wall drive acceleration mechanics · ✓ Flying 10s at maximum intensity

Time	Activity	Coach Does	Players Do
------	----------	------------	------------

0–10	Activation warm-up — band walks, hip circles, dynamic stretches	Demonstrate every exercise. Form first always.	Activate muscles. Prepare to sprint.
10–25	A-march and A-skip — 10m x 6 each	Walk alongside and correct knee drive and arm swing.	Exaggerated knee drive. Perfect the technique.
25–38	Wall drives — 8 each leg x 4	Hands on wall — check 45-degree lean — drive alternately.	Explosive knee drive. Build acceleration mechanics.
38–52	Flying 10s — build up 20m then max sprint 10m	Stand at the 20m mark — watch the drive phase.	Maximum effort for 10m. Controlled build-up.
52–65	T-drill competition — best of 3	Keep a live leaderboard. Generate competition.	Compete. Beat your own time. Beat teammates.
65–80	Conditioned game — sprint to recover format	Players sprint 10m before joining play.	Sprint before every attack. Stay switched on.
80–90	Debrief + speed tips for home	Give each player one specific thing to practise.	Hear their home sprint tip for the week.

"Speed is a skill. Every player in this group will be faster by the end of this season."

COACH TIPS

- A-march and A-skip need weeks of repetition before they become automatic — do them every session
- Flying 10s are the single most effective speed drill for this age group — prioritise them
- The sprint-to-recover game format is challenging but creates enormous fitness gains
- Give every player a specific technical cue for home practice

Pre-Season · Session 3

Contact Introduction — Safe & Confident

Ages 11–16 · 90 minutes · Focus: Tackle technique, ball presentation, contact confidence

✓ Safe tackle body position taught and practised · ✓ Ball presentation after contact · ✓ Building contact confidence in every player

Time	Activity	Coach Does	Players Do
0–10	Tackle warm-up — body position walk-through	Stationary demonstration. Check everyone's posture.	Perfect body position. No contact yet.
10–25	Tackle safe progression — stationary to jog	Only progress when technique is sound.	Build from stationary. Earn the next level.
25–40	Ball presentation circuit — fall, present, play ball	Three stations rotating every 5 minutes.	Present ball cleanly. Dummy half picks up fast.
40–55	2v1 attack drill	Watch timing of pass — too early or too late?	Draw defender — pass at the right moment.
55–70	Ruck speed circuit — 6 tackles continuous	Count seconds from tackle to play ball. Aim under 3.	Play ball fast. Dummy half on it immediately.
70–80	Conditioned game — contact allowed	Freeze on illegal contact. Correct immediately.	Apply contact skills. Play the real game.

80–90	Huddle + contact confidence check	Ask privately any player who seemed hesitant.	Share one thing they improved today.
-------	-----------------------------------	---	--------------------------------------

"Confidence in contact is built over months. Today is the first step on that journey."

COACH TIPS

- Never rush contact progression — one bad experience sets a player back weeks
- The ruck speed circuit is measurable — record play-the-ball times and improve them weekly
- 2v1 is the most transferable drill in rugby league — do it every single session
- Check in privately with any player who seems hesitant about contact

PHASE 2

Early Season

Sessions 4–6 · Attack patterns, defence systems, set pieces

Early Season · Session 4

Attack Patterns — Building the Playbook

Ages 11–16 · 90 minutes · Focus: Attack decision-making, set plays, backline moves

✓ Players execute a pre-planned backline move · ✓ Dummy half options rehearsed until automatic · ✓ Decision-making quality in 3v2 and 4v3

Time	Activity	Coach Does	Players Do
0–10	Speed warm-up — A-march, A-skip, flying 10s x 3	Full speed from the start. Set the tone.	Sprint mechanics. Maximum effort.
10–25	Dummy half options — run, left, right	Walk through slowly. Then add a live defender.	Decide in under 2 seconds. Commit.
25–40	Backline move — 9 to 10 to inside runner to wide	Walk through x 3. Then half speed x 3. Then full.	Rehearse until automatic. Timing is everything.
40–55	3v2 progression — build to 4v3	Push to harder version when 3v2 is mastered.	Find the overlap. Score from superior numbers.
55–70	Set play from kick-off — rehearsed pattern	Explain the why — not just the what.	Run the play 10 times. Every player knows it.
70–80	Conditioned game — must use set play	Award 3 points for scoring from the set play.	Use the set play at least once each set of six.
80–90	Review — players describe each play	Ask players to explain the plays in their own words.	Demonstrate understanding. Own the plays.

"A play you have rehearsed 100 times will work under pressure. A play you have done once will not."

COACH TIPS

- Walk through every set play before running it at speed — precision over pace initially
- Let players explain plays back to you — if they can teach it, they know it
- The kick-off set play is often overlooked but creates scoring opportunities every game
- 3v2 should be a permanent fixture of every session — the returns are enormous

Early Season · Session 5

Defence Systems — Organised and Aggressive

Ages 11–16 · 90 minutes · Focus: Defensive structure, communication, line speed

✓ Flat defensive line maintained throughout · ✓ Communication — calling the runner · ✓ Drift defence executed correctly

Time	Activity	Coach Does	Players Do
0–10	Defensive warm-up — drift line walk-through	Set up the line yourself. Walk them through.	Learn the positions. Feel the line.
10–25	Rush up drill — on signal all move up flat	Use a whistle or hand signal. Precision over pace.	Flat line. Up together. No gaps.
25–40	Drift defence practice — coach calls direction	Call left or right randomly. Keep them guessing.	Drift together. Maintain spacing. Talk.
40–55	Defensive line v attack — 7v7	Award 2 points for a defensive stop. 1 for a try.	Defend. Communicate. Stop the attack.
55–70	Rush defence — when to use it	Teach the trigger: kick from hand = rush.	Rush on the kick. Pressure the catcher.
70–80	Conditioned game — defensive focus	Freeze play for excellent defensive moments — celebrate them.	Defend as a unit. Trust each other.
80–90	Defensive debrief — two positives, one to fix	Name specific moments of excellent defence.	Own the defensive performance.

"Brilliant defence wins games. It takes longer to build than attack but it wins championships."

COACH TIPS

- Communication in defence is the hardest skill to coach at this age — reward every call
- Drift defence needs weekly repetition before it becomes instinctive
- Rush defence is exciting for players — they enjoy the aggression of it
- Never criticise missed tackles in the debrief — focus on what went right

Early Season · Session 6

Set Pieces — Ruck, Restart & Kick Game

Ages 11–16 · 90 minutes · Focus: Ruck speed, kick-off, kicking game

✓ Play-the-ball under 3 seconds · ✓ Kick-off receipt and response rehearsed · ✓ Grubber and chip kicks introduced

Time	Activity	Coach Does	Players Do
0–10	Ball-in-hand warm-up — fast hands and passing square	Fast pace from start. No standing still.	Pass and move. Ball never stops.
10–25	Ruck speed circuit — target: play ball under 3 secs	Time every play ball. Display the time.	Race the clock. Under 3 seconds every time.
25–40	Kick-off receipt — catch and drive or spread	Walk through both options. Players choose in game.	Catch clean. Decide: drive or spread.
40–55	Kick and chase pairs — grubber and chip	Correct kicking technique — plant foot, follow through.	Kick then chase. Contest everything.
55–70	Dummy half kick option — when and why	Teach the trigger: tired defence = kick early.	Read the defence. Kick at the right time.
70–80	Conditioned game — kicking allowed	Award extra for scoring from a kick.	Use all weapons. Kick, run, pass.

80–90	Set piece review + next session preview	Build anticipation for mid-season sessions.	Share one set piece improvement each.
-------	---	---	---------------------------------------

"The kicking game is a weapon. Master it and you have an advantage most grassroots teams do not have."

COACH TIPS

- Ruck speed is measurable — track it weekly and show improvement to players
- Kick-off receipt is practised by almost no grassroots team — this alone gives an advantage
- Kicking technique needs individual attention — check every player's plant foot position
- The dummy half kick is a game-changer at under-16 level — teach it from early season

● Attacker

■ Defender

▲ Cone

→ Run

■ Pass

Key Drills — Player Development 11–16 — Pitch Diagrams

A

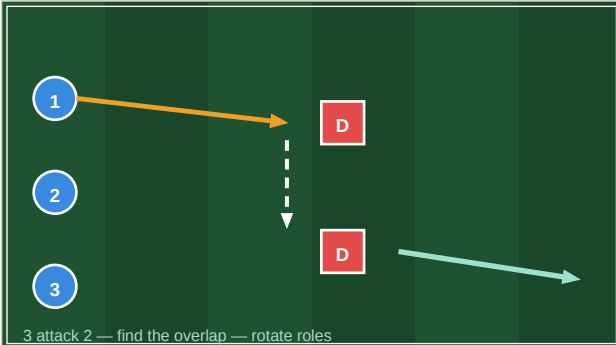
3v2 Attack Drill

Ages 13–16

3 attackers

2 defenders

Rotate roles — progress to 4v3



● SKILL FOCUS

Attack decision-making, exploiting overlap, support running

● GAME TRANSFER

Attackers ALWAYS outnumber defenders somewhere — this teaches players to find it

● COACHING CUE

"Draw the defender — release at the right moment!"

★ Used in every Super League academy as a core attack drill — the returns justify running it every session

B

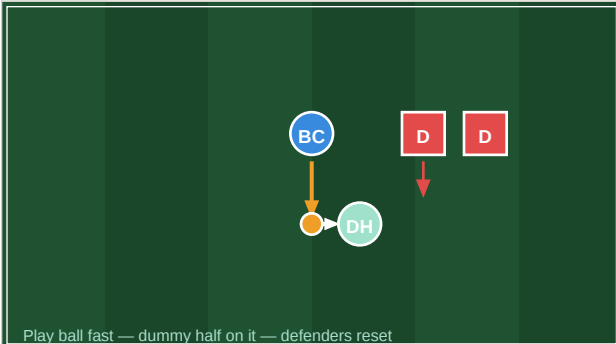
Ruck Speed Circuit

Ages 13–16

Play ball under 3 secs

Dummy half

Defenders reset



● SKILL FOCUS

Play-the-ball speed, dummy half awareness, defensive reset

● GAME TRANSFER

Quick play-the-ball wins field position — slower play-the-ball gives defence time to reset

● COACHING CUE

"Ball down fast — dummy half on it NOW!"

C

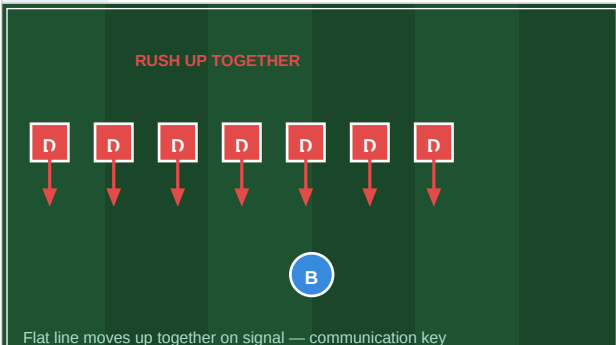
Defensive Line Drill

Ages 11–16

7 defenders

Flat line

Rush up on signal



● SKILL FOCUS

Flat defensive line, line speed, communication

● GAME TRANSFER

An organised defence that moves up together is harder to break than any individual tackler

● COACHING CUE

"Up together — TALK — who has the runner?"

D

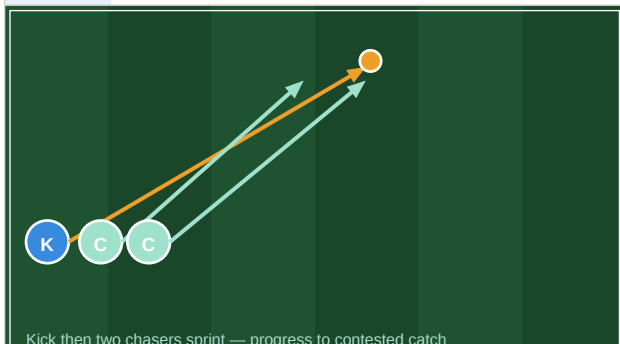
Kick and Chase Pairs

Ages 13–16

Kick then chase

Two chasers

Progress to contested catch



● SKILL FOCUS

Kicking technique, chase coordination, aerial contest

● GAME TRANSFER

The kicking game is a major weapon — most grassroots teams never practise it

● COACHING CUE

"Kick early — chase hard — contest everything!"

E

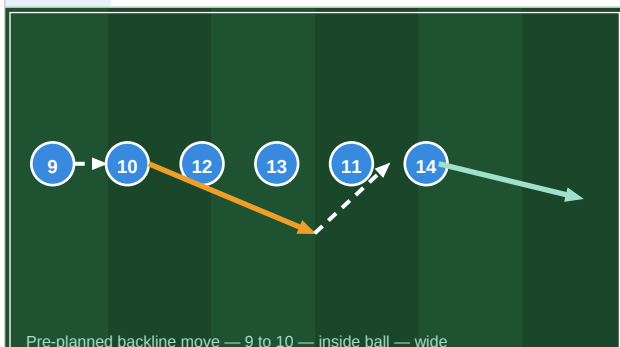
Set Play — Backline Move

Ages 11–16

9 to 10

Inside ball to runner

Wide to winger



● SKILL FOCUS

Pre-planned attack pattern, timing, backline communication

● GAME TRANSFER

A rehearsed set play creates tries that individual skill alone cannot create

● COACHING CUE

"Walk it first — then half speed — then full — own it!"

F

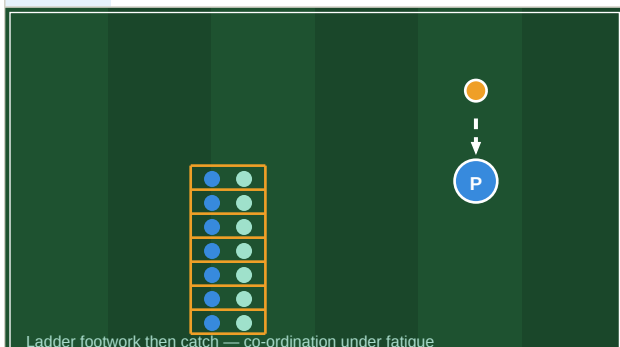
Agility Ladder + Ball Catch

Ages 11–16

Ladder footwork

Catch from coach

Combo drill



● SKILL FOCUS

Foot speed, co-ordination, ball handling under physical load

● GAME TRANSFER

Receiving the ball after physical exertion mirrors match conditions every time

● COACHING CUE

"Quick feet — eyes up — hands ready!"

Position-Specific Training Guide

Position	Physical Priority	Skill Priority	Key Drill
1 Fullback	Speed, repeat sprint ability	Catch under high ball, counter-attack, kick receipt	Kick and chase pairs
2/5 Wingers	Acceleration, finishing ability	Finishing under pressure, catching, support line	Flying 10s + 2v1 finishing
3/4 Centres	Power, defensive organisation	Carry, tackle, miss pass, create overlap	3v2 attack drill
6 Stand-Off	Vision, decision-making	Kicking game, directing play, short and long pass	Set play execution
7 Halfback	Quickness, stamina	Play-the-ball speed, dummy half options, box kick	Ruck speed circuit
8/10 Props	Strength, leg drive	Carry hard, present ball, defensive line speed	Tackle technique progression
9 Hooker	Work rate, communication	Play the ball, dummy half running, defensive leadership	Dummy half decision drill
11/12 Loose Forwards	Athleticism, tackle ability	Link play, carry, kick chase, wide defence	Defensive line drill

Player Self-Assessment Template

Give this to players at the start and end of the season. Their self-awareness is as important as their physical ability. Compare start vs end results in the final session.

Name: _____						Position: _____						Date: _____					
Skill	1 — Needs Work		2 — Getting There		3 — Confident		4 — Strength		My Target								
Speed over 10m	■		■		■		■										
Tackle technique	■		■		■		■										
Passing left	■		■		■		■										
Passing right	■		■		■		■										
Dummy half options	■		■		■		■										
Defensive line speed	■		■		■		■										
Kicking game	■		■		■		■										
Fitness (80 mins)	■		■		■		■										

Name: _____						Position: _____						Date: _____					
Skill	1 — Needs Work		2 — Getting There		3 — Confident		4 — Strength		My Target								

Speed over 10m	■	■	■	■	
Tackle technique	■	■	■	■	
Passing left	■	■	■	■	
Passing right	■	■	■	■	
Dummy half options	■	■	■	■	
Defensive line speed	■	■	■	■	
Kicking game	■	■	■	■	
Fitness (80 mins)	■	■	■	■	

Player of the Month

CoachEdge Rugby — Player Development Programme

Awarded to

For

Coach _____

Date _____

Season _____

CoachEdge Rugby — coachedgerugby.com

Player of the Month

CoachEdge Rugby — Player Development Programme

Awarded to

For

Coach _____

Date _____

Season _____

CoachEdge Rugby — coachedgerugby.com