

CoachEdge Rugby

GRASSROOTS FULL SEASON PROGRAMME

Ages 6 to 10 · 12 Complete Session Plans · Season Planner · Certificates · Parent Letter · Festival Plan

12 Sessions

30+ Drills

4 Phases

100% Fun
First

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.

What's Included in This Premium Programme



12 Complete Session Plans

3 pre-season, 3 early season, 3 mid season, 3 end of season. Each with full activity breakdown, timing, coach focus and key message.



Pitch Diagrams on Every Drill

Top-down pitch view with player positions, cone layouts, run paths and pass lines — brief any drill in 10 seconds.



Full Season Planner

Week-by-week overview of the entire season — print and pin in your kit bag.



Parent Welcome Letter

Professional, ready-to-send letter introducing the season to parents and guardians.



Printable Star Player Certificates

A4 certificates to award at the end of every session — every child gets recognised.



End of Season Festival Plan

Complete plan for running a fun end-of-season festival — multiple teams, fun games, awards.



Player Progress Tracker

Simple one-page tracker for coaches to monitor each child's development across the season.



30 Fun Warm-Up Games Bank

Quick-reference bank of 30 age-appropriate warm-up games — never repeat the same warm-up twice.

Full Season Planner — Week by Week Overview

Print this page and keep it in your kit bag. Tick off each session as you complete it. Adapt timings to your league calendar — the structure works for any season length.

Week	Phase	Session	Focus	Key Activity	Done ✓
1	Pre-Season	Session 1 — Welcome Back	Fun & energy	Pac-Man Tag + Pirates	■
2	Pre-Season	Session 2 — Ball Confidence	Ball handling	Passing Square + Sharks & Minnows	■
3	Pre-Season	Session 3 — Moving Together	Team movement	Traffic Lights + Freeze Tag relay	■
4	Early Season	Session 4 — Tag Attack	Evasion	3v1 Attack + Mini Tag Game	■
5	Early Season	Session 5 — Pass and Support	Passing	Fast Hands + 4v2 Touch	■
6	Early Season	Session 6 — Game Sense	Decision-making	Dummy Halves + Conditioned Game	■
7	Mid Season	Session 7 — Running Lines	Attacking lines	Star Player Relay + Running Channels	■
8	Mid Season	Session 8 — Defend Together	Defensive shape	Drift Line + 3v3 Game	■
9	Mid Season	Session 9 — Full Game Skills	All skills	Rotation game + 4v4 Festival	■
10	End of Season	Session 10 — Best Skills	Player choice	Player-led favourite drills	■
11	End of Season	Session 11 — Festival Prep	Festival practice	Mini festival format	■
12	End of Season	Session 12 — End of Season Festival	Celebration	Full festival + awards	■

PHASE 1

Pre-Season

Sessions 1–3 · Getting started, building confidence, having fun

● Attacker ■ Defender ▲ Cone → Run ■ Pass

Pre-Season · Session 1

Welcome Back — Fun & Energy

Ages 6–10 · 60 minutes · Focus: Fun, ball in hand, high energy

Session objectives: ✓ Every child touches the ball · ✓ Everyone leaves smiling · ✓ Set a positive tone for the whole season

Time	Activity	What Coach Does	What Players Do
0–10	Pac-Man Tag warm-up	High energy — run with them for the first minute. Name every child.	Carry ball, evade chasers. Laugh — enjoy it.
10–20	Pirates — score in end zones	Set up two end zones. Call positives loudly and often.	Run, dodge, score tries. Learn the try zone.
20–30	Freeze Tag relay	Demonstrate freeze position. Hype up the rescuers.	Tag to freeze. Race to unfreeze teammates.
30–45	4v2 passing game	Stand back. Only step in to celebrate great passes.	Pass and support. Find the gap.
45–55	Mini match — 3v3 tag	Rotate teams every 4 minutes. Every child plays equal time.	Play a game. Use everything from today.
55–60	Team huddle + Star of the Session	Pick one player — but mention every child by name.	Sit together. Celebrate the session.

"Today we start something brilliant — I am so glad you are all here."

COACH TIPS FOR THIS SESSION

- Use every child's name at least 3 times today
- If energy drops — start a game. Don't talk.
- Never correct during the game — only between activities
- End on the highest possible note

1A

Pac-Man Tag

10 mins

Whole group

U6–U10

Ball in hand

All active

Tag to swap

● SKILL FOCUS

Ball carrying under pressure, evasion, awareness

● GAME TRANSFER

Carrying ball under pressure mirrors every attacking situation in a game

● COACHING CUE

"Eyes up — find the space — go!"

★ *NRL League Stars No.1 recommended warm-up drill for ages 5–10*

1B

Pirates — Score Tries

10 mins

All players

U6–U10

2 end zones

Defenders tag

Score tries

● SKILL FOCUS

Running in space, evasion, understanding try scoring

● GAME TRANSFER

Scoring tries is the whole point of the game — teach it from day one

● COACHING CUE

"Run at the space — not at the defender!"

Pre-Season · Session 2

Ball Confidence — Passing & Carrying

Ages 6–10 · 60 minutes · Focus: Ball handling, passing, catching

Session objectives: ✓ Every child can pass left and right · ✓ Catching under movement pressure · ✓ Building ball confidence

Time	Activity	What Coach Does	What Players Do
0–10	Sharks and Minnows warm-up	High energy start — be a shark yourself for 30 seconds.	Carry ball — evade the sharks.
10–22	Passing Square — 4 per group	Demonstrate first. Watch hand position. Praise every catch.	Pass around the square. Beat your own time.
22–34	Traffic Lights — with ball	Add direction changes as confidence grows.	React to colour called — keep ball in hand.
34–48	Fast Hands Relay — teams of 4	Race the teams. Build excitement around the finish.	Pass ball down the line and back — fastest wins.

48–56	Mini match — passing focus	Freeze play when a great pass happens. Celebrate it.	Must pass before scoring — game sense.
56–60	Huddle + Star of the Session	Find the child who tried hardest — not best.	High fives all round.

"Every great rugby player started exactly where you are today. Pas

COACH TIPS FOR THIS SESSION

- Keep groups small — maximum 5 in passing drills
- Praise the attempt, not just the result
- If a child struggles to catch, lower the pass height
- Move quickly between activities — keep hearts pumping

2A

Sharks and Minnows

10 mins

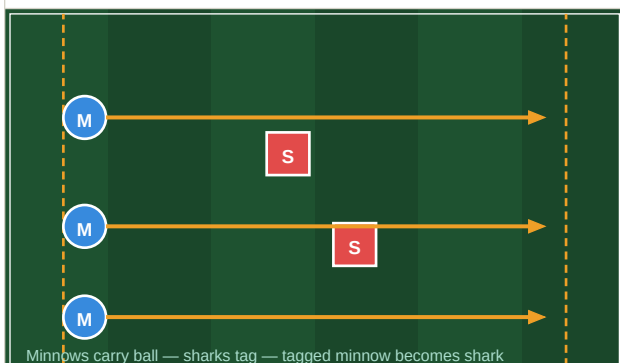
Whole group

U6–U8

Ball in hand

Evade sharks

Tagged = shark



● SKILL FOCUS

Ball carrying, evasion, spatial awareness

● GAME TRANSFER

Reading defenders and finding space — essential in every position

● COACHING CUE

"Show me the ball — run at the SPACE!"

2B

Passing Square

12 mins

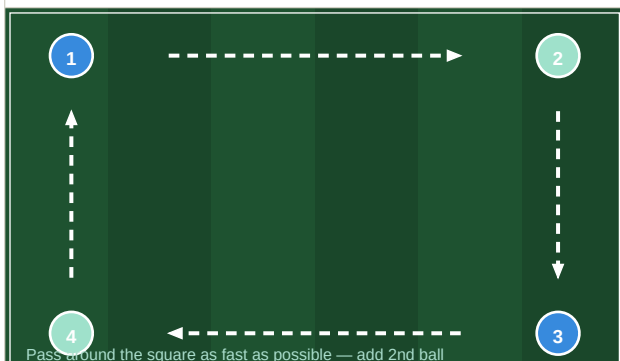
Groups of 4

All ages

4 cones

Pass fast

Add 2nd ball



● SKILL FOCUS

Passing accuracy left and right, catching on the move

● GAME TRANSFER

Quick, accurate passing under time pressure mirrors open play

● COACHING CUE

"Follow your pass — move to the next cone!"

Pre-Season · Session 3

Moving Together — Team Awareness

Ages 6–10 · 60 minutes · Focus: Team movement, support, listening

Session objectives: ✓ Players support the ball carrier · ✓ Listening and reacting to coach signals · ✓ Building team identity

Time	Activity	What Coach Does	What Players Do
0–10	Traffic Lights warm-up	Start slow — RED, AMBER, GREEN. Add left and right.	React to colour. Ball in hand always.
10–20	Freeze Tag as a team	Encourage players to call out to frozen teammates.	Work as a team to unfreeze everyone.
20–32	Star Player Relay — teams of 4	Make it close — adjust teams if needed for fairness.	Race to cone and back — pass to next player.
32–46	3v1 Attack — find the space	Let them figure it out. Step in only if totally stuck.	3 attack 1 defender. Use the numbers.
46–56	3v3 mini match	Watch for teamwork — reward it with loud praise.	Play a game. Support the ball carrier.
56–60	Huddle — team name vote	Let them pick their team name together.	Vote on team name. High fives.

"You are a team now. Look after each other. Support the ball."

COACH TIPS FOR THIS SESSION

- This is the session where a team identity begins — invest in it
- Use phrases like 'great support' and 'brilliant teamwork'
- If a child is shy — pair them with an encouraging teammate
- Keep the relay races close — adjust teams so no team dominates

3A

Traffic Lights

10 mins

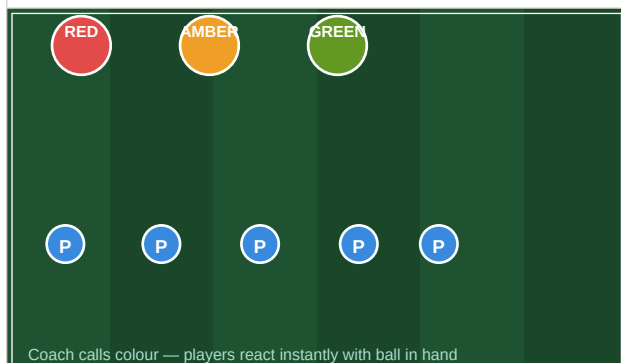
Whole group

U6–U10

RED = stop

AMBER = walk

GREEN = run



● SKILL FOCUS

Listening, reaction, ball carrying at different speeds

● GAME TRANSFER

Reacting to referee calls and changing pace in live match situations

● COACHING CUE

"REACT before you think — go with your instincts!"

3B

Star Player Relay

12 mins

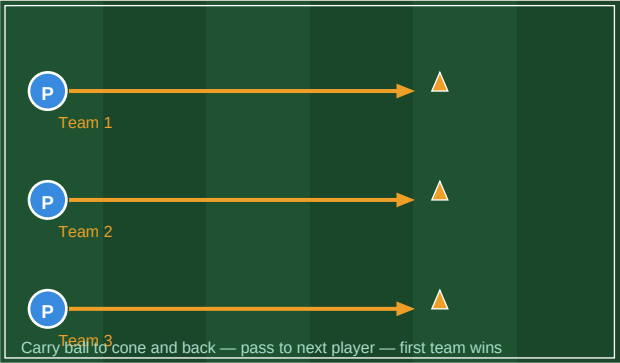
Teams of 4

All ages

Carry to cone

Pass to next

First team wins



● SKILL FOCUS

Ball carrying,
passing under
fatigue, teamwork

● GAME TRANSFER

Ball carrying at pace
and passing under
pressure — every
game skill in one drill

● COACHING CUE

"Come on your
team — cheer
them home!"

PHASE 2

Early Season

Sessions 4–6 · Building skills, attack basics, game intelligence

Early Season · Session 4

Tag Attack — Evasion Skills

Ages 6–10 · 60 minutes · Focus: Evasion, attacking instinct, confidence

Session objectives: ✓ Players can beat a defender one-on-one · ✓ Understanding attack v defence · ✓ Building confidence in contact situations

Time	Activity	What Coach Does	What Players Do
0–10	Pac-Man Tag — competition format	Time how long they survive. Beat the record.	Evade the chasers. Beat your own record.
10–22	3v1 Attack grid	Stand back. Watch. Only coach between reps not during.	3 attack 1. Find the gap. Score.
22–34	Reaction Tag — pairs	Call GO randomly. Keep them guessing.	Face partner. On GO — try to tag first.
34–48	4v2 Touch — score in end zone	Freeze play when a great decision is made — recreate it.	4 attack 2. 6 tags to score.
48–56	Mini match — evasion focus	Award bonus points for a try scored with a sidestep.	Try to beat your defender — show me those feet!
56–60	Huddle + Star of the Session	Give the award to the most improved evader.	Celebrate the best evasion move of the session.

"The best attackers in the world make defenders miss. Today that i

COACH TIPS FOR THIS SESSION

- 3v1 works because attackers ALWAYS have an advantage — let them discover it
- Don't over-correct footwork — the game teaches it faster than coaching
- Reaction Tag is brilliant for engagement — every pair is active simultaneously
- If a child is getting tagged every time — quietly adjust the defender

4A

3v1 Attack

12 mins

Groups of 4

U8–U10

3 attackers

1 defender

Rotate roles

● SKILL FOCUS

Using numerical advantage, support running, decision-making

● GAME TRANSFER

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

● COACHING CUE

"You have more players than them — use it!"

4B

4v2 Touch Game

14 mins

Groups of 6

U8–U10

6 touches to score

4 attackers

2 defenders

● SKILL FOCUS

Attack decision-making, passing under pressure, defensive basics

● GAME TRANSFER

Outnumbering the defence and exploiting it — the foundation of all attack

● COACHING CUE

"Find the space — MOVE the ball!"

Early Season · Session 5

Pass and Support — Teamwork in Attack

Ages 6–10 · 60 minutes · Focus: Passing accuracy, support lines, teamwork

Session objectives: ✓ Players pass to a teammate in space · ✓ Running good support lines · ✓ Accuracy more important than distance

Time	Activity	What Coach Does	What Players Do
0–10	Fast Hands warm-up — passing square	Make it competitive — fastest team wins.	Race the clock. Pass and move.
10–22	Pass and Chase — pairs	Watch leading hand position. Praise every caught pass.	Pass to partner running. Chase your pass.
22–36	3v1 — must pass before scoring	Introduce the rule: must make one pass before scoring.	3 attack 1. Pass first — then score.
36–48	4v2 — pass to score	Focus on support runners — who is getting in position?	Find the pass. Support the ball carrier.
48–56	Mini match — passing game	Award 2 points for a try after a great pass. 1 for a run.	Play a game. Use the pass.

56–60	Huddle — best pass of the day	Ask players who made the best pass. Let them choose.	Vote on best pass. Team celebration.
-------	-------------------------------	--	--------------------------------------

"A great pass is better than a great run. Use your team."

COACH TIPS FOR THIS SESSION

- Pairs passing is the most underrated drill in grassroots rugby — do it every session
- Support lines are hard to coach — use the game to teach them
- Never punish a bad pass — it kills confidence. Encourage the attempt.
- If passing is too easy — increase distance or add a defender

5A

Freeze Tag

10 mins

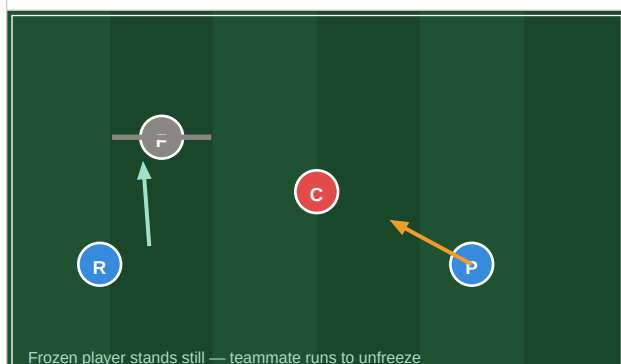
Whole group

U6–U10

Tagged = frozen

Team unfreezes

Ball in hand



● SKILL FOCUS

Ball carrying, spatial awareness, team communication

● GAME TRANSFER

Looking for teammates under pressure — exactly what a ball carrier does in a game

● COACHING CUE

"Look for your frozen teammate — go and help them!"

5B

Mini Match — Passing Game

8 mins

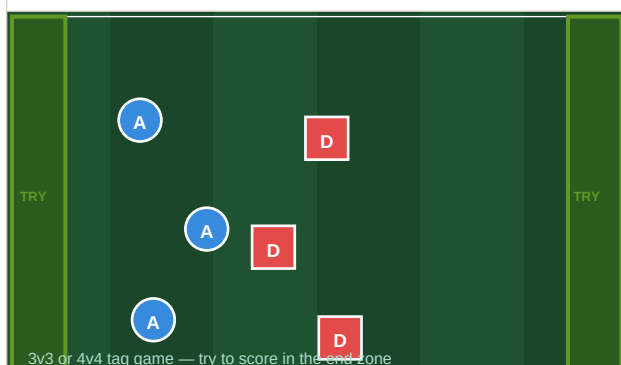
3v3 or 4v4

U6–U10

Must pass before scoring

Tag rules

Rotate teams



● SKILL FOCUS

Game sense, passing decisions, support lines in live play

● GAME TRANSFER

All passing and support skills applied in a real game — the best teacher

● COACHING CUE

"Look for the pass first — run second!"

Early Season · Session 6

Game Sense — Reading the Game

Ages 6–10 · 60 minutes · Focus: Decision-making, game intelligence, confidence

Session objectives: ✓ Players make their own decisions in a game · ✓ Understanding attack and defence roles · ✓ Building game reading skills

Time	Activity	What Coach Does	What Players Do
0–10	Pirates warm-up	Multiple end zones — high energy from the start.	Score tries — evade defenders.
10–22	Dummy Halves — 3 options	Walk through slowly first. Let them discover the options.	Pick up ball — decide: run, pass left, pass right.
22–36	4v2 — player calls the play	Let the player with the ball call 'left', 'right' or 'run'.	Make the call. Everyone follows.
36–50	Conditioned game — 6 tags	Only freeze play for safety. Let them play.	Full mini game. 6 tag rule. Tap restart.
50–56	Free choice — players pick a drill	Let them choose from sessions 4 and 5.	Play their favourite drill from early season.
56–60	Huddle — next session preview	Build excitement for mid season. Tell them they are ready.	Hear what's coming. Team celebration.

"You do not need me to tell you what to do out there. You know. Tr

COACH TIPS FOR THIS SESSION

- Conditioned game is the most valuable drill of any session — let it run
- If players are quiet making decisions — praise the first one loudly
- Letting players choose a drill in the last 6 mins builds ownership
- Tell every player individually they are ready for mid season

PHASE 3

Mid Season

Sessions 7–9 · Team play, defensive shape, full game skills

Mid Season · Session 7

Running Lines — Attacking Shape

Ages 6–10 · 60 minutes · Focus: Attacking lines, spacing, support play

Session objectives: ✓ Players run good support lines · ✓ Understanding spacing in attack · ✓ Confidence in carrying and supporting

Time	Activity	What Coach Does	What Players Do
0–10	Sharks and Minnows — timed	Time how long the last minnow survives.	Evade. Support teammates. Last one wins.
10–22	Channels drill — run the corridor	Set up narrow channels with cones — run the channel.	Run in your channel — don't cross.
22–36	3v1 — scoring from support	Award extra point for scoring from a support run.	Make the support run. Back yourself.
36–50	4v4 — wide game	Set up a wide pitch — reward wide passes with praise.	Spread the ball wide. Find the overlap.
50–56	Relay race — team of 4	Make it close — best of 3. Build to a grand final.	Race. Win for your team.
56–60	Huddle — best support run award	Give the award to the best support runner.	Celebrate the team player.

"The try scorer gets the glory but the support runner makes it happen"

COACH TIPS FOR THIS SESSION

- Running channels is a simple way to teach spacing — use it every session
- Wide game encourages kids to look across the pitch — crucial habit
- Support running is the hardest skill to coach at this age — patience
- Relay races keep energy high — use them whenever energy dips

7A

Star Player Relay

10 mins

Teams of 4

All ages

Carry to cone

Pass back

Team race

● SKILL FOCUS

Ball carrying at pace, passing accuracy, team energy

● GAME TRANSFER

Carrying and passing under fatigue mirrors real match conditions

● COACHING CUE

"Sprint hard — pass clean — WIN!"

7B

4v4 Wide Game

14 mins

Teams of 4

U8–U10

Wide pitch

Spread ball wide

Tag rules

● SKILL FOCUS

Attacking width, spacing, using the overlap

● GAME TRANSFER

Finding space wide and moving the ball quickly — a lifelong attacking habit

● COACHING CUE

"Move it wide — make them chase!"

Mid Season · Session 8

Defend Together — Defensive Shape

Ages 6–10 · 60 minutes · Focus: Defensive structure, communication, teamwork

Session objectives: ✓ Players line up flat in defence · ✓ Calling out runners · ✓ Moving up together as a team

Time	Activity	What Coach Does	What Players Do
0–10	Traffic Lights — defensive version	Call colours as defenders — RED = hold, GREEN = rush.	Defenders react. Attackers try to beat them.
10–22	Flat line drill	Stand in front — show them the line. Step back once set.	5 defenders drift together. Caller leads.
22–36	3v3 — defend as a unit	Praise every organised defensive stop loudly.	Defend together. Call the runner. Move up.
36–50	Conditioned game — defensive focus	Award 2 points for a defensive stop. 1 for a try.	Try to make the stop. Talk to each other.
50–56	Defenders v Attackers challenge	Keep score. Builds defensive pride.	Defenders vs attackers. Can defence win?

56–60	Huddle — defender of the session	Give the award to the most vocal defender.	Celebrate the defensive hero.
-------	----------------------------------	--	-------------------------------

"Defending together is harder than attacking together. Brilliant defence."

COACH TIPS FOR THIS SESSION

- At this age flat line defence is the only concept needed — keep it simple
- Reward talking in defence as much as making the tackle
- Defenders v Attackers challenge creates huge engagement — use it
- Never criticise a missed tackle at this age — it destroys confidence

Mid Season · Session 9

Full Game Skills — Putting It All Together

Ages 6–10 · 60 minutes · Focus: All skills combined, game sense, confidence

Session objectives: ✓ Players apply all season skills in a game · ✓ Confident decision-making · ✓ High quality, enjoyable rugby

Time	Activity	What Coach Does	What Players Do
0–10	Player choice warm-up	Let them vote on the warm-up game.	Pick their favourite warm-up.
10–22	Best of both — attack and defence	Rotate attack and defence roles every 5 mins.	Attack then defend. Use all your skills.
22–36	Full conditioned game	Step back completely. Only coach at stoppages.	Play the game. Trust yourselves.
36–50	Rotation tournament — 3v3	Every team plays every other team.	Compete. Every game counts.
50–56	Skills challenge — individual	Time keeping, passing, evasion in sequence.	Individual challenge — show your best skills.
56–60	Huddle — mid-season review	Tell them how far they have come since session 1.	Hear how they have improved. Celebrate.

"Look how far you have come. I am proud of every single one of you."

COACH TIPS FOR THIS SESSION

- Mid-season is the moment to step back and let them play — resist coaching
- A rotation tournament creates great engagement — every team stays active
- The skills challenge gives every child a moment to shine individually
- Reference specific moments from session 1 — the progress is motivating

PHASE 4

End of Season

Sessions 10–12 · Celebration, festival and awards

End of Season · Session 10

The Best of the Season — Player Choice

Ages 6–10 · 60 minutes · Focus: Fun, player ownership, celebration

Session objectives: ✓ Players lead the session · ✓ Celebrate their favourite moments · ✓ Build excitement for the festival

Time	Activity	What Coach Does	What Players Do
0–10	Players choose the warm-up	Stand back. Let them set it up.	Lead the warm-up. Coach cheers.
10–25	Player-chosen drill 1	Support without leading. Let them coach each other.	Play their favourite drill from the season.
25–40	Player-chosen drill 2	Ask questions: 'What did we do that made this work?'	Play their second favourite drill.
40–52	Tournament — season format	Keep score — this one matters!	Play a proper competitive tournament.
52–57	Season highlights chat	Ask each player for their best memory.	Share their best memory of the season.
57–60	Festival announcement + preview	Build the excitement. Tell them what to expect.	Hear about the festival. Get excited.

"This is YOUR session. You have earned the right to run it."

COACH TIPS FOR THIS SESSION

- Giving players ownership at this stage builds massive confidence and engagement
- Listen carefully to their favourite memories — they will tell you what worked
- The tournament at session 10 should feel like a proper competition
- The festival announcement should feel like the build-up to a cup final

End of Season · Session 11

Festival Preparation — Let's Get Ready

Ages 6–10 · 60 minutes · Focus: Festival skills, rotation format, fun competition

Session objectives: ✓ Players know the festival format · ✓ Confidence in the rotation game format · ✓ Building excitement and team spirit

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

0–10	Festival warm-up — all games	Rotate through 3 warm-up stations simultaneously.	Rotate between stations. High energy.
10–25	Festival format practice — 4v4	Run the exact format they will experience at the festival.	Play festival-style. Short games. Rotate.
25–40	Skill stations — 3 at once	Run 3 stations: passing, evasion, relay. Rotate every 5 mins.	Move through stations. Best score wins.
40–52	Full festival rehearsal	Coach from the side. Let players manage themselves.	Festival run-through. Every team plays.
52–57	Team talk — festival rules	Explain the values: fun, effort, sportsmanship.	Hear the rules. Ask questions.
57–60	Certificate preview + festival kit	Show the certificates. Build anticipation.	See their certificates. Excitement builds.

"The festival is not about winning. It is about showing everyone wh

COACH TIPS FOR THIS SESSION

- Run the exact festival format in session 11 — no surprises on festival day
- Skill stations keep everyone active simultaneously — nobody waiting
- The certificate preview is a powerful motivator — use it
- Emphasise effort and sportsmanship over winning at every opportunity

11A

Festival Format Practice

15 mins

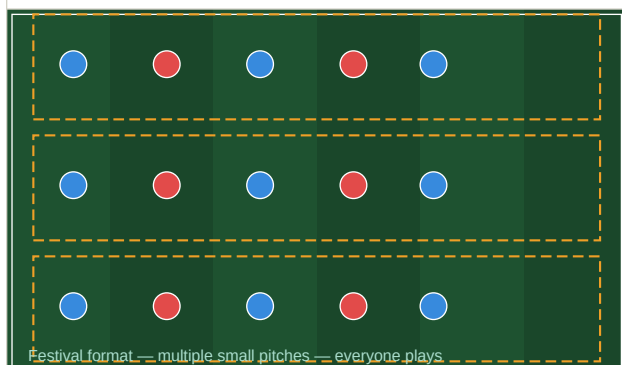
All players

U6–U10

Short games

Rotate teams

Everyone plays equal time



● SKILL FOCUS

Game sense, rotation format, fun competitive play

● GAME TRANSFER

The festival format — multiple short games against different opponents

● COACHING CUE

"Play hard — shake hands after — enjoy every game!"

11B

Mini Match — All Skills

12 mins

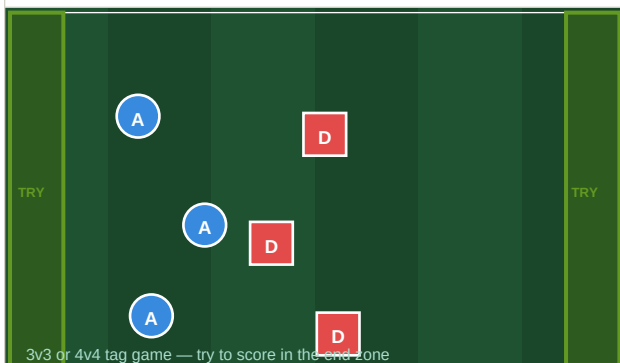
3v3 or 4v4

U6–U10

Use all season skills

Tag rules

Celebrate great moments



● SKILL FOCUS

All skills combined — the complete grassroots rugby player

● GAME TRANSFER

Everything learned this season applied together in a live game

● COACHING CUE

"Show me everything you have learned — this is your moment!"

End of Season · Session 12

End of Season Festival — Celebration Day

Ages 6–10 · 90 minutes · Focus: Fun, celebration, achievement

Session objectives: ✓ Every child plays in every game · ✓ Every child receives a certificate · ✓ Every child leaves feeling proud

Time	Activity	What Coach Does	What Players Do
0–15	Welcome and warm-up — all teams together	High energy welcome. Introduce all teams.	Giant warm-up game — all teams together.
15–55	Festival matches — rotation format	Each game 8 minutes. Referee with energy and positivity.	Play all teams. Keep score if you want.
55–65	Skills challenge — individual	Every child competes. Every child gets a score.	Individual skills: pass accuracy, evasion run.
65–75	Team photos and cool down	Take team photos. They will keep these forever.	Team photo. Cool down jog. Stretches.
75–85	Certificates and awards ceremony	Call every child's name. Make each moment special.	Receive certificate. Celebrate teammates.
85–90	Final huddle — see you next season	Make them want to come back. Every single one of them.	Final huddle. Cheer. Celebrate.

"Today is not the end. Today is the start of something that will last"

COACH TIPS FOR THIS SESSION

- The festival is about every child feeling like a winner — design it that way
- Call every single child's name at the awards ceremony — without exception
- Take photos — send them to parents afterwards — huge for retention
- If a child is upset about losing a game — find them and have a quiet word immediately

30 Fun Warm-Up Games Bank — Quick Reference

Use this bank to vary your warm-ups throughout the season. Repeat favourites — but aim to try at least 15 different games across 12 sessions. Most games need only cones and a ball. Keep every warm-up under 10 minutes and HIGH energy.

No.	Game	Ages	How to Play
1	Pac-Man Tag	All	Ball in hand — one chaser tries to tag everyone. Tagged player becomes chaser.
2	Freeze Tag	All	Tagged = frozen. Teammate runs to unfreeze. Last unfrozen player wins.
3	Bulldogs	All	Run end to end — defenders tag. Tagged player joins defenders.
4	Pirates	All	Score tries in end zones. Defenders try to tag ball carrier.
5	Traffic Lights	All	RED=stop, AMBER=walk, GREEN=run. Ball in hand always.
6	Sharks and Minnows	U6–U8	Minnows carry ball end to end. Sharks tag. Tagged = shark.
7	Musical Cones	All	Run around cones — sit on one when whistle blows. Fewer cones each round.
8	Colour Reaction	All	4 cones, 4 colours. Coach calls colour — player sprints to it.
9	Rock Paper Scissors Tag	All	Meet partner, play RPS. Loser chases winner.
10	Captain's Orders	All	Coach calls commands: 'port' (left), 'starboard' (right), 'bow' (forward), 'stern' (back).
11	Star Player Relay	All	Teams of 4 relay race — carry to cone and back, pass to next player.
12	Chain Tag	U7+	Tagged players hold hands with tagger — chain grows. Last free player wins.
13	Blob Tag	U7+	Tagged player holds tagger's hand. Blob grows. Last free player wins.
14	Farmer and Foxes	All	Foxes carry balls. Farmer tries to tag them and steal the ball.
15	Cone Flip	All	Two teams — one flipping cones up, one flipping down. Count after 90 secs.
16	Tail Tag	All	Bib tucked in waistband as a tail. Try to steal others' tails.
17	Passing Circle	All	Circle of 8. One ball — pass around. Drop it = do 5 star jumps.
18	Rob the Nest	All	Cones in centre (the nest). Teams steal cones for their end zone.
19	Crocodile Tag	All	Taggers crawl (crocodiles). Everyone else runs with ball.
20	Red Light Green Light	All	GREEN = run with ball. RED = freeze. Move when tagged to red = out.
21	Knee Tag	U7+	Try to tag partner's knees. Both players tagging simultaneously.
22	Sprint Bingo	All	Coach calls combination (eg 'two laps then a sidestep'). First there wins.
23	Mirror Run	Pairs	Face partner 3m apart. One leads — one mirrors every move.
24	Piggy in the Middle	Groups of 3	Two pass — one intercepts. If you drop it, go in the middle.
25	Balloon Tag	All	Balloon tied to ankle. Try to pop others' balloons. Last one wins.
26	4 Corners	All	Sprint to any corner when whistle blows. Coach calls a corner — players there sit out.
27	Catch and Sit	All	Stand in circle. Coach throws ball — catcher calls a name and throws. Drop it = sit.
28	Bus Stop Tag	All	Multiple safe 'bus stops' (cones). Only one player per stop. Tag to swap.

29	Minefield	Pairs	One player blindfolded (or eyes closed). Partner guides with voice only.
30	The Big Match	All	Every player gets a number. Coach calls a number — that player grabs the ball and scores.

Player Progress Tracker — Coach Copy

Complete one tracker per player over the season. Keep these private — they are for your coaching notes only. Use them to make sure you are giving every child individual attention and development across the season.

PLAYER NAME: _____		AGE GROUP: _____		
Skill	Start of Season	Mid Season	End of Season	Notes
Ball carrying	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Passing left	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Passing right	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Catching	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Evasion / sidestep	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Tag technique	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Support running	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Listening to coach	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Confidence in contact	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Enjoyment / engagement	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	

COACH'S KEY NOTE FOR THIS PLAYER: _____

PLAYER NAME: _____		AGE GROUP: _____		
Skill	Start of Season	Mid Season	End of Season	Notes
Ball carrying	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Passing left	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	

Passing right	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Catching	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Evasion / sidestep	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Tag technique	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Support running	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Listening to coach	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Confidence in contact	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	
Enjoyment / engagement	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	■ Needs work ■ Getting there ■ Confident	

COACH'S KEY NOTE FOR THIS PLAYER:

Parent Welcome Letter — Edit and Send

Copy this letter, add your club name and coach name, and send to all parents at the start of the season. Builds trust, sets expectations and shows professionalism from day one.

[Club Name] Rugby League

Dear Parents and Guardians,

Welcome to the [CURRENT SEASON] season! We are absolutely delighted to have your child joining us this year and cannot wait to get started.

My name is [COACH NAME] and I will be your child's coach this season. I am using the CoachEdge Rugby grassroots programme — a professional coaching system built on research from the NRL, the RFL and Super League academies. Every session is designed with one thing at the heart of it: your child's enjoyment.

Here is what you can expect this season:

WHAT WE WILL DO

Every session is 60 minutes and follows a clear structure. We start with a fun warm-up game, build through skills and drills, and always finish with a match. Your child will always have a ball in their hands. Nobody stands in a line waiting for a turn.

OUR COACHING PHILOSOPHY

Fun first. Skills second. Winning third. At this age, the most important thing is that your child falls in love with rugby. We celebrate every effort — not just the best players. Every child will be recognised at every session.

WHAT YOUR CHILD NEEDS

Comfortable trainers or rugby boots, appropriate clothing for the weather, a full water bottle, and a smile. That's it. Gumshields are recommended for any contact sessions.

END OF SEASON FESTIVAL

We will finish the season with a fun end-of-season festival where every child will receive a Star Player Certificate. This is a celebration of the whole season — not a competition.

COMMUNICATION

If you have any questions, concerns or feedback at any point in the season, please do not hesitate to speak to me before or after training. I want every child and every family to have a brilliant experience with us this season.

Thank you for trusting us with your child's rugby journey. I promise we will make it one to remember.

Kind regards,

[COACH NAME]

[Club Name] | [Training Day and Time] | [Training Ground]

CoachEdge Rugby — Professional coaching resources for every grassroots coach — coachedgerugby.com

Star Player Certificate — Print and Award

Print one per player per session — or save them for the end of season festival. Write the child's name and achievement in the spaces provided. Every child should receive one at some point in the season.

■ CoachEdge Rugby ■

STAR PLAYER CERTIFICATE

This is awarded to

For outstanding

Coach's signature

Date _____

Season _____

CoachEdge Rugby — coachedgerugby.com

■ CoachEdge Rugby ■

STAR PLAYER CERTIFICATE

This is awarded to

For outstanding

Coach's signature

Date _____

Season _____

CoachEdge Rugby — coachedgerugby.com

End of Season Festival Plan — Complete Run Sheet

This plan works for 4–8 teams of 4–6 players. Adapt timing to the number of teams you have. The goal is simple: every child plays as much as possible and goes home with a certificate and a smile.

Festival Format Overview

Format	Teams	Game Length	Pitch Size	Rules
Round Robin	4–8 teams of 4–6	6–8 minutes each	30x20m	Tag only · Tap restart · 6 tags · Tries only

Festival Run Sheet — 90 Minutes

Time	Activity	Who Runs It	Notes
0–15 mins	Welcome + giant warm-up game (Pac-Man Tag — all teams)	Head coach	Introduce all teams. High energy. Everyone is excited.
15–55 mins	Festival matches — round robin format	Referees + coaches	6–8 min games. Keep scores if desired. Every team plays every other team.
55–65 mins	Individual skills challenge	Assistant coaches	Passing accuracy, evasion run, relay. Every child gets a score.
65–75 mins	Team photos + cool down	All coaches	Take team photos. Cool down jog. Light stretches.
75–85 mins	Awards ceremony — certificates	Head coach	Call every child's name. Read out their achievement. Make it special.
85–90 mins	Final team cheer + close	Head coach	One big team cheer. Thank parents. See you next season.

Festival Awards — Give Every Child a Moment

Award	What It Celebrates
Star Player	Outstanding effort and attitude across the whole season
Best Team Player	Always supporting teammates — never in it for themselves
Most Improved	The biggest development journey from session 1 to today
Bravest Player	Showed the most courage — tried hardest things first
Best Skills	Most technically developed player across the season
Coaches Award	The player who made the biggest difference to the squad — coach's choice
Every Player Award	Star Player Certificate — every single child receives one