

Rugby Union Full Season Programme

Ages 6–16 · RFU Kids First & England Rugby 2026 · Scrum · Lineout · Set Plays · S&C;

£12.99 one-off

Ages 6–16

Instant Download

What's included:

- ✓ 12 complete session plans across 4 phases
- ✓ Scrum masterclass — from uncontested to contested
- ✓ Lineout masterclass — throw, jump, lift progression
- ✓ Position-specific development guides for all 15 positions
- ✓ Season planner with week-by-week overview
- ✓ Pre-season S&C; programme with periodisation
- ✓ Set plays and backline moves — 5 rehearsed patterns
- ✓ Referee signals quick reference guide (printable)
- ✓ Parent welcome letter template
- ✓ RFU qualification and resource guide 2026

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

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Season Overview — Rugby Union Ages 6–16

Season 2026-27 runs from 5 September 2026 to 3 May 2027 (RFU). League rugby permitted from U15 upwards only. No contact at U7. No contested scrum front row under 16 without specific approval.

Phase	Sessions	Focus	Key Skills
Pre-Season	1–3	Fitness, safe tackle, ball handling foundations	Tackle technique, passing, evasion
Early Season	4–6	Ruck entry, scrum intro (U12+), lineout basics	Ruck, uncontested scrum, lineout throw
Mid Season	7–9	Set plays, game management, positional skills	Backline moves, scrum, kicking game
End of Season	10–12	Review, fitness retest, celebration	Best of season drills + festival

PHASE 1

Pre-Season

Sessions 1–3 · Fitness foundations, safe tackle, ball skills

Pre-Season · Session 1

Fitness and Ball Skills — Foundation Day

Ages 6–16 · 90 minutes · Focus: Fitness baseline, ball familiarisation, evasion

✓ Sprint and agility baseline recorded · ✓ Every player comfortable carrying the ball · ✓ Positive first session experience

Time	Activity	Coach Does	Players Do
0–10	Pac-Man tag warm-up — high energy	Name every player. Be high energy. Set the tone.	Ball in hand. Evade the chasers.
10–22	Sprint baseline — 10m, 20m, 40m	Record every time. Private results only.	Three attempts. Beat your own time.
22–35	Passing square — groups of 4	Watch hand position and follow-through.	Pass and move. Accuracy first.
35–50	2v1 attack drill	Step back — let them solve it themselves first.	Draw the defender. Pass to support.
50–65	Bulldog ball carry	Contact only at U9+. Tag only below that.	Drive through. Two hands on the ball.
65–78	Conditioned game — laws for age group	Use age-appropriate laws. Let them play.	Play the game. Apply everything.
78–90	Huddle + season goals	Ask for individual goals — record them.	Share one goal for the season.

"Today is the first day of a season you will remember. Let's make it one worth remembering."

COACH TIPS

- Record all baseline fitness results — you need these for the end of season comparison
- Pac-Man tag from the first minute sets an energetic tone that carries through the whole session
- 2v1 is the most transferable drill in union as well as league — run it every session
- Individual goal-setting gives you material to reference in every team talk for the rest of the season

Pre-Season · Session 2

Safe Tackle — The Most Important Skill

Ages U9–U16 · 90 minutes · Focus: Tackle technique, ball presentation, contact confidence

✓ Body position correct for every player · ✓ Walking tackle clean and consistent · ✓ Ball presentation after tackle sound

Time	Activity	Coach Does	Players Do
0–10	Dynamic warm-up — not contact yet	Build to contact gradually in this session.	Move well. Prepare the body.
10–25	Tackle safe progression — stationary	Never move to walking until stationary is clean.	Perfect the position. No shortcuts.
25–40	Walking tackle + ball presentation	One step at a time. Earn the next level.	Tackle. Fall. Present. Dummy half up.
40–55	Ruck entry — support player over ball	Show correct gate entry on a whiteboard first.	Bind. Drive. Gate entry. Legal.
55–70	2v1 with tackle	Award points for dominant tackles as well as tries.	Draw. Pass. Or run and take contact.
70–80	Conditioned game — contact allowed	Freeze on any illegal technique. Correct positively.	Apply contact skills. Play with confidence.
80–90	Contact confidence check	Ask every player individually: how was that?	Share honestly. Ask for help if needed.

"A correct tackle is safer for the tackler than the ball carrier. Learn it right — for your own safety."

COACH TIPS

- Never rush tackle progression — one injury early in the season damages the whole team's confidence
- Ruck entry must be taught alongside tackle — they are inseparable in rugby union
- Asking every player individually about contact confidence takes 90 seconds and is enormously valuable
- Freeze on illegal contact immediately — in rugby union this is critical for safety culture

Pre-Season · Session 3

Scrum and Lineout Introduction (U12+)

Ages U12–U16 · 90 minutes · Focus: Uncontested scrum technique, lineout throw and catch

✓ Front row body position correct · ✓ Scrum machine drill completed safely · ✓ Lineout throw hitting a consistent target

Time	Activity	Coach Does	Players Do
0–10	Warm-up — neck strengthening exercises first	Neck strength is non-negotiable before scrum work.	Neck exercises. Every session before scrums.
10–25	Scrum machine circuit — body position, bind, drive	Never move to contested without uncontested first.	Position, bind, drive, hold 3 seconds.
25–38	Scrum from a set piece — 5m from line	Walk through slowly. Crouch, bind, set.	Earn the ball. Drive as a unit.
38–52	Lineout — standing catch first	Accuracy of throw is everything. Target chest.	Catch standing. Build from there.
52–65	Lineout — simple jumping catch	Only introduce jumping when standing catch is clean.	Jump. Catch. Land safely.
65–78	Set piece game — scrum and lineout into play	Award 3 points for scoring from set piece.	Win your set piece. Score from it.

78–90	Technique review + next session preview	Build anticipation for contested scrum (15–16 only).	Hear what's coming. Stay motivated.
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"Set pieces win matches. A team that wins its scrums and lineouts has a massive advantage."

COACH TIPS

- Neck strengthening must happen before every scrum session — non-negotiable for safety
- Uncontested scrum must be mastered over several sessions before any contested work
- Lineout throw accuracy is the single most important lineout skill — spend time on it
- Set piece work is slow and can be frustrating — celebrate every successful execution loudly

● Attacker

■ Defender

▲ Cone

→ Run

■ Pass

Key Drills — Rugby Union Full Season — Pitch Diagrams

1

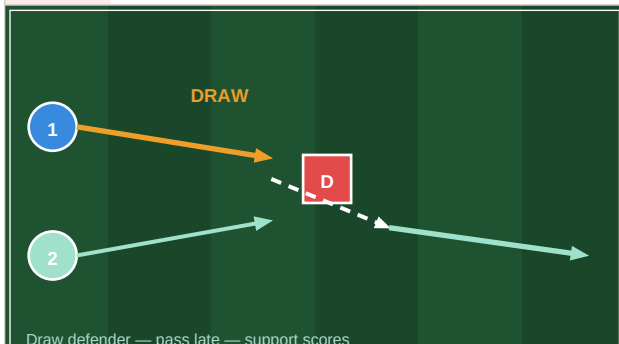
2v1 Attack

U9–U16

Draw defender

Pass at right time

Progress to 3v2



● SKILL FOCUS

Fixing the defender, timing the pass, support running lines

● GAME TRANSFER

The most transferable attack drill in rugby — works in union and league, every age, every level

● COACHING CUE

"Fix him first — THEN give it!"

★ Used in every professional academy in the world — the returns justify running it every single session

2

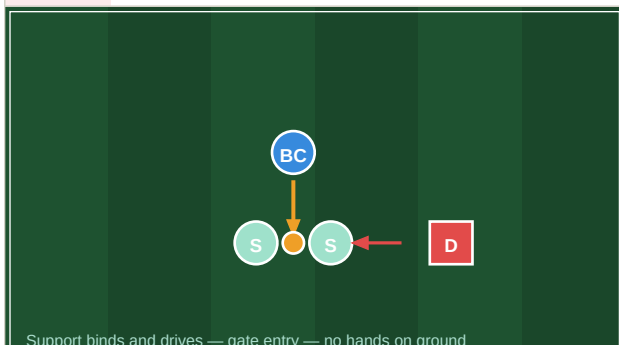
Ruck Entry Drill

U12–U16

Ball carrier goes down

Support binds and drives

Defender contests



● SKILL FOCUS

Legal ruck entry, body position over ball, driving through

● GAME TRANSFER

Winning ruck ball is the foundation of every attacking set in rugby union

● COACHING CUE

"Gate entry — bind tight — low and drive over!"

3

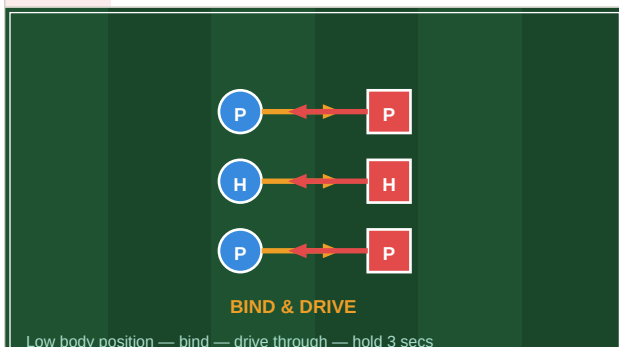
Scrum Machine Circuit

U12–U16

8 reps

Hold 3 secs

Full reset between



● SKILL FOCUS

Scrummaging body position, leg drive, binding technique

● GAME TRANSFER

Safe scrummaging power built on a machine before any live scrum work

● COACHING CUE

"Crouch — bind — set — low and DRIVE!"

4

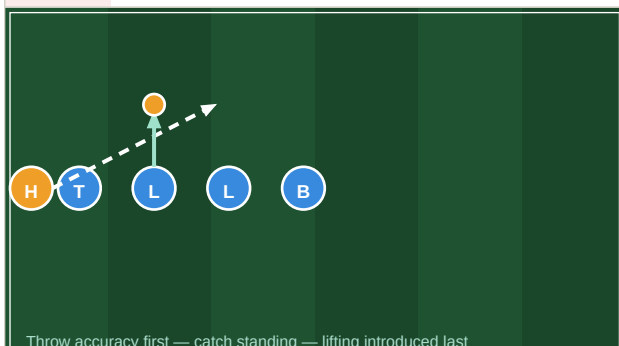
Lineout Throw and Catch

U12–U16

Standing catch first

Progress to jumping

Lifting last



● SKILL FOCUS

Throw accuracy, catching technique, timing in the lineout

● GAME TRANSFER

A clean lineout is free ball — most grassroots teams give it away through poor throw accuracy

● COACHING CUE

"Aim for the hands — straight and true every time!"

5

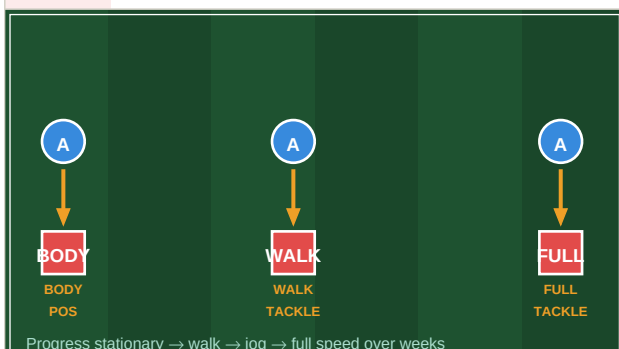
Tackle Safe Progression

U9–U16

Stationary → walk → jog

Pads for beginners

Build over weeks



● SKILL FOCUS

Safe tackle body position, cheek-to-cheek contact, arm wrap, drive

● GAME TRANSFER

The most important safety skill in rugby — built progressively with no shortcuts

● COACHING CUE

"Body low — arms around — DRIVE through!"

Scrum Masterclass — Uncontested to Contested Progression

Stage	Age	Format	Key Focus	Weeks
Stage 1 — Machine	U12+	Scrum machine only	Body position, bind, individual technique	2–4 weeks
Stage 2 — Uncontested	U12+	Both packs push but neither drives hard	Binding, body position as a unit, hooker strike	3–4 weeks
Stage 3 — Contested (light)	U14+	Both packs drive — controlled intensity	Unit drive, staying low, maintaining bind	4–6 weeks
Stage 4 — Full contested	U15+ supervised	Full contested scrum — coach present	Game management, scrum calls, penalty awareness	Season long
NEVER	Under 16	Front row without approval	No exceptions — RFU regulation	Permanent

Referee Signals Quick Reference — Print and Use

Signal	What It Means	What Coach Teaches
Arm raised vertically	Scrum awarded to team in possession	Halfback gets to the base — pack binds quickly
Both arms horizontal	Lineout — arm points to team throwing in	Hooker takes the ball — call the lineout

Arm circles at side	Knock-on — scrum to opposition	Accept the call — reset quickly
Arm raised then pointed	Penalty — direction of kick	Captain speaks to referee — no other player
Arms crossed at chest	Forward pass	No arguing — reset and keep playing
Hand to ear	Advantage being played	Keep playing until advantage is called or over
Both arms above head	Try awarded	Sprint back to halfway — restart quickly
Hand on chest	Sin bin — yellow card	Player leaves field — team adjusts structure



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