



ROSSLYN PARK MINIS



Our Values

The RFU's values are what makes the game special for those who enjoy the environment and culture they create.

Teamwork

Respect

Enjoyment

Discipline

Sportsmanship

Rosslyn Park mini rugby live these values at every training session and festival we attend and also emphasise the below values:

Fun: rugby should be fun for kids, coaches and parents

Inclusivity: every player regardless of their ability is treated the same

Long Term Development: As many as possible, for as long as possible, as good as possible

Our Behaviours

The way we all behave reflects these values. Every age group should be consistent in its approach

Coaches and parents are there to support and inspire the kids.

We all respect the officials and the opposition

We try not to coach from the sidelines

Kids have input into every training session.

We praise the effort made to develop skills and learn from mistakes not outcomes.

Our Players

Skills and Capabilities

The framework below encapsulates what we are aiming to developing in our mini age group players. We are trying to make each of them as good as they can be.

Game Sense	Spatial Awareness, Creativity, Decision Making
Attitude	Trains Hard, Work Ethic, Motivated, Resilient, Coachable
Skill Set	Catch Pass, Tackle, All Under Match-like Pressure
Physical Potential	Speed, Agility, Balance, Co-ordination, Power
Self-organisation	The skill to use information to effectively co-ordinate themselves

Safety

Coaching	Our coaches will always aim to create challenging but safe training sessions
Festivals	Our coaches will always aim to ensure matches are played in a competitive but safe manner
Equipment	Players will not be allowed to play without mouthguards and, in some age groups, headguards
Injury	Coaches and parents will always put the player's welfare first and observe concussion protocols

Our Coaching

General Approach

Be child-centred - everything we do is to develop the kids

Create fun and safe environments

Engage parents in a positive and constructive manner

Plan developmentally appropriate and progressive programmes and sessions

Use different coaching methods to enhance learning

Use competition in a developmental way. Play competitive rugby but with player development as the first priority not the result.

Principles for a Coaching Session

- Fun
- Loads of touches of the ball
- Challenging
- Looks something like the Game
- Constant Decision Making
- Give the players choice and control
- Inclusive

Our Parents

We are there to support and inspire the kids.

We respect the officials and the opposition

We try not to coach from the sidelines

We praise the effort made to develop skills and learn from mistakes not outcomes.