



FIRST RECEIVER DEVELOPMENT MANUAL

Teaching First Receiver Fundamentals

AUCKLAND RUGBY LEAGUE

Suitable for kids aged 8 to 12



INTRODUCTION

The Auckland Rugby League First Receiver Development Manual has been designed to help coaches and players on what the FR bibs are designed for as a development tool.

It is also a 4 week games & activities programme designed to provide good techniques and develop fundamental skills for First Receivers in the mod age group (U8 to U12s).



FR BIB PURPOSE



The First Receiver Bib was designed to give young halfbacks an opportunity to run and encourage decision making.

Originally, the two pass rule was brought in to junior rugby league to help distribute the ball to more players and encourage more catch and pass opportunities.



However, over time first receivers were used in a catch and pass distribution role and young halfbacks were not getting the opportunity to take the line on and run with the football.



The implementation of the FR Rule means: a player wearing the FR bib is allowed to run, score and be tackled without two passes and a loss of possession.

The FR bib is encouraged to be rotated evenly amongst your team during U8's and U9's to help development.

U10's, U11's and U12's is where we encourage more specialised positions.

THE COACHING PROCESS

When players are practicing an activity, skill or game - coaches should observe what is happening. Let them practice with minimal stoppages where you can.

If you have to stop an activity, keep the message short and to the point. Try and give feedback which will give you the biggest change for improvement.



FUN

Are they having fun?



SAFE

Is the activity safe?

**ASK
YOURSELF**



DEVELOPMENT

Are the players being challenged?



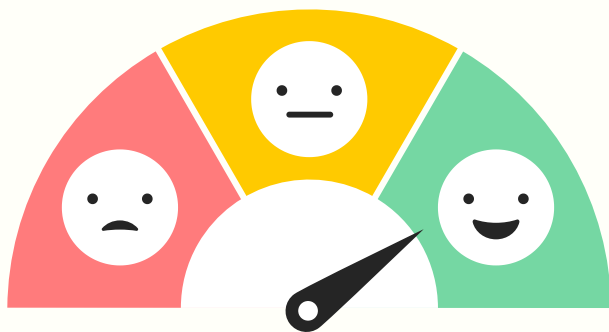
INVOLVEMENT

Is there maximum player involvement?

Based on your observation you need to consider the best course of action to get the desired result. The aim is to improve the learning opportunity and provide a fun training session.

The way you respond should be based on the answers to the above four questions.

Take Action: If one of the answers is NO, it may be in the team's best interest to intervene. Below are some options;



STOP

You must stop the activity immediately if it becomes unsafe for your players. Look to also stop the activity if it becomes too easy or the activity is too difficult.

CHANGE

If players start to lose interest or get bored with the activity it must be changed. You may find you need to change the activity to provide different challenges to help with further development.

ALTER

Making the grid smaller or larger, changing the rules to focus on specific skills or changing group numbers can all be healthy coaching adjustments.



FIRST RECEIVER FUNDAMENTALS



ORGANISE & COMMUNICATE

Organise and communicate to your next runners.

Try to have options (one person outside you and one person inside you) to make it harder for the defence to read



Communicating to your teammates is one of the main roles of being a first receiver



If you're not a vocal person, that's okay. Begin by learning names, creating relationships with players and an understanding of how they play - Easier communication will come after this

You control your teams attack.

As well as organising, try to push up in support after you've passed the ball to a teammate





FIRST RECEIVER FUNDAMENTALS



DECISION MAKING

Part of being a first receiver is asking yourself when should I run and when should I pass?



After you catch the ball, have your eyes up and looking at what the defence are doing

You may also like to work on the art of using your peripheral vision. Which is the ability to see things out of the corner of your eye



Once you have a read on what the defensive line is doing (sliding, there are holes available or perhaps there is a defender right on top of you) you can decide to pass or run

As a rule of thumb, try to pass more often than run. This will mean when you do take your chance, they'll be caught off guard.





FIRST RECEIVER FUNDAMENTALS



PASSING TECHNIQUE & DELIVERY

Two types of passes:

Spiral & Push.



- Eyes on target
- Foundation foot forwards
- Guide foot pointed outwards



- Aim for receivers hands
- Practice, Practice, Practice
- Encourage your runners to run onto the ball or catch the ball while moving forward





FIRST RECEIVER 4 WEEK SESSION PLAN

Teaching First Receiver Fundamentals

AUCKLAND RUGBY LEAGUE

Suitbale for kids aged 8 to 12





WEEK 1



ARRIVAL ACTIVITY

HOT POTATO



- ▶ Have the group form a circle and begin passing the ball around to anyone
- ▶ The ball is hot and must not be held for longer than 3 seconds
- ▶ If a player drops the ball or does a bad pass, they lose a life
- ▶ The last person left with all their lives is the winner

PROGRESSION

- ▶ Reduce the allocated time allowed to hold the ball

WARM UP GAME

PASSING RELAYS (15 MIN)

- ▶ Split the group into 2 teams (Red & Orange)

- ▶ Have the teams in lines of 2

Teams must continue to pass backwards, score a try and race back to the start before the other team

- ▶ Once they get to the start, the next group goes straight away

- ▶ First team back with everyone completed gets a point. First to 3 points wins



PROGRESSION

- ▶ Add in a defender for each team, who can only move sideways on the line
- ▶ If tagged, the player must Play The Ball and then they can continue

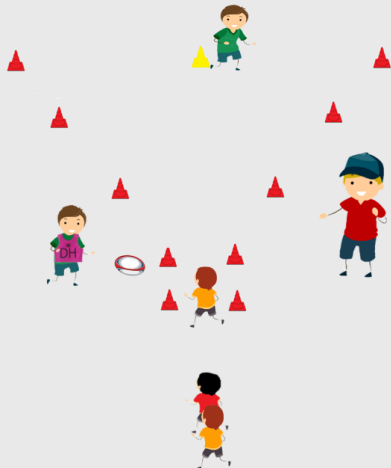


WEEK 1



SKILL ACTIVITY

FUNNEL DRILL (15 MIN)



- ▶ In a funnel shape, have the dummy half pass the ball to the runner (begin with one runner).
- ▶ The runner must try to catch the ball in the marked out square
- ▶ Then run through and score a try
- ▶ Begin with no defenders and concentrate on catching the ball off their chest and in the square

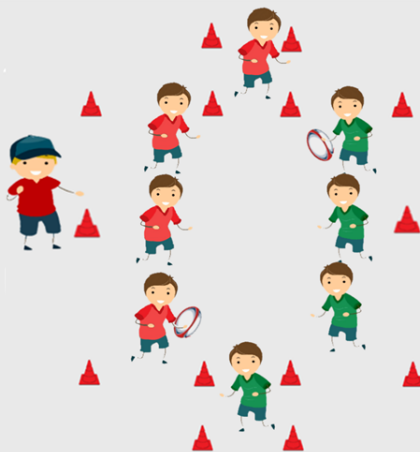
PROGRESSION:

- ▶ Add in a defender (touch or tackle - coaches choice)
- ▶ Defender can't advance off the try line until the ball is caught

GAME OR CHALLENGE

FIND YOUR RECEIVER (20 MIN)

- ▶ Split the group into two teams (Red & Green)
- ▶ Start with two passing relay lines, players must race and pass the ball to their teams end zone
- ▶ After a few rounds, take one ball away and inform the team without the ball, they are now the defenders
- ▶ The player in possession can't run with the ball and must pass to teammates to get the ball to their end zone for a point
- ▶ Passes can be forwards or backwards
- ▶ If a pass hits the ground or is intercepted (while in the air, it's a change over)



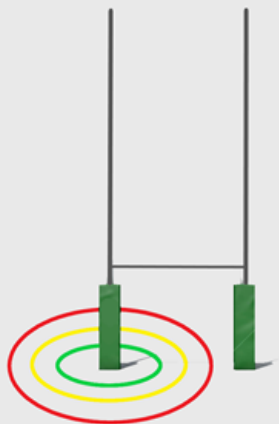


WEEK 2



ARRIVAL ACTIVITY

HIT THE POST

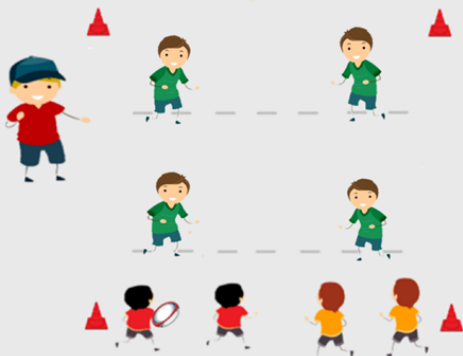


- ▶ Using cones, create multi layered circles around the post
- ▶ Green - Easy / Yellow - Medium / Red Hard
- ▶ Have kids pass and hit the posts from various difficulties
- ▶ Try challenges like: time, distance and passing under duress
- ▶ Try different challenges like spiral and float passes. Add in one hand offloads, flick passes and no-look passes to challenge older kids!

WARM UP GAME

PASSING RELAYS (CONTINUED) (15 MIN)

- ▶ Warm up with players passing past a defender who can only move sideways (like the previous week)
- ▶ Add in a 2nd line of defenders, who again can only move sideways - use cones to help remind them
- ▶ Give each team a time limit (2 minutes) and see who can score the most tries (Red vs Orange)
- ▶ A try is awarded if they get through both defenders without being tagged



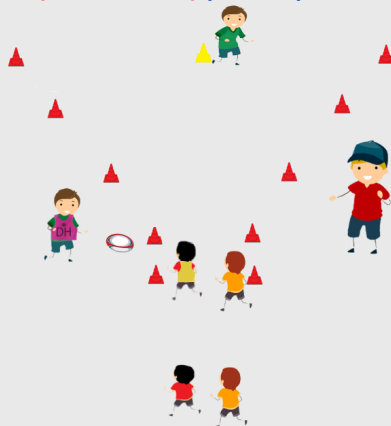


WEEK 2



SKILL ACTIVITY

FUNNEL DRILL (CONTINUED) (15 MIN)



- ▶ Continue from week 1 with participants having a turn each at beating the defender 1 on 1 in the funnel shape
- ▶ Make the receiver square bigger
- ▶ Add in a second runner and give the first receiver a FR vest
- ▶ The two attackers try beat the defender, who can't advance until FR has caught the ball

PROGRESSION:

- ▶ Swap the Play the Ball or where the dummy half passes from so players can practice catching and passing from both sides

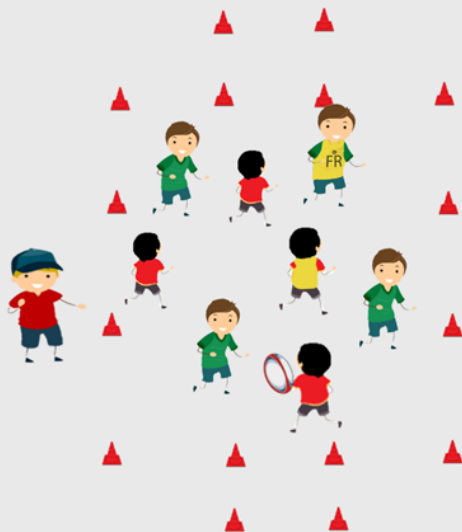
GAME OR CHALLENGE

FIND YOUR RECEIVER (CONTINUED) (20 MIN)

- ▶ Take out the receivers in the end zones and give them a FR bib or identification piece each
- ▶ The FR's on each team are allowed to run. If touched, the FR must pass.
- ▶ The FR can ONLY be tagged if he/she is running (for example the FR can catch the ball remaining still then look to pass or decide to run).

PROGRESSION:

- ▶ Swap over the FR's in each team so everyone gets a turn





WEEK 3



ARRIVAL ACTIVITY

PASSING TRIANGLE



- ▶ Have players form a group of 3 in a triangle
- ▶ Practice different types of passes: Float and spiral
- ▶ Set challenges and make the triangle bigger

PROGRESSION:

- ▶ For more advanced kids: add in a second football

- ▶ Pass around the triangle: When the first ball is caught it must be thrown up, when the second ball is caught it's passed to the next player

WARM UP GAME

PASSING RELAYS (CONTINUED) (15 MIN)

- ▶ Even out the lines so there is 4 players on both sides of the grid

- ▶ Place two staggered defenders, who again can only move sideways

- ▶ Place two gates/cones, where the defenders must start, each round

- ▶ Now with only one football encourage players to draw and pass in groups of 4



PROGRESSION

- ▶ Encourage defenders to move sideways across their line, which will change up where the draw and pass will occur

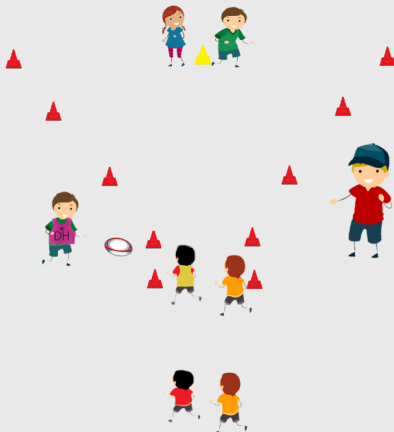


WEEK 3



SKILL ACTIVITY

FUNNEL DRILL (CONTINUED) (15 MIN)



- ▶ Have a few rounds from week 2 with two attackers trying to beat one defender in a funnel shape
- ▶ After a few rounds, add in a second defender and light contact

PROGRESSION:

- ▶ Have some rounds where there is no first receiver bib, to help the team adhere to the 2-pass rule under pressure
- ▶ Encourage the defender to make the tackle using correct tackle technique

GAME OR CHALLENGE

FIND YOUR RECEIVER CONTINUED (20 MIN)

- ▶ Continue from the previous weeks rules but turn the boxes in the end zones to try lines
- ▶ If tagged, the FR must now Play the Ball

PROGRESSION:

- ▶ If any player is tagged, they must play the ball
- ▶ FR is still the only player that is allowed to run and the ball can still be passed in any direction
- ▶ Give each team unlimited tags, they only lose possession from a bad pass or interception





WEEK 4



ARRIVAL ACTIVITY

PASSING GAMES



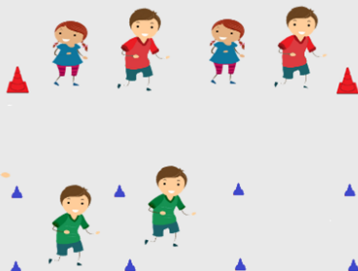
- ▶ Split the group into partners
- ▶ See how many passes partners can do in 30 seconds
- ▶ Have players step backwards each time a pass is caught
- ▶ Practice spiral & float passes
- ▶ Practice left hand and right hand passes

WARM UP GAME

PASSING RIVER (15 MIN)

- ▶ Add in a 'river' using blue markers

The two defenders are now only allowed in the river. Meaning they can now move forward and backwards, providing they stay inside the river.



PROGRESSION

Add in a Play the Ball. If the attacking group is tagged in the river, PTB and continue



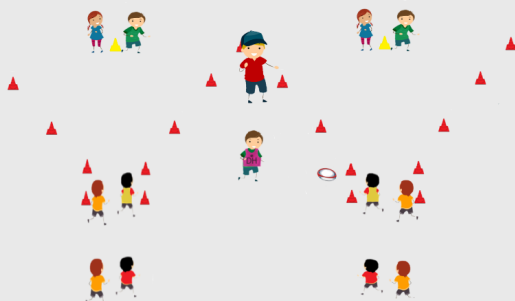


WEEK 4



SKILL ACTIVITY

FUNNEL DRILL (CONTINUED) (15 MIN)



- ▶ Have two grids going (one on each side of the play the ball)
- ▶ Add in a 2nd defender in each grid, making it 2 on 2
- ▶ Have the defenders start on their stomach (in a press up position)

PROGRESSION:

- ▶ When the ball is caught by the FR the defenders can get up and attempt the tackle
- ▶ This will give the attack an advantage and more time than normal

GAME OR CHALLENGE

FIND YOUR RECEIVER CONTINUED (20 MIN)

- ▶ Teams this week only get 5 touches and then it's a change over
- ▶ Add in everyone can run with the ball
- ▶ Players are still able to pass the ball in any direction

PROGRESSION:

- ▶ Add in 2 points instead of 1 if a FR scores a try to encourage them to run

