**RFU LONG TERM ATHLETE DEVELOPMENT MODEL**

### STAGE 1
**FUNDAMENTAL MOVEMENT SKILLS**

**SPORTING DEVELOPMENT IN THE EARLY YEARS - U7-U9**
- The FUNDamental stage has to be well structured and fun.
- The emphasis is on fundamental movement skills, running, throwing and catching, and the KILLS of movement: running, jumping, balance, coordination, and speed.
- Participation in as many sports as possible is encouraged, with two three to four times per week.

**STAGE 2
**FUNDAMENTAL RUGBY SKILLS**

**LEARNING TO TRAIN - U10-U12**
- The emphasis is on teamwork and maintenance of the child’s physical capacities, fundamental movement skills and the acquisition of rugby specific skills.
- Participation in sport twice per week is recommended at this stage.

**STAGE 3
**BUILDING THE POTENTIAL RUGBY SPECIFIC CORE SKILLS**

**TRAINING TO TRAIN - U13-U15**
- Young athletes are introduced to the basic technical and tactical skills with an emphasis on physical fitness and rugby specific skills.
- The major focus of training is on learning the basics as opposed to competing.

**STAGE 4
**OPTIMISING THE POTENTIAL RUGBY POSITIONAL AND UNIT SKILLS**

**TRAINING TO COMPETE - U16-U19**
- Athletics who are age proficient in performing both basic and rugby specific skills learn to perform these skills under a variety of competition conditions.
- The emphasis is on technical and tactical skills, with an emphasis on individual preparation which addresses each athlete’s individual strengths and weaknesses.
STAGE 5
MAXIMISING THE POTENTIAL

TRAINING TO WIN - 18+

All of the athlete's physical, technical, tactical, mental, and ancillary components are now fully established. The focus of training has shifted to the optimisation of performance.

Athletes are trained to peak for major competitions.

Where: EMEI establishments, representative squads, regional & national academies, national age grade & senior representative sides.
Who: Men 18+ years, women 17+ years.
Why: High performance.

Physical: Individual fitness programmes for maintenance and improvements.
Technical: Refined core skills - individual positional skill development programmes.
Tactical: High degree of decision making, leadership and game analysis skills. Able to adjust tactics and game plan to suit demands of individual matches.
Understanding of group dynamics.
Team preparation: ELITE - three team training sessions; COMMUNITY - one or two training sessions.
Competition: One match per week.
Hours per week: ELITE - 22.5 rugby specific; COMMUNITY - 12.5 hours rugby specific.
Planning: Multiple periods of training and competition - age group dependent.

STAGE 6
RECRUIT, RETAIN, RETRAIN, THROUGHOUT LIFE

Throughout all the stages of the rugby LTAD model, the recruitment, retention and retraining of players, coaches, referees and administrators are key to the continuous development of the game.

Initiatives should be employed to maximise the recruitment and retention within the game at all levels. For some, early identification of individuals by the NOBs can mean retention of talented people within the game.

Where: Wherever the game is played.
Who: Men, women and children of all ages and abilities.
Why: For the continuous development of the game at all levels.

Physical: Active.
Technical: Coaching, refereeing and administration skills.
Tactical: The ability to work within a team.
Mental: Self-discipline.
Team preparation: Once a week / once a month.
Competition: Making the club the best it can be.
Hours per week: Indefinable.
Planning: Essential.

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