



# Thirroul Junior Rugby League Club

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## Coaching Tips for Mini & Mod Teams

1. Practice receiving the ball from the kick-off. Do short kicks less than 5 metres in Mini and less than 10 metres in Mod, to teach the kids NOT to touch the ball before it travels the minimum distance (5m & 10m respectively).
2. Kick-off aiming at kicking the ball out into touch or over the dead-ball. Practice keeping the ball in play.
3. The receiver of the ball should practice running the ball and then going down for the tackle. This will be tackle zero. If the receiver passes the ball, it will be tackle one.
4. In fact, at every change in possession, if the receiver does not pass the ball, it is tackle zero. If he passes the ball it will be tackle one.
5. Penalty or tap kicks — a quick player should tap the ball and run. Practice having a smart-quick runner place the ball on the mark, ask the ref 'ready?' then tap the ball, pick it up and run. If he does not pass the ball, it will be tackle zero.
6. Replacements — All players must play a minimum of an unbroken session of play, 10 minutes in Mini & 20 minutes in Mod.
7. Players who have been replaced after playing the full first half (or a third in Mini), may be used as replacements for other players who also completed the first half (or a third in Mini).
8. Scrums are rare. The player who receives the ball from a scrum must pass it if he can but if he decides to run and does not pass the ball, possession will be lost. This player can, however dive on a scrum ball without losing possession. In Under 12s, the ball does NOT have to be passed from a scrum!
9. Players not in a scrum must stand behind the last player in the scrum, (not 5 meters behind). In Mini, players stand behind the front-row-three, and in Mod they stand behind the second-row-two.
10. In Mini, the dummy-half should frequently run themselves on the last (fourth) tackle.
11. When playing the ball within 10 metres of your own try line only one pass is necessary to retain possession of the ball. Practice running the ball out from your line using one pass at training.

### Useful links

Rules for Mini & Mod: <http://www.thirroulbutchers.com.au/downloads>

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