

Age Group Player Pathway Matrix

Age group	Game	Player Nos	Ball Size	PLAYING RULES							Train / Match	LTAD	Coaching Approach
				TACKLING	SCRUM	LINEOUT	OFFSIDE	RUCK & MAUL	HAND OFF	KICKING			
MICRO	FUN & GAMES (Non-Contact)		2	X	X	X	X	X	X	X	na	Active Start & ABCs	FUN Games
U6	Intro TAG (Non-Contact)	4	2	X	X	X	X	X	X	X	na	Active Start & ABCs	FUN Games
U7	TAG (Non-Contact)	4	3	tag	X	X	✓	X	X	X	na	FUNDamentals of movement & ABCs	
U8	TAG (Non-Contact)	6	3	tag	X	X	✓	X	X	X	na	FUNDamentals of movement & ABCs	
U9	MINI (Tackle, Inc Hold)	7	3	✓	X	X	✓	X	X	X	70:30	FUNDamentals of movement & ABCs	
U10	MINI (Tackle, not Hold / Ruck & Maul)	8	4	✓	✓	X	✓	✓	X	X	70:30	Learn to Train	
U11	MINI (Tackle / Ruck & Maul / Kicking)	9	4	✓	✓	X	✓	✓	X	✓	70:30	Learn to Train	
U12	JUNIOR (Ruck & Maul / Fends)	12	4	✓	✓	X	✓	✓	✓	✓	70:30	Learn to Train	
U13	JUNIOR (Ruck & Maul / Fends)	13	4	✓	✓	X	✓	✓	✓	✓	60:40	Learn to Train	
U14	JUNIOR 8 Scrum / Lineout (no-lift) / Kick at Goal	15	4	✓	✓	✓	✓	✓	✓	✓	60:40	Train to Train	
U13	Girls												
U15	YOUTH ACADEMY Full rules / Lineout (uncontested)	15	5	✓	✓	✓	✓	✓	✓	✓	60:40	Train to Train	
U16	YOUTH ACADEMY Full rules / Lineout (Full)	15	5	✓	✓	✓	✓	✓	✓	✓	50:50	Train to Compete	
COLTS	YOUTH ACADEMY Full rules / Lineout (uncontested)	15	5	✓	✓	✓	✓	✓	✓	✓	50:50	Train to Compete	

X ✓