



RUGBY LEAGUE READY

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COMMUNITY RUGBY LEAGUE



## WHAT IS RUGBY LEAGUE READY?

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Rugby League Ready is the program aimed at entry level participants for all boys and girls.

Your Rugby League journey in Under 6s for 2022 will start with Tag Rugby League (Pre-June 1), and progress to tackle in the 2<sup>nd</sup> half of the season (Post June 1).

Skilled coaches will teach you all the fundamentals of the game, like Running, Passing, Stepping, Tackling and scoring tries!!

Before you know it, you will become more confident and Rugby League Ready.

The program aims to equip our youngest players with confidence and better techniques in performing some of our games most complex skills.

It will provide coaches with a better education base using staged learning to introduce fundamental movement skills along with key ground and RL specific contact techniques to our children.

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## WHY RUGBY LEAGUE READY?

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- Reinforces the positive message of safety and player welfare
- Enhance the games appeal to new families
- Strong focus on fundamental movement skills
- Ensures the best possible introduction to Rugby League
- Enhanced education and support for new coaches
- Gradual approach to introducing contact
- Increases player confidence, physical competence

**FOR EASE OF REFERENCE TACKLE READY COACHING MANUAL -**  
<https://online.fliphtml5.com/retkv/tfei/>

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## » WHAT IS TACKLE READY? FAQ

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### **What is the Tackle Ready Program?**

**The Tackle Ready program** is part of your Rugby League Ready experience.

Delivered by skilled coaches.

The program allows participants to learn safe and correct techniques, over six sessions, preparing kids for the tackle version of the game.

All clubs will be assigned a trained deliverer who will work closely with coaches to guide the players through a series of games and activities culminating in a modified tackle game of Rugby League preparing kids for the contact version.

***Key Contributor to this program was Neil Henry and it is important to acknowledge or his commitment to the development of the Tackle Ready Program.***

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## WHY ARE WE REMOVING TACKLE? FAQ

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**QUESTION:** Tackling is a key part of rugby league at every age and stage of our game. Changing the age for this, would be diminishing the core foundations of league. What is the rationale for making these changes?

**ANSWER:** Tackling is not being removed from our game, we are emphasising the importance with a gradual age appropriate education process. National research shows Rugby League Ready competitions will provide a more appealing proposition for families with children of the younger ages, and who have an interest in Rugby League but who are not yet playing. Rugby League Ready competitions create the opportunity for the game to deliver a dedicated program designed to improve every child's ability to tackle and be tackled through the Rugby League Ready program. This program will instil more confidence and more competence in more kids, in an area of the game that can often be seen as a barrier to playing, tackling and being tackled. In 2022 Under 6s will undergo the RL Ready program whilst playing Tag then graduate to tackling after June 1.

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## I AM CONCERNED ABOUT MY CHILD PLAYING RUGBY LEAGUE - FAQ

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**QUESTION:** I am worried about my kids tackling from a young age, particularly with all the recent accidents in the media. I think Rugby League Ready is a great initiative but my family think I am being too soft. Can you explain the research in simple terms?

**ANSWER:** The RL Ready competitions provide the necessary space and time for kids to learn one of the more challenging aspects of the sport in a controlled environment. This is done through the RL Ready program, a six-session program designed to instil confidence and competence in a child's ability to tackle and be tackled. NRL research indicates there's strong interest in a tag version of the game in the younger age groups as an introduction, and the RL Ready competitions are seen as an ideal entry point to start a Rugby League journey.

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## » IF CHILDREN HAVE PLAYED RUGBY LEAGUE IN PREVIOUS SEASONS WHY DO THEY NEED TO PARTICIPATE IN RL READY?

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**QUESTION:** Why should we keep educating our players if they have already learnt to tackle, and are entering their second or third season of Rugby League?

**ANSWER:** It's important all children in Under 6s are given the opportunity to learn development techniques through the RL Ready program. In instances where Under 6s players are confident in tackling in the early age groups, coaches will encourage peer to peer learning. This is where confident tackles can act as positive role models for their teammates who are new to the game, building team spirit and helping their friends become Rugby League Ready. Emphasis, repetition and reinforcement of safety techniques relating to making tackles and bracing for contact is paramount right throughout a player's career right up to the NRL. This builds confidence and competence helping retain children as long term participants.

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## WILL THE REGO BE MORE EXPENSIVE AND MAKE FOR A LONGER SEASON? FAQ

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**QUESTION:** Will the RL Program require a longer season and mean more time and expense from our family?

**ANSWER:** No. The Tackle Ready program will run concurrently with your League's normal Under 6s season and will be at no additional cost to the usual registration fee. Tackle Ready educators will work with Team Coaches to deliver the program.

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## COACHING/ROLL OUT - FAQ

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**QUESTION:** I've been coaching and teaching the kids to tackle from Under 6s for years – are you saying that I have been doing it wrong?

**ANSWER:** No. Game research indicates in regards to their knowledge and experience our coaches are held in high regard. The RL Ready program goes beyond just tackling and also teaches safe-fall, negotiating contact both when tackling and being tackled and introduces proprioception through the Mascot Moves. The program is designed to instil confidence and build competence in what is perceived as the most challenging aspect of the sport.

**QUESTION:** How are we going to get our coaches up to speed?

**ANSWER:** Coach education relation to Tackle Ready is part of the modules. The program and team coaches will be guided by a deliverer. This will help build their confidence in education around Tackle Ready, creating a positive environment to foster participation. Along with a program mentor coaches will have access to an interactive coaching manual for reference as your team works through the program.

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## COACHING/ROLL OUT - FAQ

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**QUESTION:** How will the RL Ready program actually work and be rolled out?

**ANSWER:** The RL Ready program will be delivered through the Club networks by RL Ready Deliverers and Educators. The Deliverers and Educators will be engaged by the game and will work with the Under 6s coaches to deliver the program.

**QUESTION:** Engaging deliverers seems cumbersome on game development staff and I am concerned delivery cannot be achieved properly. Considering this why can't we increase education for coaches to enable self delivery of the program across clubs?

**ANSWER:** A key aspect of the program will be mentoring and support of coaches new to the sport with a network of paid professional educators working in the development teams. We agree enhancing coach education is important and this is why we are prioritising mentoring support for our new coaches and new players. We expect early on the ground guidance for new coaches at clubs will lift the standard of coaching across the game and build our retention long term.

**QUESTION:** If you're previously accredited as a coach, do you have to redo the course (or additional accreditation).

**ANSWER:** There will be specific training offered for appointed Tackle Ready deliverers but there won't be a change in the accreditation requirements for team coaches in Under 6s. Under 6s coaches will still need to complete the Junior Coaching course and appropriate modules.

**FOR EASE OF REFERENCE TACKLE READY COACHING MANUAL -**

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## WHY ARE WE CHANGING THE WAY WE PLAY?

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**QUESTION:** Rugby League is steeped in tradition interested to hear why we are changing the way we play?

**ANSWER:** The game is simply evolving our offerings at entry level with a sole focus on providing a more positive experience to more families by providing appropriate game delivery models for the varying stages of development.

**QUESTION:** If you're previously accredited as a coach, do you have to redo the course (or additional accreditation).

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## » CAN IT WORK IN A PRE-SEASON FORMAT?



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**QUESTION:** Would a pre-season version negate the need to play Tag through the season. Can you please explain the rationale for the timing?

**ANSWER:** To enable inclusive and age appropriate learning, consideration is given to cover vast majority of kids and coaches the time to learn and teach the basics without the complexities of tackling involved. Our 2021 registration patterns for 4, 5 and 6 –year-old players demonstrate a pre-season program at entry level would mean many new participants miss the delivery. In addition we need to account for the April school holidays where there is often a break from training and playing, particularly in mini age groups. Moreover it's important we take the appropriate time to deliver the program, give children the best possible learning opportunity.

### **Rego Patterns 2021**

Before end of Jan – 24% players in 4,5,6 year age group have registered

Before end of Feb – 59% players in 4,5,6 year age group have registered

Before end of March – 83% players in 4,5,6 year age group have registered

Before end of April – 94% players in 4,5,6 year age group have registered

Before end of May – 98.6% players in 4,5,6 year age group have registered

Before end of June – 99.9% players in 4,5,6 year age group have registered

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## WHAT HAPPENS IF A PLAYER SIGNS UP LATE? FAQ



**QUESTION:** Are children allowed to play if they sign up after Tackle Ready has been completed?

**ANSWER:** We will not be recommending any clubs turn away or stop players from registering or participating after the program is complete. Based on historical registration patterns in 4, 5, 6 year age groups the timing allows effective Tackle Ready delivery and learning through Tag to approximately 98% of participants. If a coach needs assistance to nurture a new player, contact a deliverer or development officer.

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## » WHAT HAPPENS ON COMPLETION? FAQ

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**QUESTION:** What happens when the player has completed the program? Do they receive a certificate/My Sideline Accreditation?

**ANSWER:** With the guidance of an approved educator all Under 6s Teams will be required to complete the program however an individual certification or accreditation for each player isn't part of RL Ready program. Our consistent delivery calendar across the state will mean in any normal season 98% of players in Under 6s will learn under this structure.

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## WHY ARE WE CONSIDERING DEVELOPMENTAL STAGES?

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**QUESTION:** I grew up playing league and it didn't do me any harm. Why the sudden focus on developmental stages and reviewing the training methods?

**ANSWER:** It's incumbent on the game to respond to new information as it becomes available. The nature of our sport lends itself to concerns around variances in development, particularly through childhood into early adolescents. A better understanding of these variances allows the game to implement a number of initiatives targeted at reducing the impact of varying levels of maturity in players from a physical, mental and cognitive perspective.

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## TAG? FAQ

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**QUESTION:** What is the purpose of playing Tag?

**ANSWER:** RL Ready and Tag go hand in hand. By offering non-contact option through a phased in approach we present various benefits

- Helps build attacking skills with the ball in play more
- Presents a better introduction for children to “game day”
- Gives kids the time to learn the basics like catch and pass without the complexities involved with tackling
- Alleviates concerns regarding safety for new participants
- Negates issues relating to differences in size
- Encourages more kids to try Rugby League at an early age
- Provides a more attractive start for small children

**QUESTION:** What is the process once a player is tagged for Under 6s?

**ANSWER:** After the attacking player is Tagged they will play the ball before re-attaching the Tag. This maintains the flow of the game and is recommended following feedback from QLD. Interesting to see the Tag v Tackle QLD analysis where there are less chances in Tag, more line-breaks in Tag.

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## » WHY TAG AND NOT TOUCH? FAQ

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**QUESTION:** Why play Tag wouldn't it be easier to just play touch for the intro period?

**ANSWER:** Tags present a visual target for kids, encouraging positive habits relating to body position as children progress into contact versions and make a tackle. One of the most challenging - yet important skills in teaching defence is keeping your eyes open and having your hands in a favourable position when effecting a tackle – making a Tag encourages positive development of both these skills. When effecting a Tag kids generally approach with two hands, bend their back whilst position their body close to the attacking player. Encouraging kids to make the tag with two hands.

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## » Tackle v Tag analysis engagement


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### Rugby League: Tackle vs Tag analysis:

<b>227%</b>	Less balls lost in tag
<b>50%</b>	Less chances in tag
<b>2x</b>	More linebreaks in tag
<b>180%</b>	Less ineffective passes in tag
<b>1.3x</b>	Completed sets in tag
<b>11%</b>	More tries in tackle



**We have loved the tag format. For my child it has meant that he could learn/focus on fewer skills at a time, which has meant he has been able to grasp them better and practice them more.**



## » Tag on entry QRL – Customer Experience



When asked how likely it was that they would recommend Tag Rugby League to a friend or colleague, participants responded using a 0 (Highly Unlikely) to 10 (Highly Likely) scale:

