



**MIDDLESEX
RUGBY**

Bringing people together
to enjoy rugby.

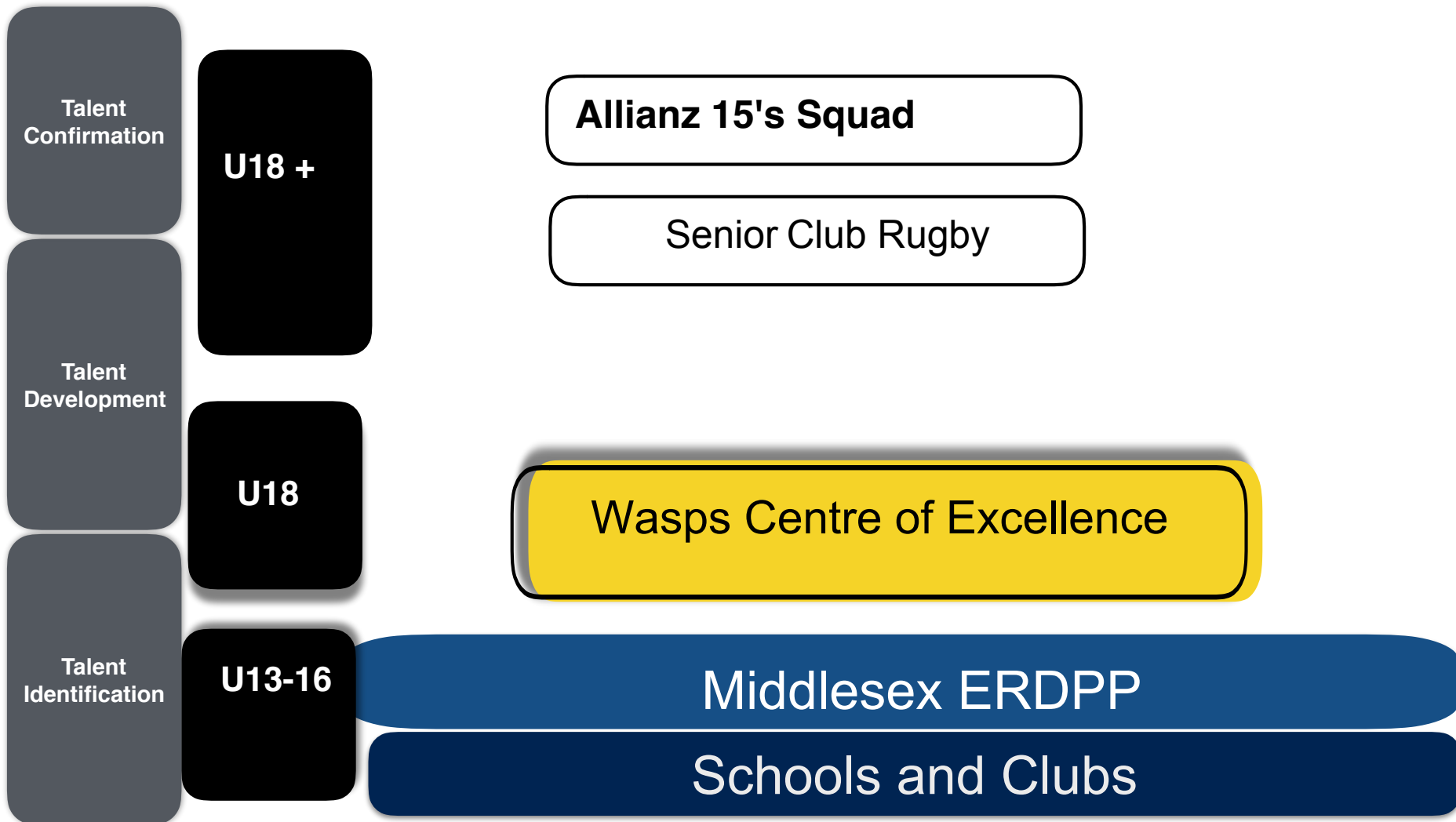


England
Rugby



PLAYER PACK 2022/23

Middlesex U16 GIRLS ERDPP



WHAT IS THE DPP?

Under 16 Development – EXPLORE STAGE

The CB Under 16 ERDPP sits within the Explore phase of the pathway, it has a focus on understanding and recognising potential, delivered through skill development and acquisition, game understanding and the physical components that help a player unlock their potential.

Every journey is unique as no two players are the same, therefore this framework is designed to be just that, a framework. The experiences and input required for each person will vary; nevertheless, we expect that the central pillars highlighted here will form the basis for implementation by those who are involved in the planning, organisation and delivery of the programme.

Whilst joining is optional, it is expected that once players are identified they remain in the programme until conclusion, unless through choice or behaviours.

Underpinned by the following NINE key principles, plans should provide a programme that is inclusive and accessible, creates a culture of learning and development, and generates quality experiences for all involved.



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9 Key Principles

1. A pathway that is Player Centred, Development Driven and Competition Supported
 - Player Centred means meeting the needs of that individual player and the emphasis is on them, with a focus on potential rather than current ability, and the importance is on enjoyment and encouraging a life-long love of rugby
 - Development Driven means recognising the various stages in a player's journey and providing the opportunities to develop physical literacy, skills and self-confidence to enjoy the sport
 - Competition Supported means providing appropriate meaningful playing opportunities that enable further development and exploration of resilience, leadership and rugby's core values, Teamwork, Respect, Enjoyment, Discipline, Sportsmanship
2. Support a learning journey that provides a safe and sympathetic environment, the opportunity to practice and develop the skills required and support lifestyle choices to maximise potential
3. An emphasis on the "Principles of the Game", delivered through a "Game Zone – Skill Zone" model that focuses on raising player potential
4. Utilise the 'Skills Framework', the 'Interconnected Components' and 'FITT' principles to support the planning of sessions (see Skill Framework booklet for more details)
5. Deliver an integrated playing and training programme and establish a greater connection between all key stakeholders
6. Consider the impact and the playing & training load on the individual
7. Reduce the consequences of early selection, de-selection and specialisation
8. Provide clarity on the nomination and selection processes, the different stages of the pathway and deliver consistent feedback
9. Develop an appropriately skilled workforce





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‘To support the **holistic development** of young women in pursuit of developing **highly skilful** and **adaptable rugby players...**’

These are simplified diagrams, showing the various possible entry and development points. Players enter at different times in their journey; this should not be a barrier to progression.



ERDPP ASSESSMENT

1. The core skills and types of fitness needed to be competent and later in the journey maybe aligned to the position.
2. What does the situation require of a player to be able to do now and in the future?
3. Each person is unique and understanding what else that person has to offer is vital.

Measuring improvement starts by assessing what someone can currently do versus what the game and/or the position needs them to be able to do now, or in the future.

Effective assessment means fully understanding the challenge and there are three critical areas that support decisions;

Skills Framework

A well-crafted curriculum (Framework) serves as a reference to ensure that you're on the right track. Its components are designed to develop concepts, from a basic level to increasingly complex topics or skills. It's important to recognise and utilise stages of development, how people learn and improve strengths as well as development areas.

Players should be encouraged to experience and be exposed to a variety of positions to further develop their skill sets and game understanding, maturation is highly variable, and players go on to change positions, therefore we must ensure a breadth of exposure until late adolescence and development of the necessary physical attributes.

The priority for development within set piece should be the development of broad athletic and technical skills that support all positions, and should be managed with care, and linked to development of Athletic Skills.



All players regardless of position should be able to execute these skills:

Attack	Pass: -	<ul style="list-style-type: none"> Use a range of techniques to move the ball to a supporting player Decision making of why and when to pass Accuracy of pass under pressure
	Catch: -	<ul style="list-style-type: none"> Make an early catch Catch under pressure
	Carry: -	<ul style="list-style-type: none"> Understand the best space to attack Use evasion techniques to move into space Adjust body and hands to pass, lift or place ball in, out or after contact
	Kick: -	<ul style="list-style-type: none"> Use a range of kicking techniques Decision making of why, when and what type of kick
Contest	Jackal: -	<ul style="list-style-type: none"> Decision making whether to contest or leave Dynamically adjust body height Maintain own body weight whilst contesting possession
	Clear out: -	<ul style="list-style-type: none"> Decision making about threat Dynamically adjust body height Leg drive and bind through contact area
	Ball Presentation	<ul style="list-style-type: none"> Dynamically adjust body on floor Effectively present the ball on the floor
	Kick Receipt: -	<ul style="list-style-type: none"> Eyes on the ball Timing of jump and protect position Hands and arms
Defence	Tackle: -	<ul style="list-style-type: none"> Ability to track opposition Foot movement Body height adjustment



A progressive athletic development programme will improve co-ordination, as well as the strength and capacity of muscles, bones, ligaments and tendons. This will increase resilience to the stresses and strain associated with game play.



Attack	Pass: -	<ul style="list-style-type: none"> Rotate
	Catch: -	<ul style="list-style-type: none"> Rotate Lunge - Brace
	Carry: -	<ul style="list-style-type: none"> Evasion - Cut - Weave Accelerate - Speed (Linear) Decelerate
	Kick: -	<ul style="list-style-type: none"> Posture - Core
Contest	Arial Contest:-	<ul style="list-style-type: none"> Jump/Land
	Scrum:-	<ul style="list-style-type: none"> Hinge - Squat - Core Brace - Resist - Crawl
	Lineout:-	<ul style="list-style-type: none"> Jump/Land Squat leading to lift Linear Acceleration
	Ruck:-	<ul style="list-style-type: none"> Grapple
	Maul:-:-	<ul style="list-style-type: none"> Brace - Resist Hinge - Squat
Defence	Tackle: -	<ul style="list-style-type: none"> Squat - Hinge Grapple Rolling - Tumbling Rebound
	Line speed: -	<ul style="list-style-type: none"> Linear Acceleration Decelerate Backpedal

WHAT ARE WE LOOKING FOR?

CHARACTER -

Your attitude (on and off the pitch), how you behave around others, how you interact with your team mates and coaches

LEARNER -

How quickly you pick things up combined with how well you retain that learning.

ATHLETICISM -

Your ability to move, change direction and accelerate combined with your power and ability to physically impose yourself on the game

SPEED -

Speed of movement (acceleration, speed, change of direction, speed off the ground) and your speed of thought (decision making, scanning for information, your reactions and communication)

SUPER-STRENGTH -

What is your X Factor? On and off the field. (e.g. Leadership, taking responsibility, footwork, passing, kicking, pace, teamwork etc.)



Middlesex ERDPP SCHEDULE



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Date	U15
03/10/2022	1
11/10/2022	2
19/10/2022	3
25/10/2022	
01/11/2022	4
08/11/2022	5
15/11/2022	6
22/11/2022	7
29/11/2022	8
06/12/2022	9
20/12/2022	10
10/01/2023	
17/01/2023	11
24/01/2023	12
31/01/2023	13
07/02/2023	14
14/02/2022	15
21/02/2022	16
28/02/2022	
07/02/2022	17
14/03/2022	18
21/03/2022	19
28/03/2022	20

Timings:

6.15 - 7.45PM

Location

North Site

South Site

FAQ's from Players and Parents



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What if I have other commitments that clash with training (i.e. homework, school assignments, holiday)?

At all times, your education takes priority over training. There is no need to contact us if you are unable to make a session. We support you in attending and pursuing other commitments.

At the end of each season, what happens?

Unless told otherwise, all players will be asked to re-trial for the following season.

Is there any difference between the CB DPP sites?

All sites operate at the same level and follow the same program.

What happens if I get injured?

We ask that all players come down to our sessions as they can see our site Physio free of charge.

U16s Next Steps



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Once the U16 DPP starts, ALL players will remain in the program for the duration.

Inter-Site DPP games will be arranged, which will be played throughout the season.

Assessments will be made in the first 2 weeks of September

Nominations can be made by clubs / schools up until 31st August

Girls within the ERDPP will have the opportunity for up to 40 hours additional directed coaching time



CONTACT



For any further questions or enquiries please contact our ERDPP
Manager

- Hari McCormack:

MiddlesexERDPP@gmail.com



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