NO LIMITS KIDS
BE YOUR BEST



COACH DEVELOPMENT COURSES
for Rugby Clubs

Professional coach development for your Minis & Juniors coaches – helping them learn skills that will take their age groups to the next level.

U5 - U8	U9 - U11	U12 - U14
Non-contact Rugby	Transition to contact	Further Development

WHAT WE DO

Skills, knowledge and confidence for volunteer coaches

Our coach development courses empower volunteer coaches at community rugby clubs, giving them the skills, knowledge and confidence to take their coaching to the next level.

We recognise the incredible time and dedication these volunteers give to their teams. Our aim is to reward that commitment with high-quality, practical training that helps them get the very best out of their players.

MEET COACH MIKE

Every course is led by Coach Mike, who has coached at community clubs throughout London and the South East, as well as professionally at Harlequins. His focus is teaching coaches how to coach, not just what the drill is.

16 YEARS
Coaching experience in South Africa and England

3 YEARS
Full time community & academy coach at Harlequins

RFU LVL 2
Qualified Coach Enhanced DBS

Every course covers

- The Skill Zone/Game Zone coaching model
- Practical coaching and behaviour management techniques
- Fresh, engaging warm-up games, drills and skill-based activities
- Effective session planning and delivery
- Age-specific development of core rugby skills from U5 to U14

Our goal is simple: confident, inspired coaches delivering fun, engaging rugby experiences that help every child thrive.



HOW WILL IT BENEFIT YOUR CLUB?

Building on what your coaches already do.

Our courses aren't about changing what your coaches do. They build on their knowledge, introduce fresh ideas and help them become even better coaches.

01. Fresh Ideas.

It's easy for clubs to fall into familiar routines. We bring exciting new games & practical session plans that keep young players engages, motivated & coming back week after week.

02. Professional methods, adapted for grassroots.

Proven methods from professional rugby, adapted for young players - raising the standard across your Minis & Juniors with a more consistent approach to player development

03. Confidence for newer coaches.

A relaxed, supportive environment that builds confidence & gives new or less experienced coaches the practical skills to deliver enjoyable, effective sessions.

04. A safe transition to contact.

We give coaches the knowledge to teach safe & effective tackling & breakdown techniques as well as other essential contact skills.

The result?
More confident coaches, better sessions and happier, more engaged young rugby players.



THE SESSIONS

What a session looks like

First things first - come prepared to get involved!

Our sessions are hands-on, interactive and, most importantly, fun. We believe adults learn through play just as much as children do, so expect plenty of practical activities, a bit of running around and lots of laughs along the way.

One of our favourite parts of delivering these courses is watching "Dan from IT" transform into an elite athlete for the afternoon, throwing himself into every game with the determination of someone playing in a World Cup final!

Sessions are mainly practical, with some theory to help coaches understand the 'why' behind what they're doing. That doesn't mean hours in a classroom – much of the discussion happens right there on the pitch.

Alongside the age-group content, every course includes

Practical Coaching Tips	Simple, effective ways to improve session delivery
Behaviour Management	Strategies for keeping players focused, engaged and enjoying themselves.
Session Planning	Fresh ideas and practical advice for structured, varied and exciting sessions.
Games and Activities	Hands-on experience of drills and games coaches can take straight back to their teams.
Open Q&A	A chance to ask questions, discuss challenges and explore areas where coaches would like more support.
Take-home Summary	An overview of every game and drill covered, plus the questions discussed – so coaches can focus on the session, not on taking notes.

Our aim is for every coach to leave inspired, more confident and with a whole host of new ideas to use at their very next training session.

COURSES BY AGE GROUP

U5–U8 | U9–U11 | U12–U14

U5 - U8

Non-contact rugby

Building strong foundations through fun, engaging coaching.

The Focus

At this age, we concentrate on developing the fundamental skills of rugby and introducing the Principles of Play.

Skills we cover

- Passing & handling technique
- Running with the ball & evasion
- Tagging technique
- Offloading
- Decision-making
- Communication

How we coach it

Our courses don't just teach coaches what to coach, but how to coach these skills in a fun, engaging and age-appropriate way, using games and activities that keep young players motivated.

The four Principles of Play

We show coaches how to build them into every session.

- GO FORWARD
- SUPPORT
- CONTINUITY
- APPLY PRESSURE



The Outcome

By consistently reinforcing correct technique and the Principles of Play, coaches build strong foundations that prepare players for matches, festivals and the next stage of their rugby development.

COURSES BY AGE GROUP

U5–U8 | U9–U11 | U12–U14

U9 - U11

Transition to contact rugby

Developing safe techniques, strong foundations and confidence in contact.

The Focus

The move to contact rugby is one of the most important stages in a young player's development. From U9, players begin learning to tackle, so they need correct technique from the outset – poor habits formed now are hard to fix and can affect confidence and ability for years.

Skills we cover

- **Correct tackling technique**
- **Safe, effective breakdown skills**
- **Scrum fundamentals**
- **Confidence in contact situations**
- **Progressive methods to develop skills safely**

How we coach it

We show coaches how to introduce the core contact skills safely and effectively. We also cover the rule changes between U9, U10 and U11 – such as rucks, mauls and scrums coming in at U10 – plus any RFU updates that season. It complements, rather than replaces, the RFU courses coaches complete before teaching contact.

Good technique is safe technique

Poor technique is what puts players at risk in contact, so we focus on correct technique from the very first session. As technique improves, so does confidence – and we show coaches how to build both.

The Outcome

Players who tackle and ruck correctly, safely and with confidence.







COURSES BY AGE GROUP

U5–U8 | U9–U11 | U12–U14

U12 - U14

Further development

Refining core skills, developing game understanding and building effective teams.

The Focus

By U12, players should have a solid understanding of rugby's fundamental skills and principles. The focus now shifts to refining those skills, developing tactical awareness and improving teamwork and positional play.

Skills we cover

- Attacking & Defensive principles
- Communication & Teamwork
- Positional awareness & responsibilities
- Tactical Awareness
- Decision making under pressure
- Game Understanding

How we coach it

We show coaches how to structure sessions that develop these skills, while continuing to reinforce the essentials: handling, tackling, rucking, running straight and evasion.

From drills to game-based sessions

We help coaches move beyond isolated drills and create more game-based sessions, encouraging players to apply their skills in realistic match situations.

The Outcome

Confident, technically capable players who understand the game, make good decisions and work effectively as a team – while rugby stays enjoyable and engaging.



TESTIMONIAL

"The feedback from the coaches across the age groups has been excellent. One of the strongest themes was the value of having experienced coaches demonstrate how to deliver simple, effective and engaging sessions, rather than focusing too heavily on technical instruction.

Coaches particularly appreciated the practical approach to structuring sessions, communicating with children of different ages and abilities, and using fun, game-based exercises to develop fundamental skills. There was also a lot of positive feedback about the quality of the coaching advice and how easily the drills and techniques could be incorporated into our existing sessions.

Overall, the sessions were extremely well received and have given our volunteer coaches some genuinely useful tools and ideas to take into the rest of the season. A really worthwhile initiative and something we'd certainly value building on."

JJ – Minis Chairman, Ironsides

BOOK NOW

Pre-season, start of season or mid-season – if you think these courses will benefit your coaches, give us a shout and we'll chat about how best to support your club's development.

Courses run by age group and can be tailored to your club. Some age groups can be run together, e.g. U5 & U6 or U7 & U8.

mike@nolimitskids.co.uk

07871 780968

www.nolimitskids.co.uk

NO LIMITS KIDS
BE YOUR BEST