

ARU Player Development Pathways and Coach Education implications – Vertical Model

Primary Schools / Clubs / Secondary Schools		Clubs / Secondary Schools / NTS / Special Groups	Clubs / Secondary Schools / NTS / Special Groups / Academy	Clubs / Academy / Special Groups / S14 / Wallabies	Clubs / Special Groups
Fundamental	Learning to Train	Training to Train	Training to Compete	Training to Win	Retention
6-9 Years	9-12 Years	11-16 Years	15-18+ Years	18-20+ Years	
Unique, stage related development in Physical, Cognitive and Emotional		Unique, stage related development in Physical, Cognitive and Emotional	Unique, stage related development in Physical, Cognitive and Emotional	Unique, stage related development in Physical, Cognitive and Emotional	
Junior Player Pathway Course LTPD Coach Education specific to stage 1 & 2		SmartRugby, Foundation & Level 1 Coach Education specific to stage 3	SmartRugby, Level 2 Coach Education specific to stage 4	SmartRugby, Level 3 Coach Education specific to stage 5	
Content: Theory of stage LTAD & LTPD Theory of stage Physical development Theory of stage Cognitive development Theory of stage Emotional development Coaching / Teaching techniques Physical Literacy syllabus: Physical Competence (Fundamental Movement Skills) syllabus and Fundamental Sports Skills		Content: Theory of stage LTAD/LTPD Theory of stage Physical development: includes relevant Sports Science Theory of stage Cognitive development Theory of stage Emotional development Coaching / Teaching techniques Physical Competence / Athletic Development syllabus Rugby Skills / Tactical syllabus	Content: Theory of stage LTAD/LTPD Theory of stage Physical development: includes relevant Sports Science Theory of stage Cognitive development Theory of stage Emotional development Coaching / Teaching techniques Physical Competence / Athletic Development syllabus Rugby Skills / Tactical syllabus	Content: Theory of stage LTAD/LTPD Theory of stage Physical development: includes relevant Sports Science Theory of stage Cognitive development Theory of stage Emotional development Coaching / Teaching techniques Physical Competence / Athletic Development syllabus Rugby Skills / Tactical syllabus	