

THE PLAYERS

MINIS RUGBY IS ALL ABOUT THE PLAYERS. AT CARRICK MINIS WE FOCUS ON:

Fun – this is our #1 rule!

Inclusion – everyone participates and is welcome.

Belonging – make friends and be part of a team.

Play – get fit in a fun environment; everyone gets game time.

Develop – gain confidence and get/learn respect in a safe environment.



THE CARRICK WAY MINIS RUGBY



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CORE SKILLS

WE BELIEVE THAT SUCCESSFUL MINIS RUGBY IS BUILT AROUND THREE FUNDAMENTAL SKILLS

CATCH/PASS

TACKLE

EVASION

A SUCCESSFUL 'GRADUATE' FROM CARRICK MINIS CAN DO THESE THREE SKILLS WELL BOTH UNDER PRESSURE AND IN VARIETY OF SITUATIONS WITHIN A GAME

HOW WE COACH

WE BELIEVE THAT COACHES PLAY A SIGNIFICANT ROLE IN THE DEVELOPMENT OF YOUNG PEOPLE, AND WE ARE ALWAYS AWARE OF THIS RESPONSIBILITY.

- Lead by example.
- Ensure that all players experience of minis rugby is fun.
- Have a desire to learn and develop themselves as coaches.
- Respect the players and our fellow coaches.
- Coach the whole person and not just the athlete.

SPIRIT OF RUGBY

At Carrick minis the spirit of rugby is an integral part of our culture and involves

- Respect
- Integrity
- Inclusivity
- Fun
- Excellence

We place a special emphasis on a culture of RESPECT and consistently encourage:

- Respect for coaches
- Respect for team-mates
- Respect for players by coaches
- Respect for referees
- Respect for opponents
- Respect for self



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HOW WE PLAY

AT CARRICK MINIS OUR PHILOSOPHY AROUND MATCHES INCLUDES

- **Fun** - this is still our #1 rule!
- **Inclusivity** - Meaningful game time for all players.
- **Teamwork** - We ensure that the team plays as a team.
- **Simple skills well executed** - catch/pass, tackle and evasion
- **Respect** - As players, coaches and supporters we show respect to the opposing team, coaches and the referee.