



# BLUEPRINT

Girls Youth Skills Curriculum  
(November 2023)



Leadership • Engagement • Achievement • Enjoyment • Respect



# INTRODUCTION

The Blueprint is the playing and coaching philosophy for Scottish Rugby, aiming to improve the standard of rugby at all levels of the game.

Developed by Scottish Rugby in conjunction with coaches from the club and school game, the Blueprint's overriding message is 'Change Our Game'. In order for Scottish Rugby to compete and win on the international stage, the game in Scotland needs to further develop and think differently. Our intention is to create amazing learning environments with the appropriate level of stretch and support to enable players to be more tactically adaptable.

The SCOTS principles (Selfless, Creative, Optimistic, Tenacious, Self-Organised) underpin the Blueprint, and are key behaviours, enabling players to thrive in their playing pathway.

The aim of this Blueprint Curriculum resource is to help players, coaches, referees and parents in the youth game understand the focus areas at each age and stage. The curriculum information provides clarity on what should be focussed on during training and matches.

For updates please visit the Game Development twitter account @scotrugbycoach here <https://twitter.com/scotrugbycoach>

Please click this link (<https://bit.ly/blueprintrugby>) to view more Blueprint resources or use the QR code below.

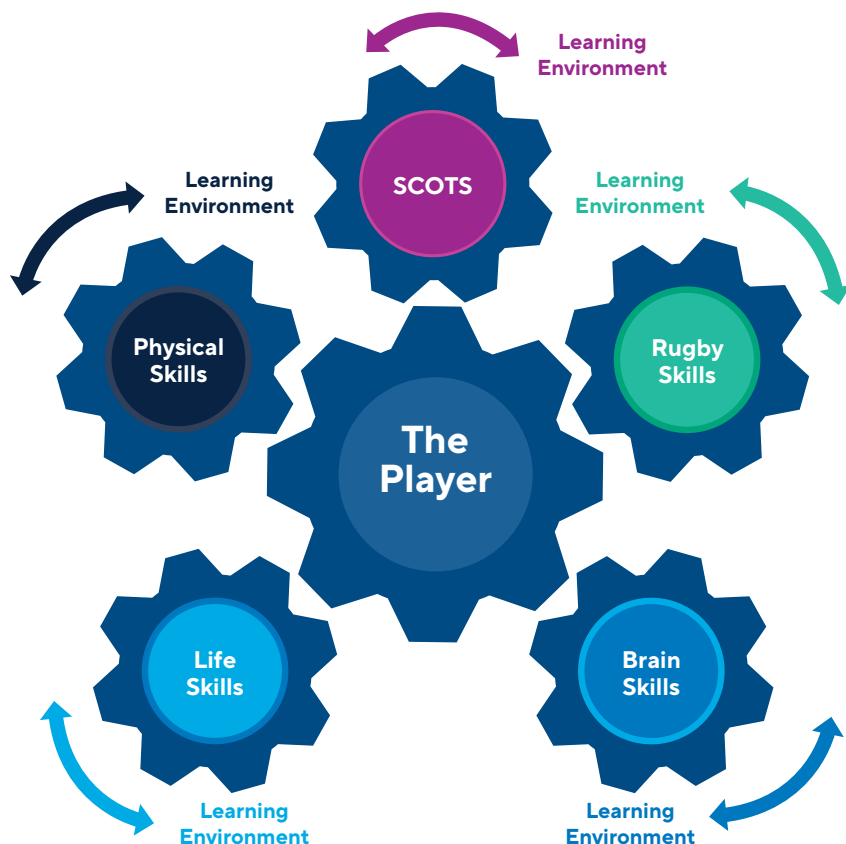


# BLUEPRINT

## Change Our Game (COGs)

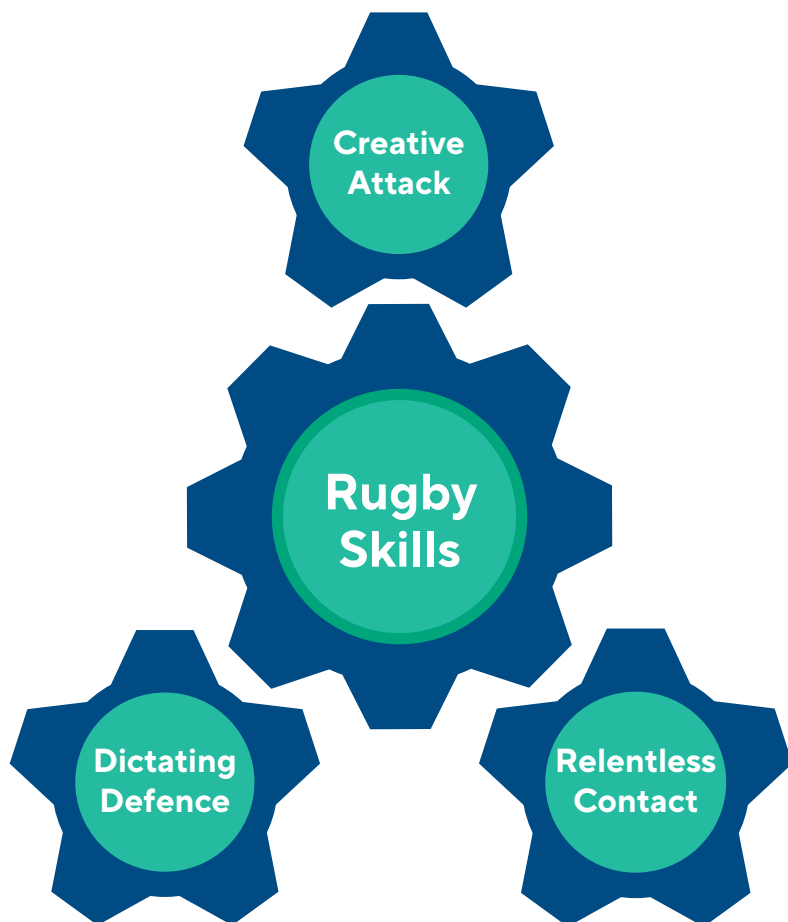
The interconnected Blueprint cogs represent all aspects of the game and need to be considered as one when developing players. The cogs impact each other and should be coached collectively.

Within this document the Rugby Skills cog is emphasised, with further resources to follow on the Physical, Brain and Life cogs.

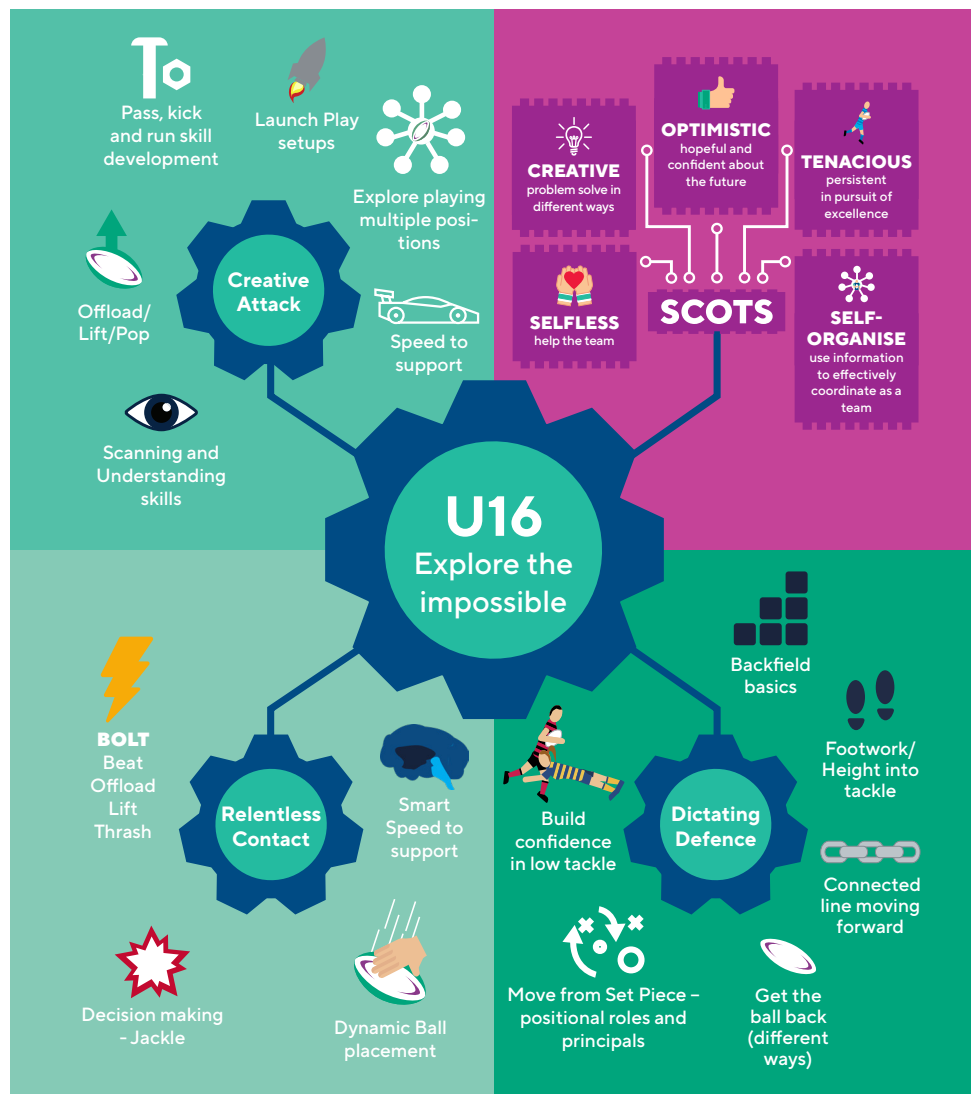


# **BLUEPRINT**

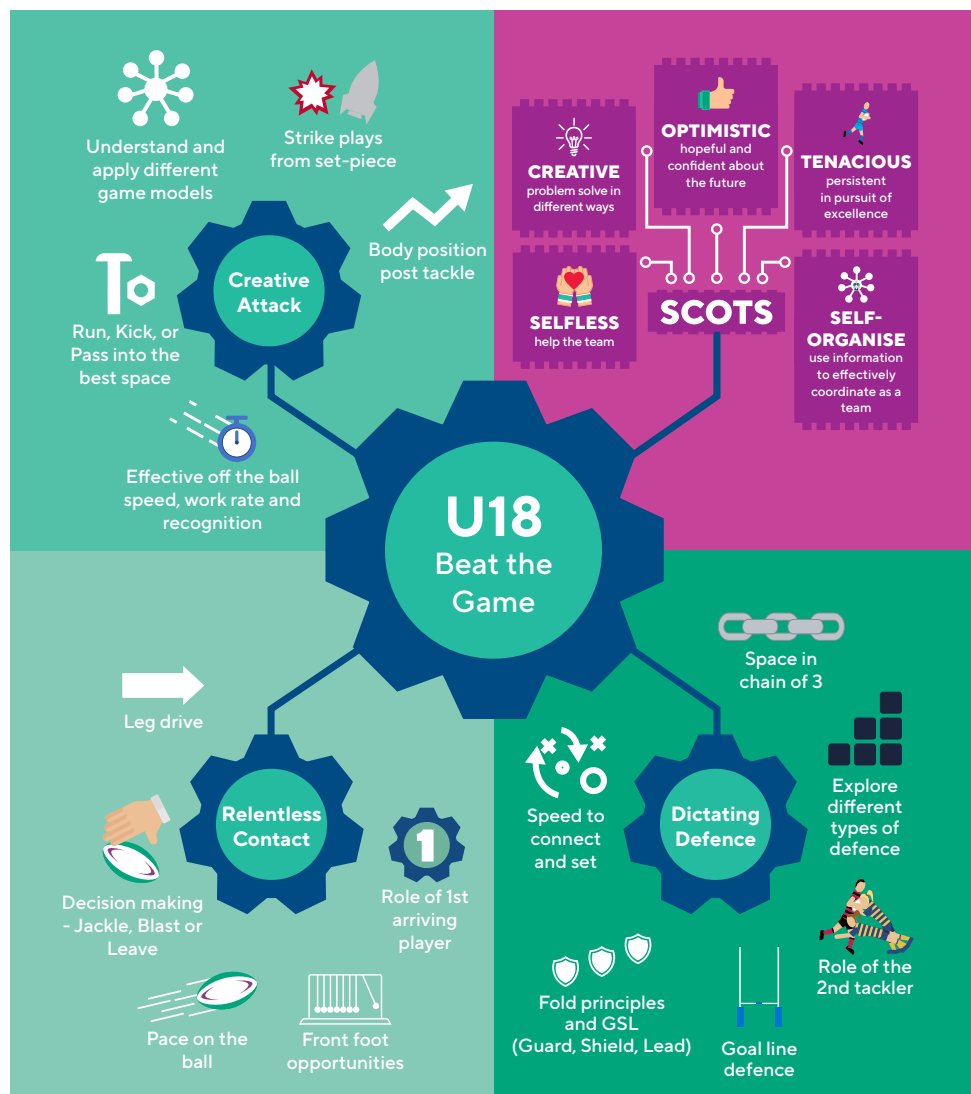
## Rugby Skills



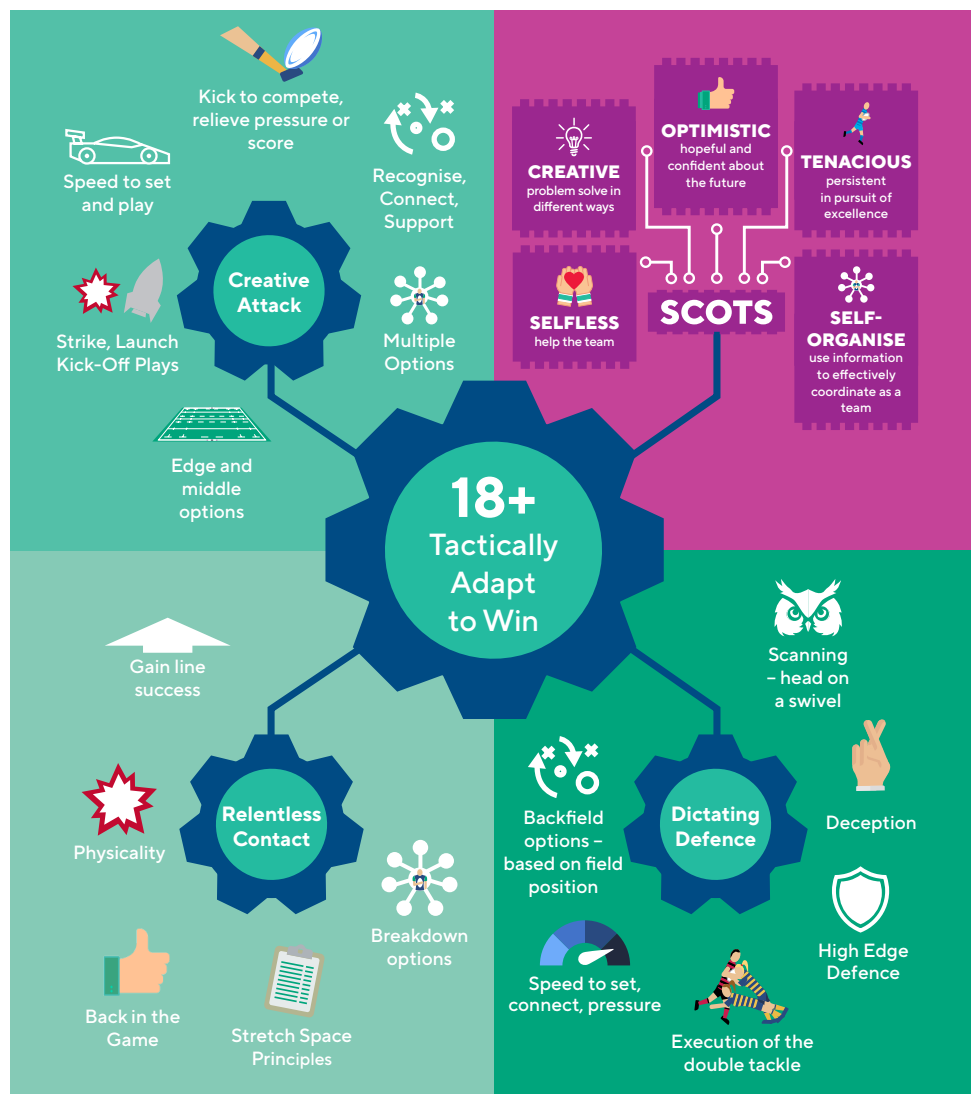
# GIRLS U16 RUGBY SKILLS CURRICULUM



# GIRLS U18 RUGBY SKILLS CURRICULUM



# FEMALE RUGBY SKILLS CURRICULUM (18+)

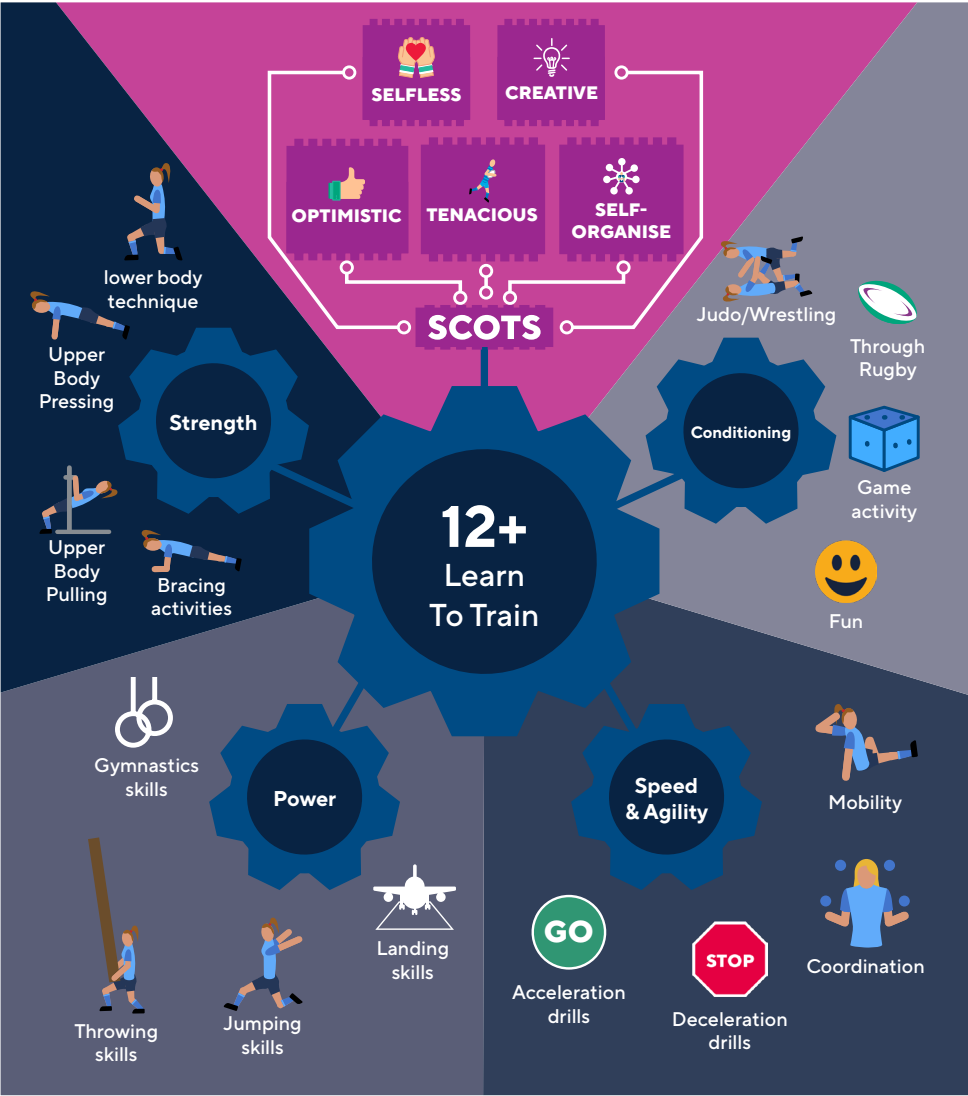




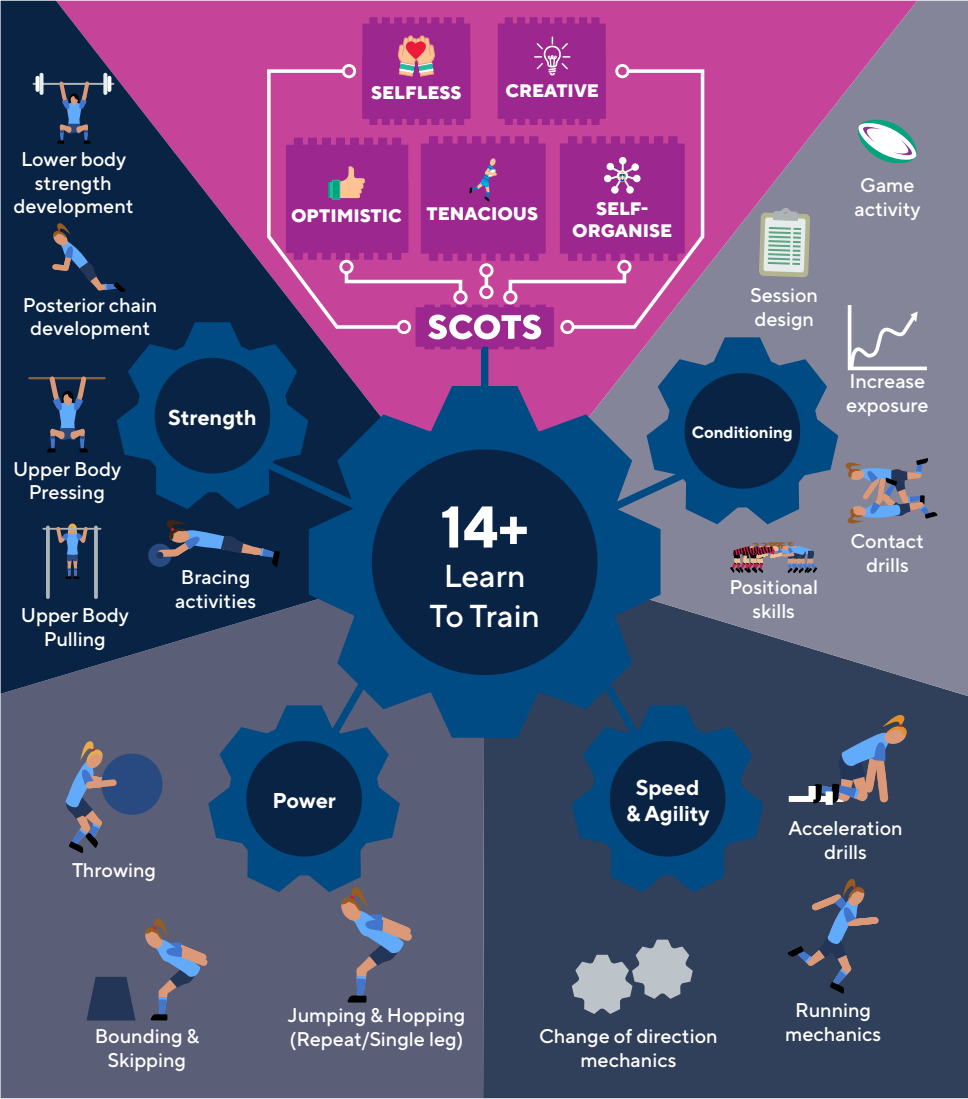
# **BLUEPRINT PHYSICAL SKILLS CURRICULUM**



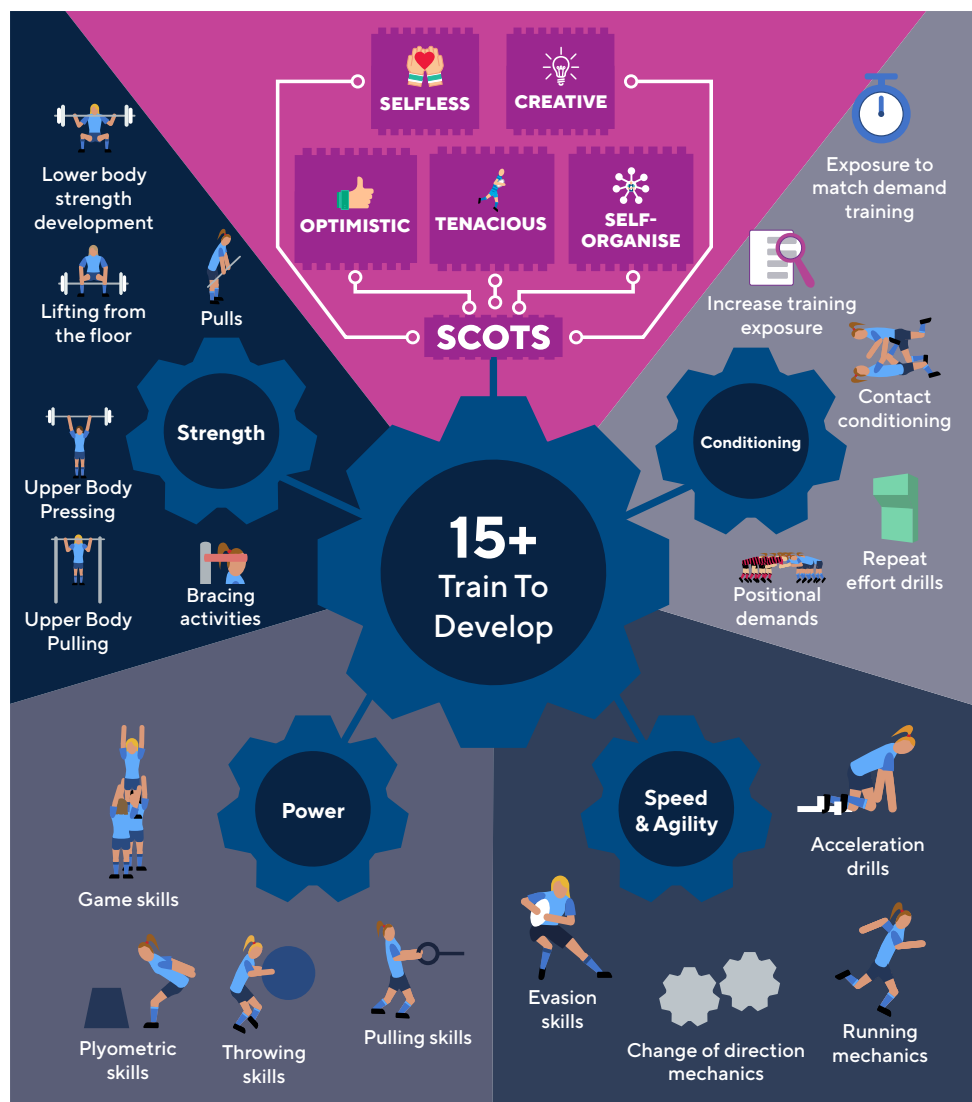
# LEARN TO TRAIN STAGE PHYSICAL SKILLS CURRICULUM (12+)



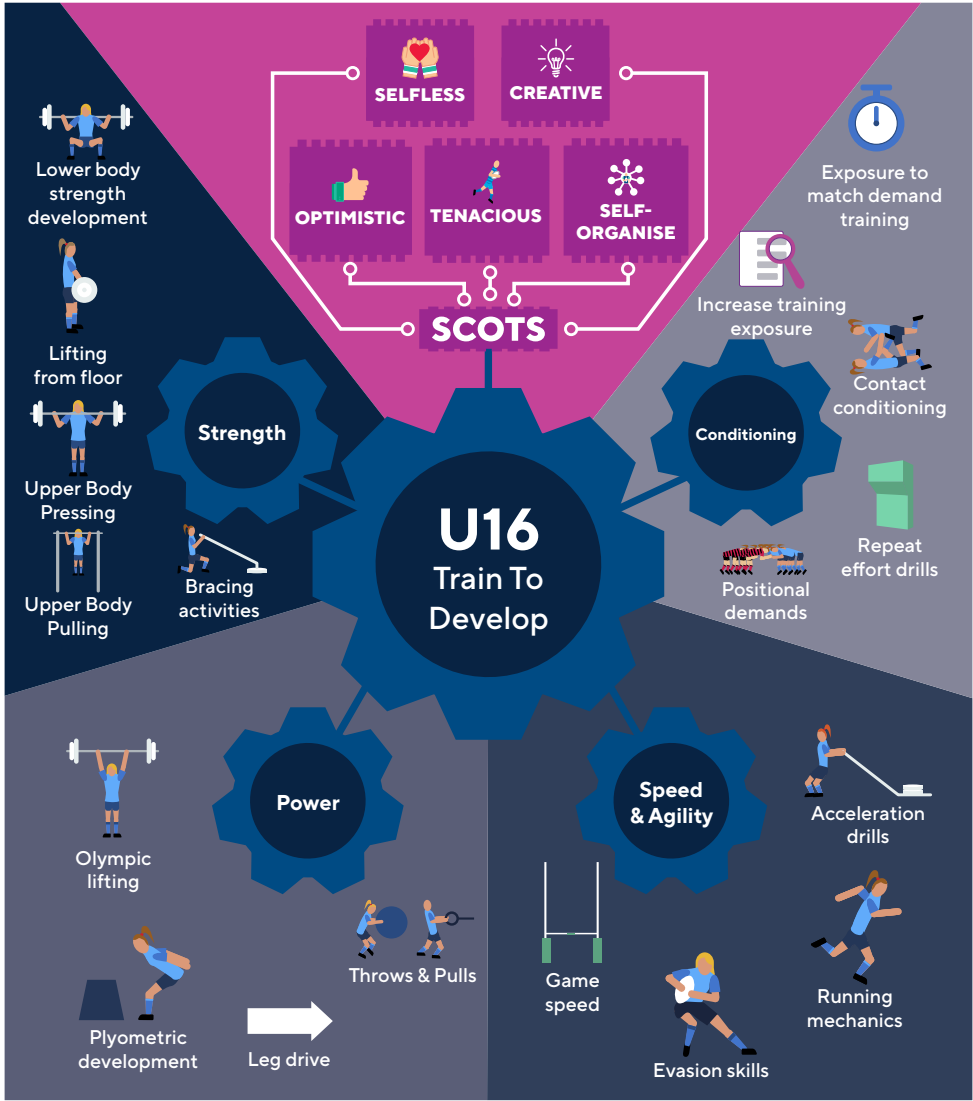
# LEARN TO TRAIN STAGE PHYSICAL SKILL CURRICULUM (14+)



# TRAIN TO DEVELOP STAGE PHYSICAL SKILLS CURRICULUM (15+)



# TRAIN TO DEVELOP STAGE PHYSICAL SKILLS CURRICULUM (16+)








# BLUEPRINT

## GASPS - Player Identification and Development

The GASPS principles will be used to guide selection decisions within Scottish Rugby male and female pathway programmes (e.g. player development hub, FOSROC Academy and national age grade). Players will also be developed in alignment with these principles through on and off field coaching.

Further information on the GASPS principles will be made available in due course.

<b>G</b> <b>GAME SENSE</b> 	game awareness, spatial awareness, problem solving, beat the game
<b>A</b> <b>ATTITUDE</b> 	competitiveness, curious, self-motivation, resilience
<b>S</b> <b>SKILL SET</b> 	ball movement, tackle, evade, positional skills - all under pressure
<b>P</b> <b>PHYSICAL POTENTIAL</b> 	speed, agilty, power, endurance and stature
<b>S</b> <b>SCOTS SKILLS</b> 	selfless, creative, optimistic, tenacious, self-organised





***SCOTTISH  
RUGBY***

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