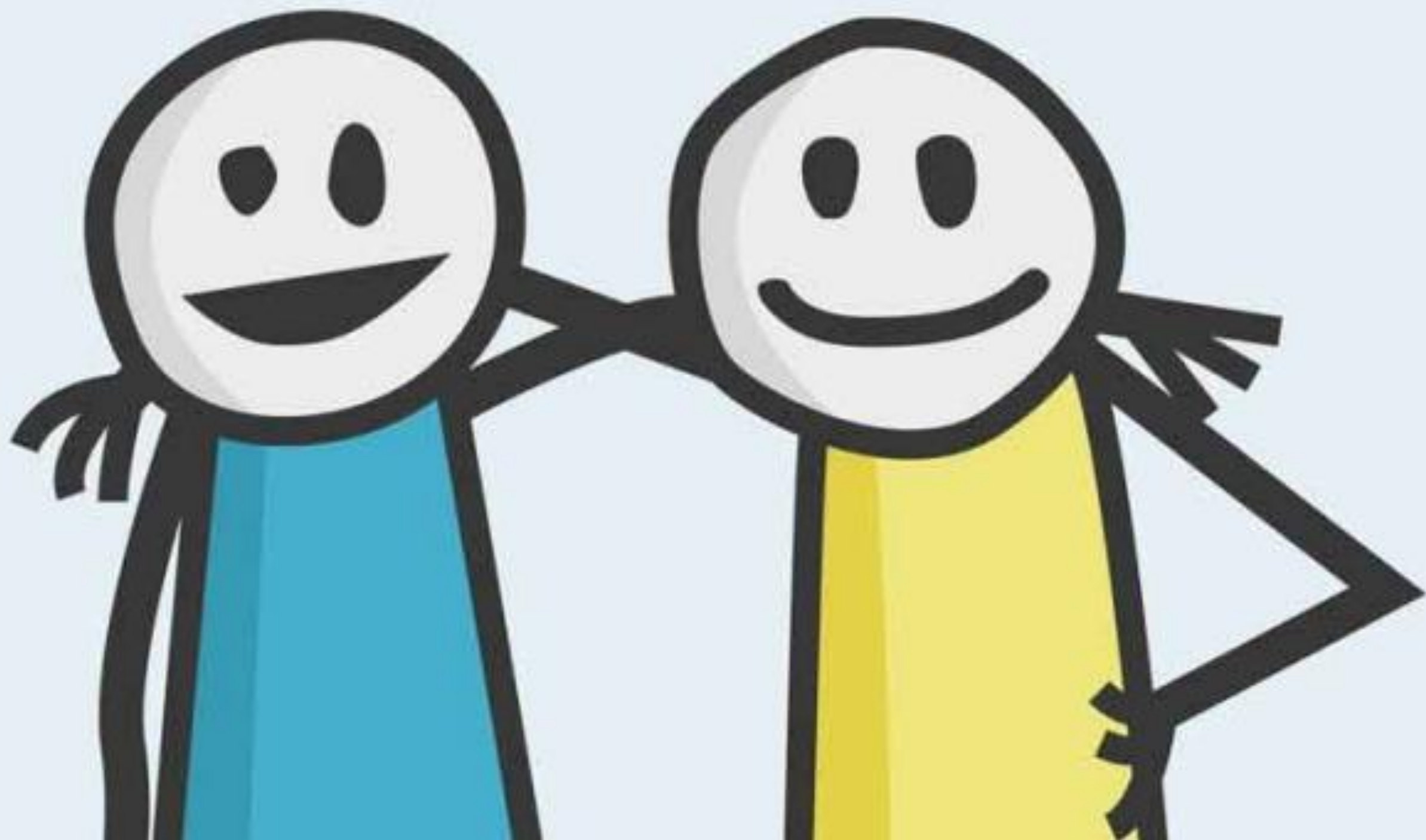




The Athlete Journey: Building Quality at Every Stage

Oslo, November 2025





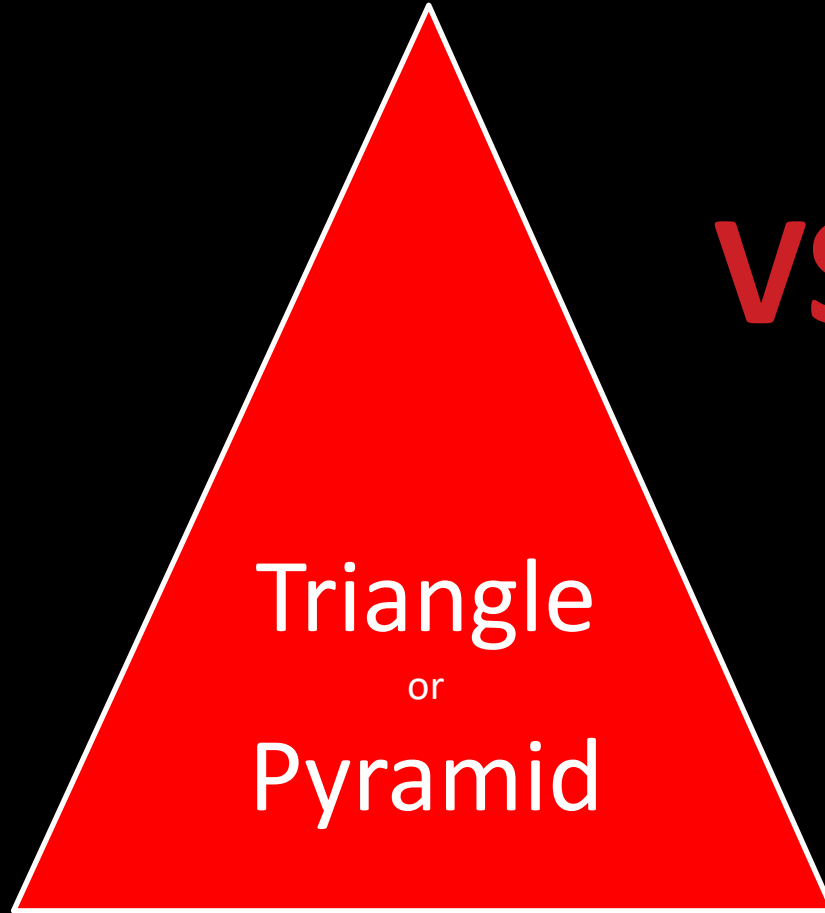




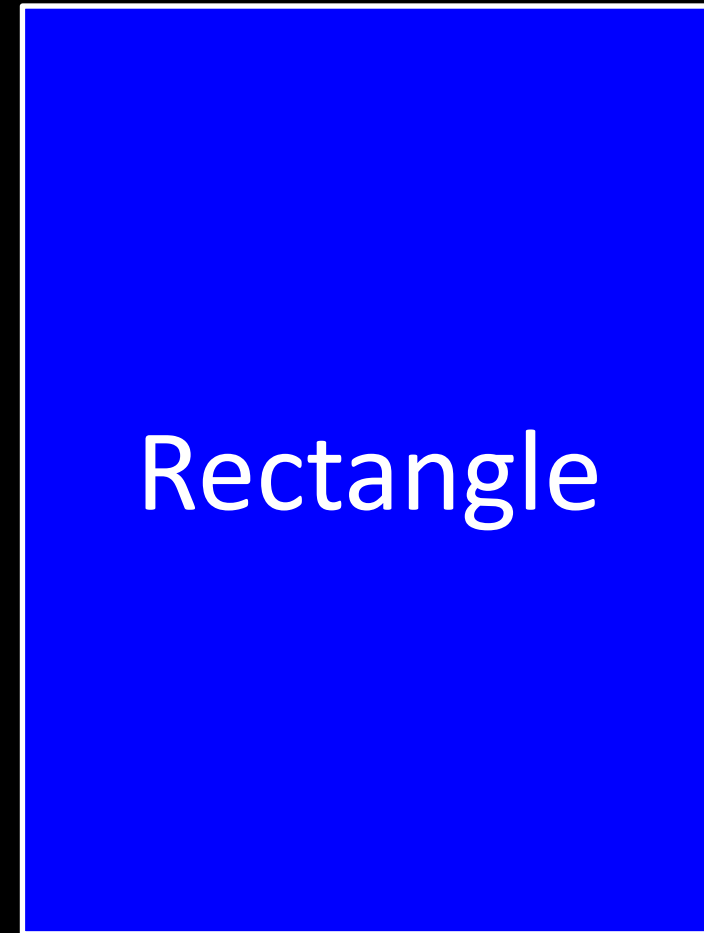
Microsoft®
Windows®95



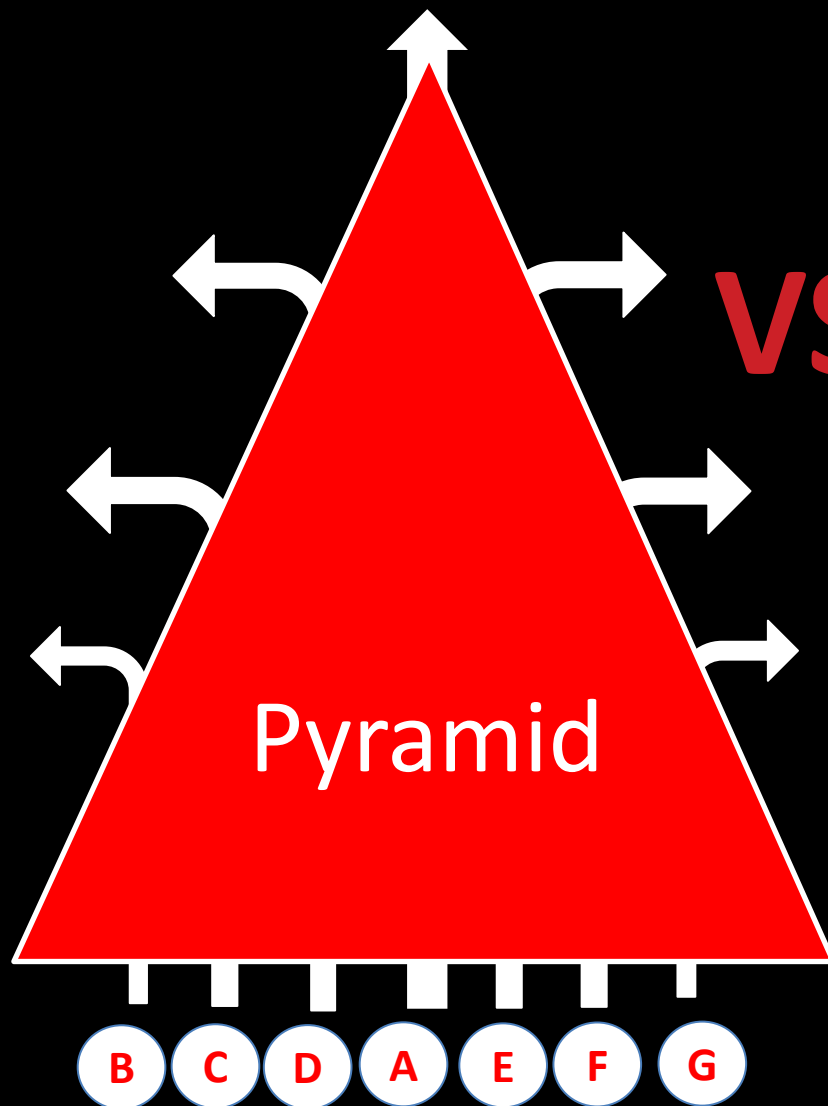
Athlete Development



VS.



Exclusion



VS.

Inclusion



Guiding Principles

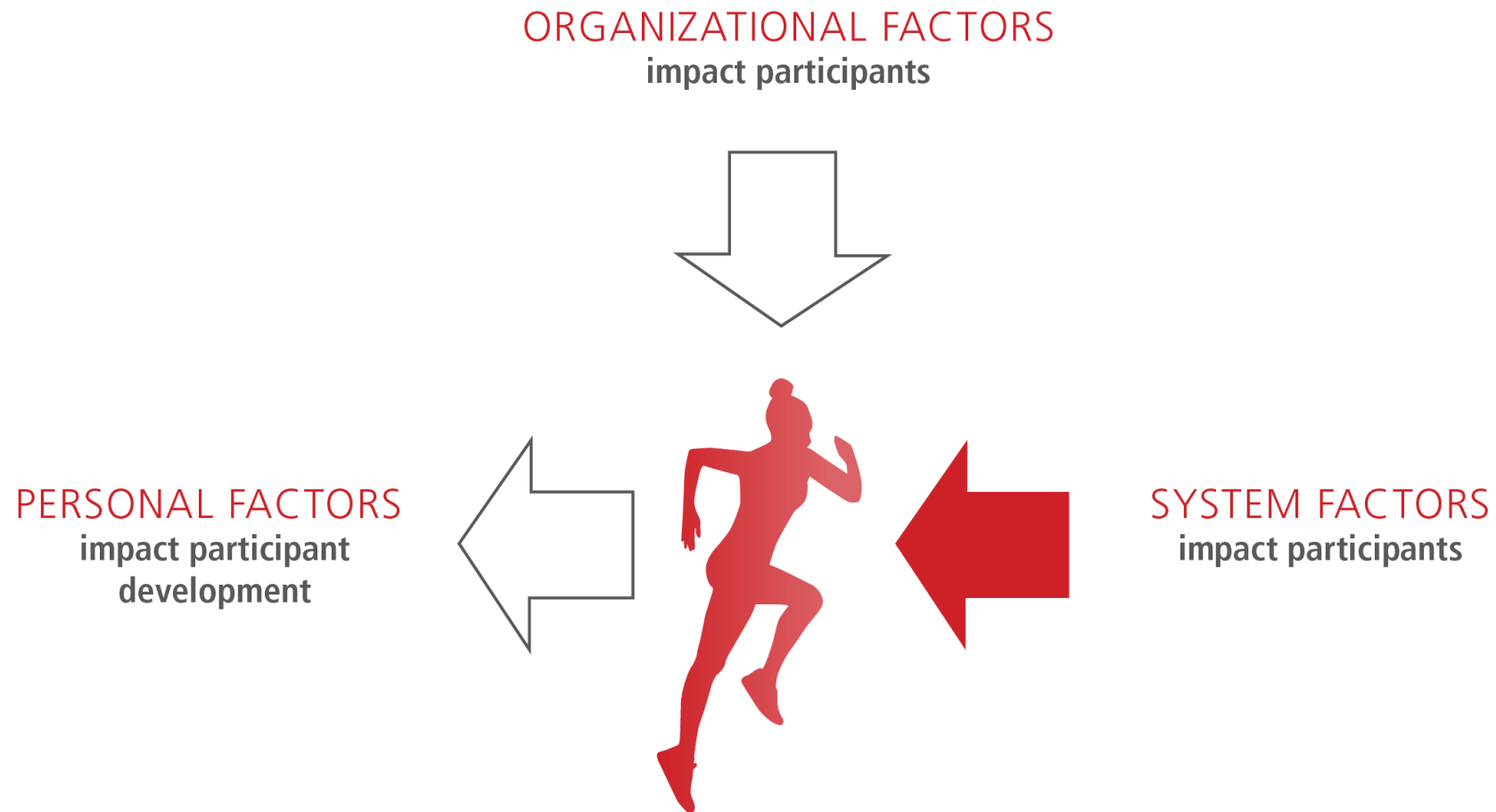
1. **Quality** is key
2. **Optimal** programming is critical
3. **Inclusion** is non-negotiable
4. **Collaboration** makes the system better



From Sport to Quality Sport



22 Key Factors



Physical Literacy



Contexts

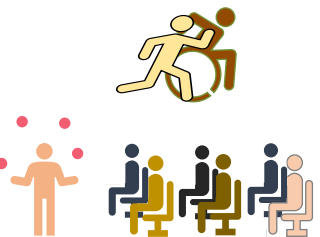
Environments



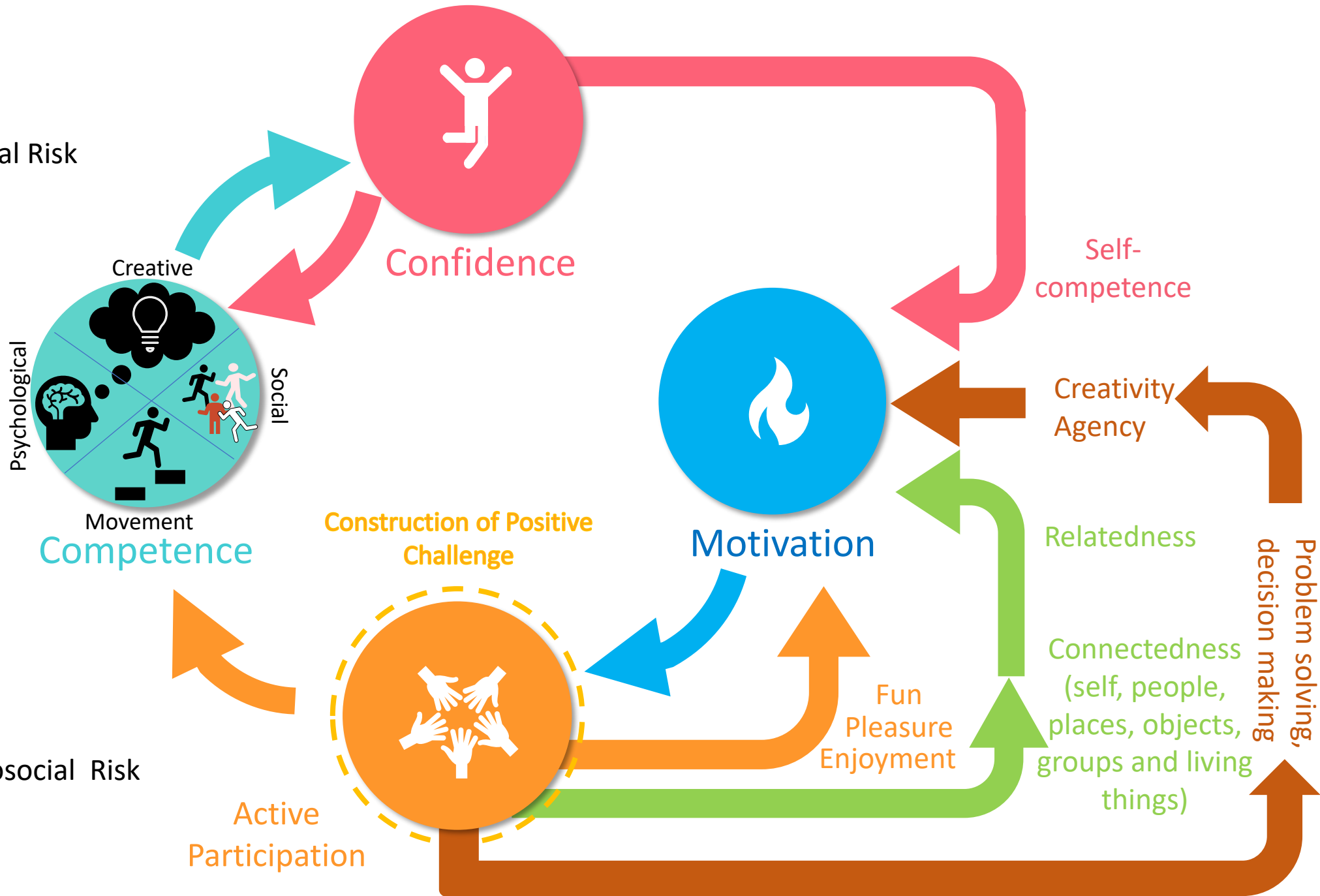
Physical Risk

Healthy Risk Perspective

Socio-cultural

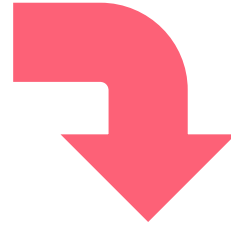


Psychosocial Risk

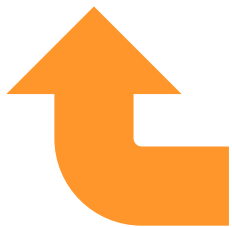




Confidence



Competence

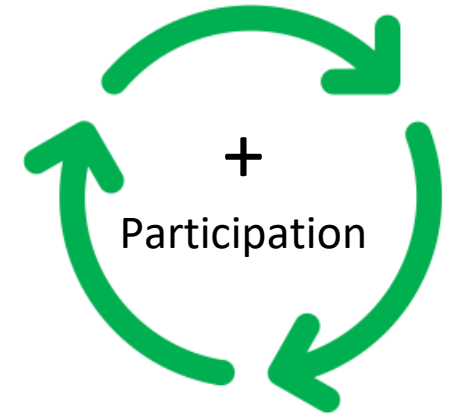


Active Participation

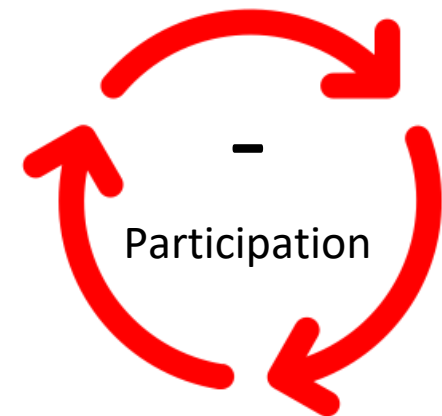


Motivation

Activating the engine

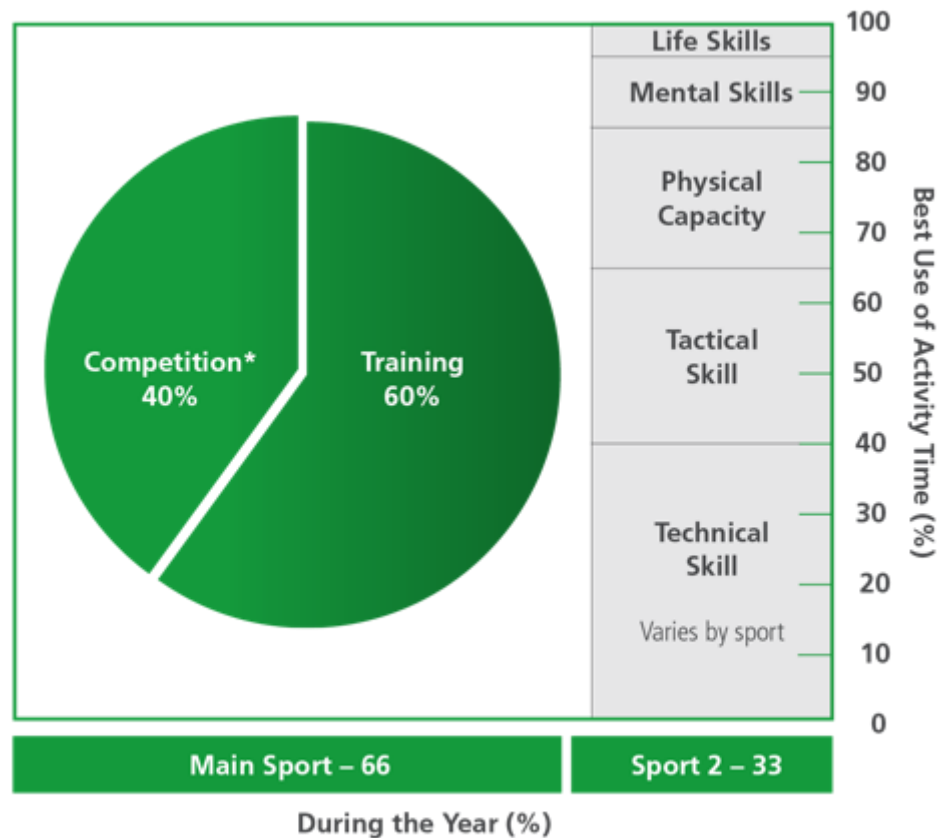


De-activating the engine



Emphasis on adolescence

Train to Train



1. Recognition of multiple sport and life demands in adolescent period
2. Recognition of accelerated drop-out and need to retain adolescent athletes
3. Identification of special issues to address

4,380

12 Years

4380 (12)

6570 (18)

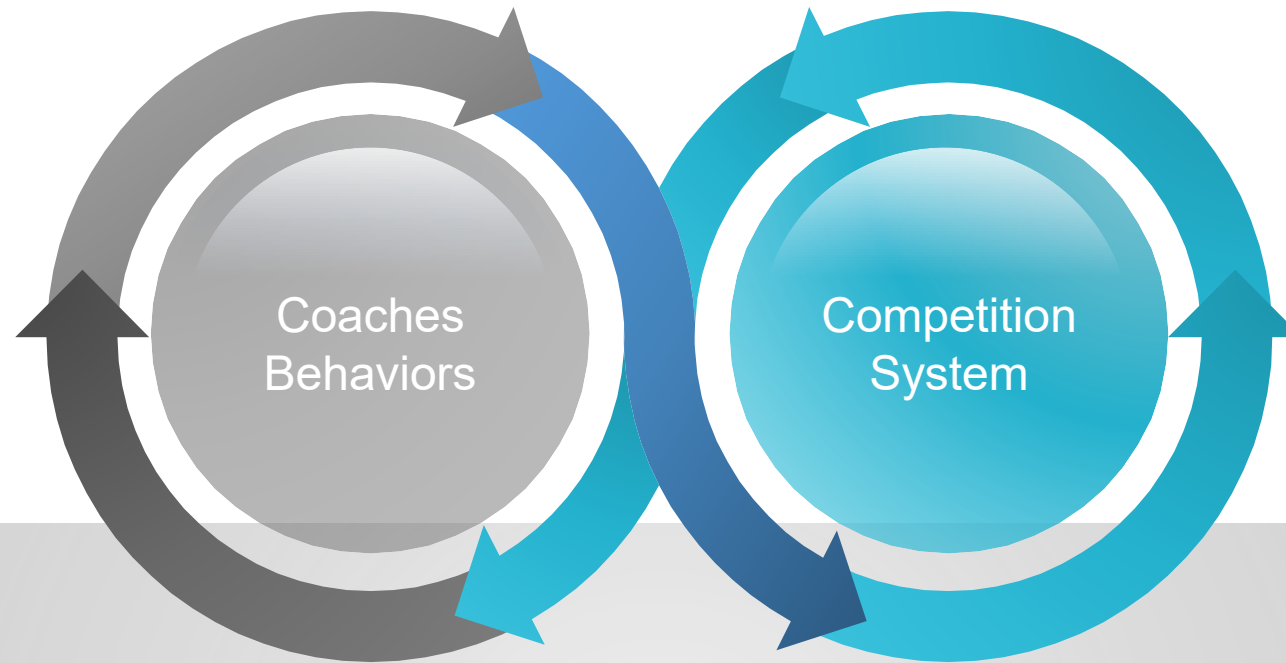
2190

Why?

Sometimes we have all the
resources but...

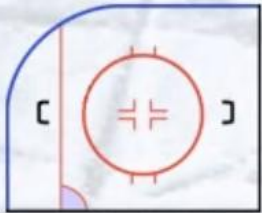


We simply make bad decisions



Coaches will coach to the competition system

Nya Spelytor - Beskrivning



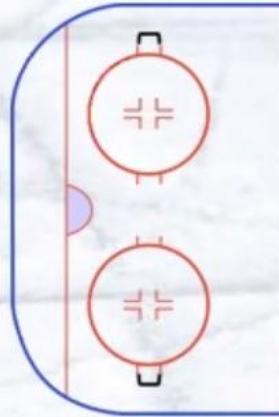
1/6

(15 x 20 m)



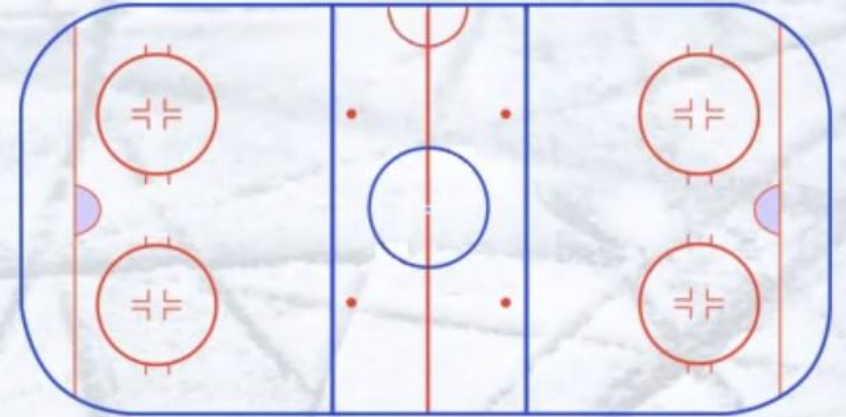
1/4

(15 x 30 m)



1/3

(20 x 30 m)



Helplan

(30 x 60 m)



TKH Spel

U-9



U-10

U-11

3v3



U-12

(U-13, U-14)



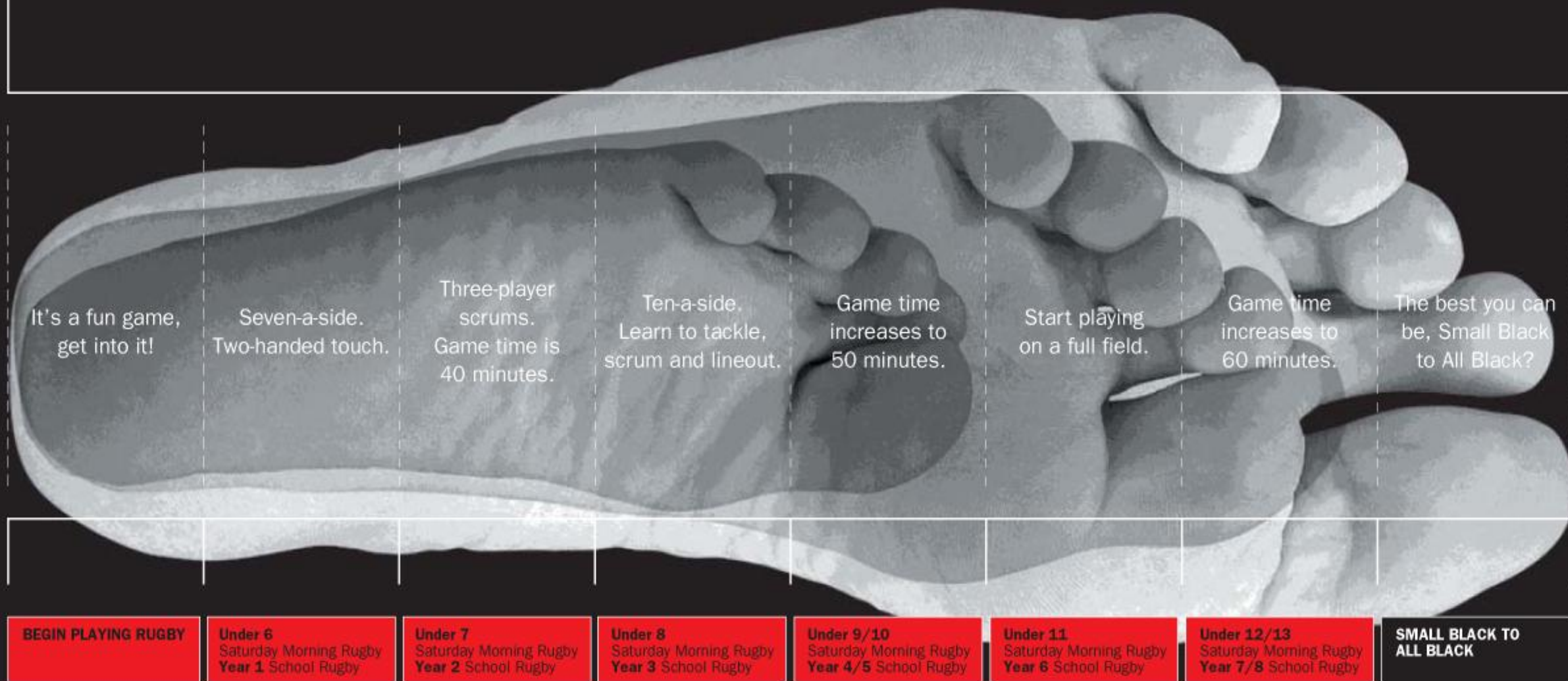
U-13

U-14

5v5



Small Black to All Black : as you grow your skills grow



**Who
we are
is why
we win!**

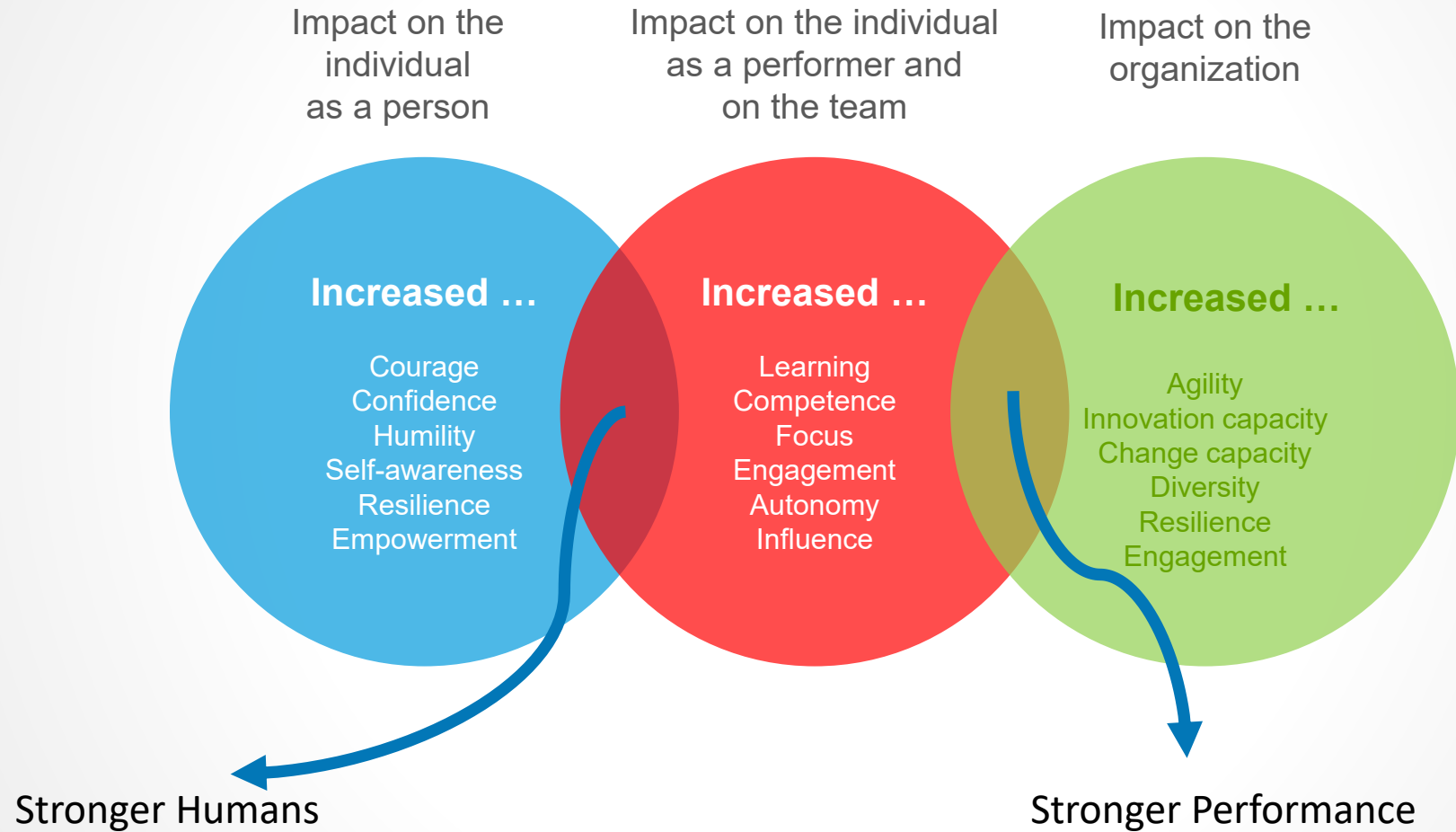
Key guiding
principles



KM
0



Benefits of a curious culture



under 12/13 – saturday morning rugby

year 7/8 – school rugby

FIELD SIZE



15s must be full field.

NUMBERS PER TEAM



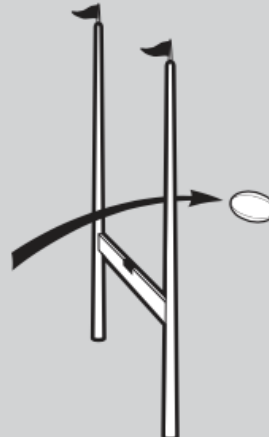
Numbers are maximums. Games must proceed with even team numbers. Balance player numbers and ability where possible.

TRY



Score blowouts have a detrimental effect on both teams. If blowouts are occurring (i.e. 30+ at halftime), mix and match players to gain even contest. Try = 5pts.

CONVERSION



Conversions not to be taken further out than the 15m line. In tournament games conversions to be taken from the point perpendicular to the point where try is scored. Conversions = 2pts.

BALL SIZE



Balls will be colour coded for each size. Most manufacturers' size 4 balls = green.

GAME LENGTH



2 x 30 minutes maximum.

SKILLS REQUIRED AT THIS LEVEL:

- ☐ Off ground pass
- ☐ Dive pass
- ☐ Falling on ball
- ☐ Catching high ball
- ☐ Drop kick
- ☐ Grubber kick
- ☐ Front-on tackle
- ☐ Running in support
- ☐ Getting up
- ☐ Contact

COACHING:

- ☐ Everything

TACKLE



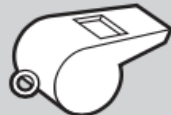
Tackles must be below the nipple.

SUBS: ROLLING



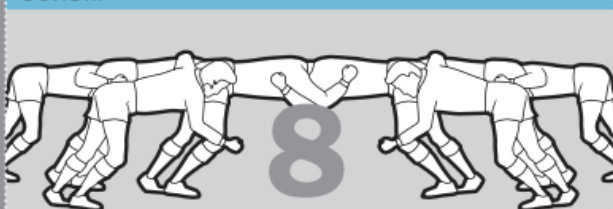
All players must play at least half a game.

ASSOCIATE REFEREE



If no associate referee, no tackling and no contested scrums.

SCRUM



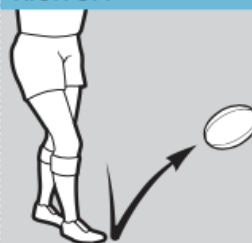
Contest and pushing only at U12/Y7 and U13/Y8. The push is limited to half a metre maximum. Safety is paramount.

LINEOUT



Lineouts can be contested. There is to be no lineout lifting at any level.

KICK-OFF



Normal.

PENALTY



Normal.

KICKING



Yes.

Learn to Train – U10-U11

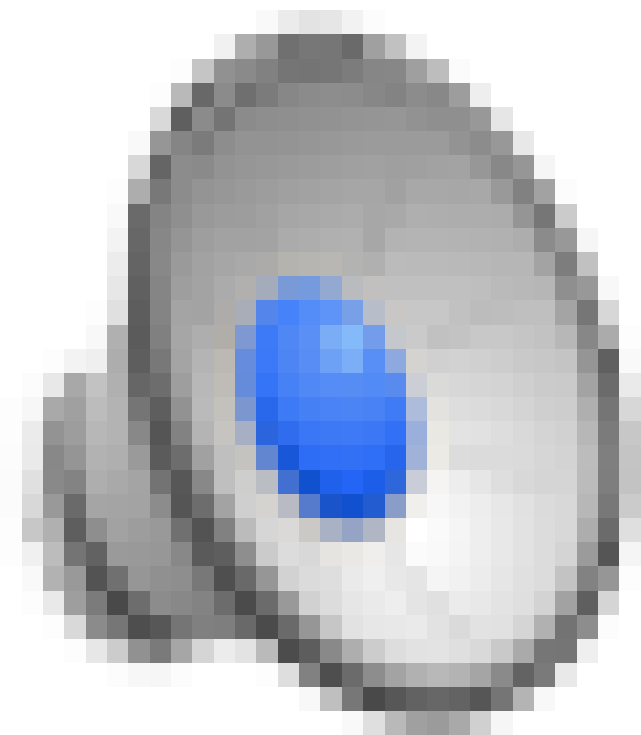
Objective: Learn a wide range of foundation skills.

Tip: Ensure environment promotes and supports fun and friendship. Take into account individuals' variations in physical, psychological, cognitive, emotional, and moral development. Introduce ancillary capacities: warm up/cool down, nutrition, hydration, and recovery including sleep and mental preparation such as anxiety control.

Examples: [Grassroots Practices for Learn to Train](#)

Age Group	U10-U11
Game Format	7v7 (including GK)
Coaching Qualifications	Learn to Train + MED + RiS + Making Headway
Maximum Game Duration	50 min
Maximum Game Time per Player per Day	Max 80 minutes
Minimum rest time between games	Duration of one (1) game
Maximum Goal Size	6ft (1.83m) x 16ft (4.88m)
Field Size	Width: 30-36m Length: 40-55m
Ball size	4 (or 5 light*)
Number of memorable events	2 (1 within Ontario + 1 within North America)
Referee/Game Leader	Referee
Restarts from Sidelines	Pass in or dribble in
Offside	No
Retreat Line	1/3
Substitutions	Unlimited (any stoppage)
Season Length	10- 22 weeks
Team Travel Time	60 minutes each way
Playing Time	Fair time in all positions
Player to coach ratio	Ideal: 10:1 / Maximum: 12:1
Training to game ratio	2:1 to 3:1
Structured Training Duration	60 – 75 minutes
Game Day Roster Size (Game day only)	Ideal 10 / Max 12
Game Day Format	Festival Format
Number of game days per week	1

**Why meaningful
competition needs your
attention**



The Concept of Meaningful Competition

- The competition supports athlete learning
- The competition reinforces confidence
- The athlete remains engaged throughout the competition, trying to achieve specific goals
- The competition is relatively “close” such that the athlete believes they have a chance for success

Define The Focus: Ball/Racquet or Opponent ?



Appropriate Scoring System ?



GAME CLOCK SHUTS OFF

①



1ST DEAD BALL UNDER 4 MINUTES

②

**LEADING
TEAM'S
SCORE**

+8

=

TARGET SCORE

81

③

1ST TEAM TO

TARGET SCORE



WINS



Mulligan



Integration with Coaching

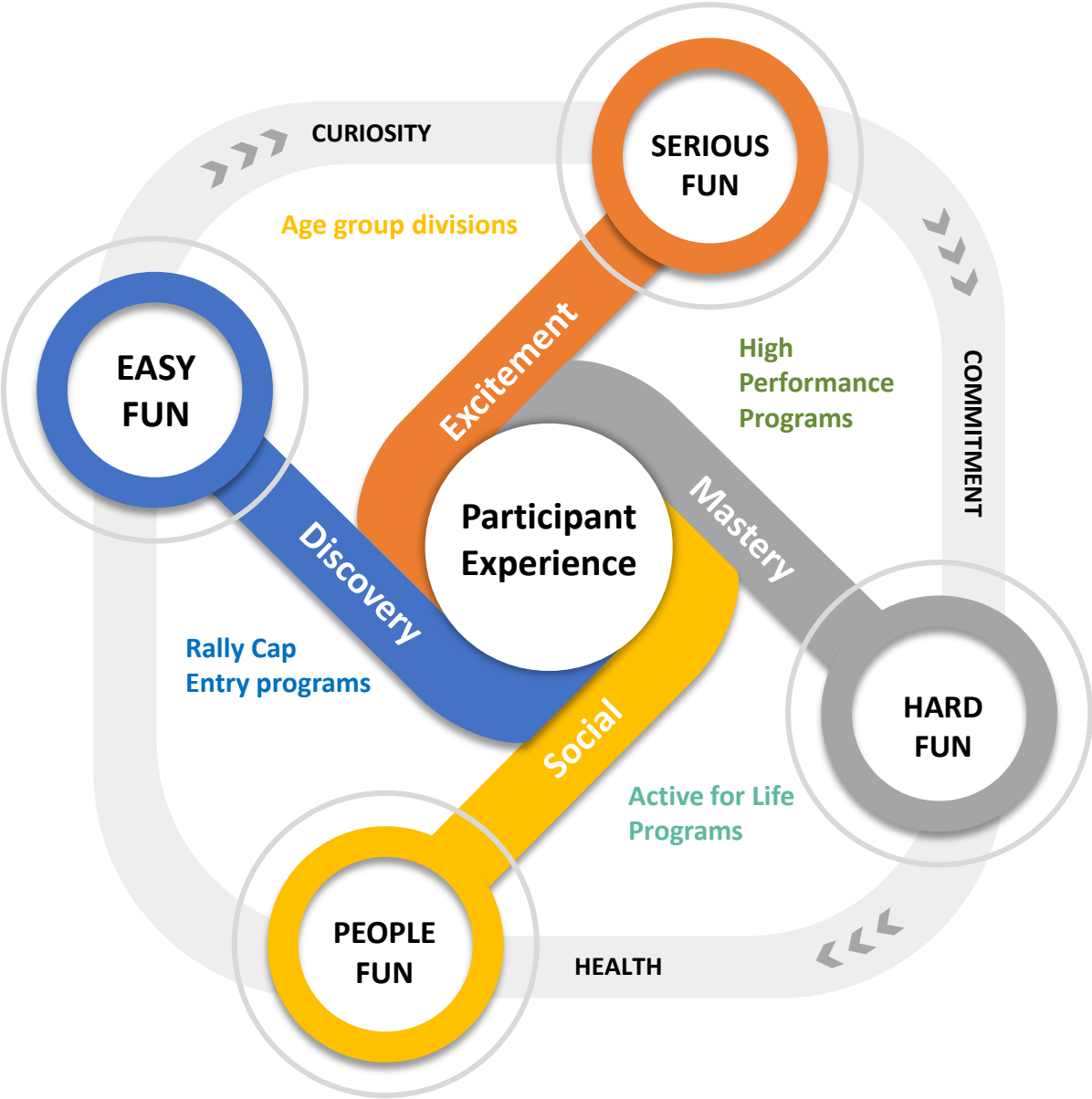


Influence Mapping



- Who influences coaches?
- What motivates coaches?
- How can we act on these levers?

Baseball Canada Fun Map



Final Thoughts



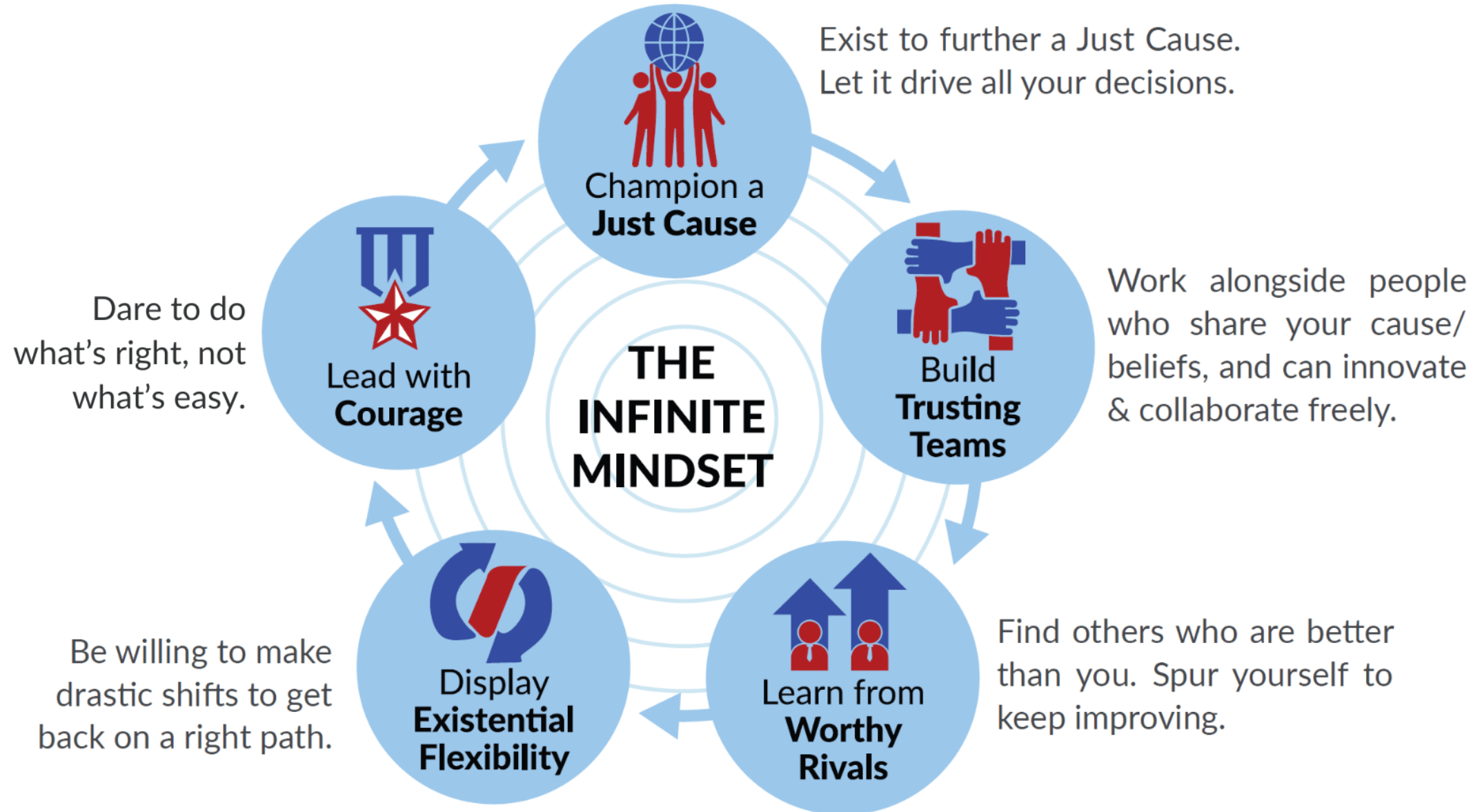
INFINITE
GAMES



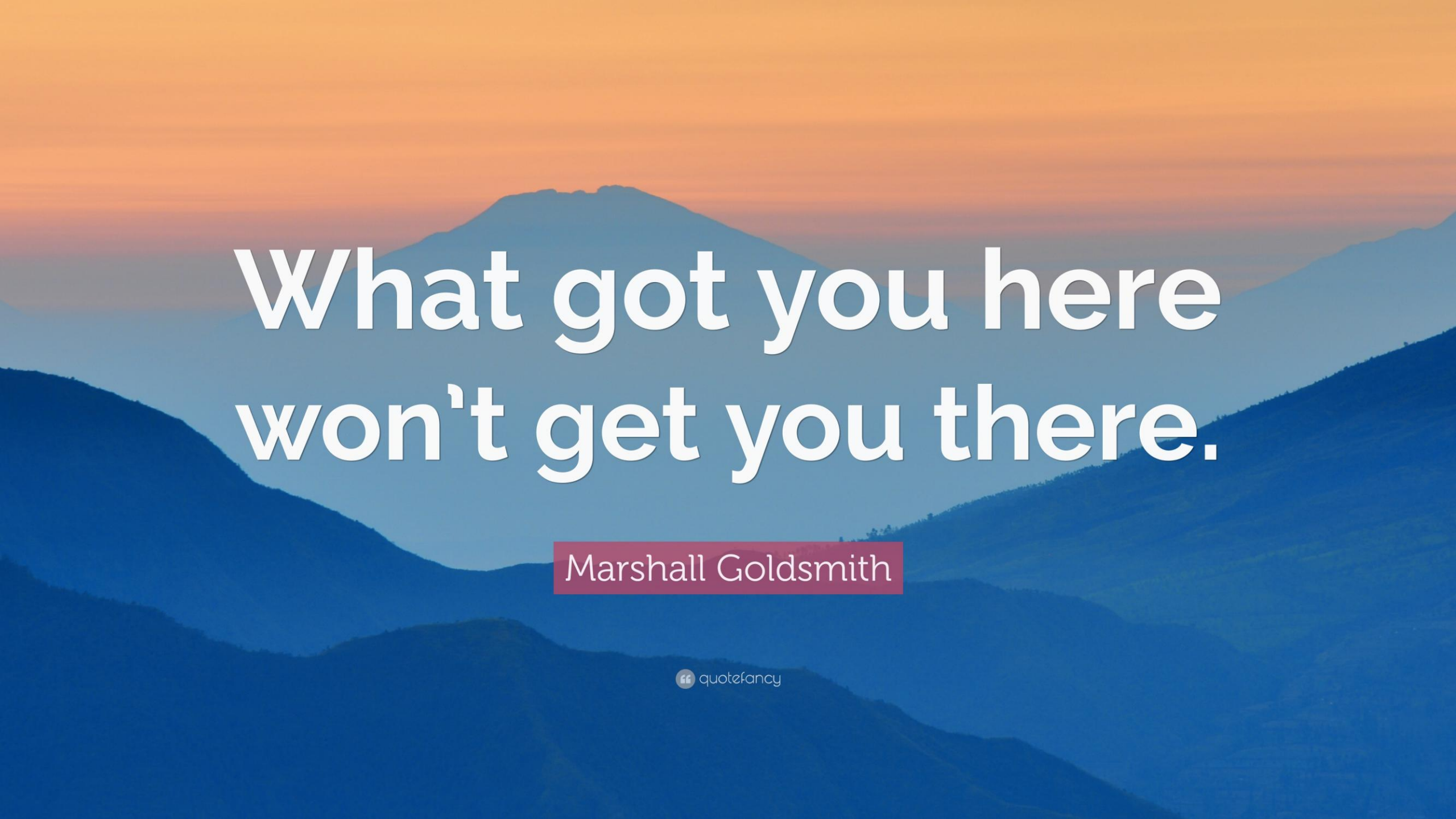
FINITE
GAMES



Infinite Mindset: 5 Essential Practices



**THE LIGHT AT THE END
OF THE TUNNEL
IS A TRAIN**



What got you here
won't get you there.

Marshall Goldsmith



TAKK !

Oslo, November 2025

