

Teamwork and Collaboration in Rugby 7s



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Teamwork and Collaboration in Rugby 7s

Uniting players for success

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What is rugby 7s

Originated in Scotland in 1883 (Melrose). Became an Olympic sport in Rio 2016.

A form of rugby that has 7 players per team and 5 substitutes, each half is 7 minutes long with a 2 minute break, Played on a standard size field (100M x 70M).

Usually played over 2 days of competition, 2/3 games per day.

Fast paced, dynamic collision sport. 2-3km, 2-450hsm/game

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‘Collaborative effort of a group to achieve a common goal’

11 members of staff

Squads - Men’s, women’s and Juniors

Tournaments - eligibility varies according to competition

Everyone has a role to play and a voice

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Asian games medals - Men won Gold, Women won Bronze

Collective effort - team Identity, all on same page

Shared goals - Asian Games 2022(3) - Two medals

Preparation - Theming the campaign

Role of analysis - Whole squad - passport/non passport

Training camps - China/Canada/Algarve

Competition - Challenger Series, ASS,

Coaching roles/Methods

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Team Identity - All In



Team first
Resilient
Ruthless
Competitive
Enjoyment



Campaign Theme

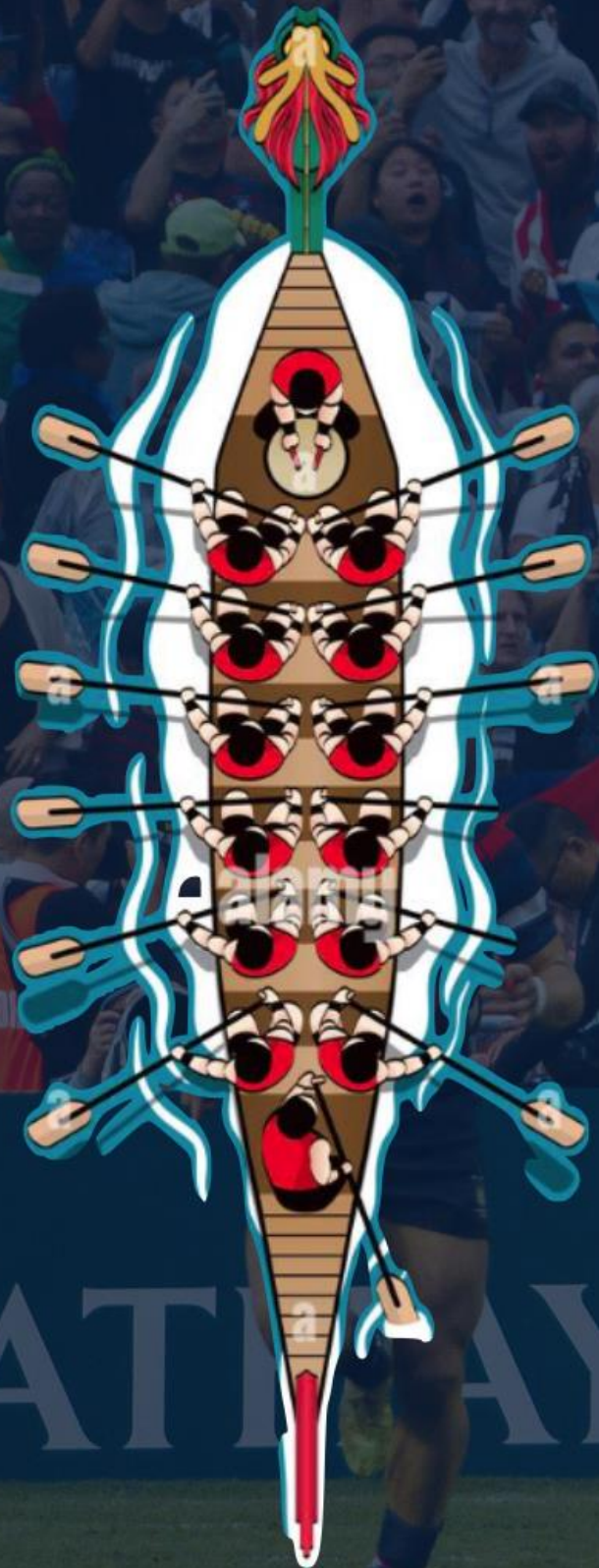
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THE WAY OF THE WATER

WATER CAN TAKE MANY FORMS. IT CAN BE FAST MOVING AND DESTRUCTIVE, IT CAN BE CALM AND CREATIVE. WATER CAN FIND A WAY THROUGH ANY OBSTACLE.



WIN QUALITY BALL

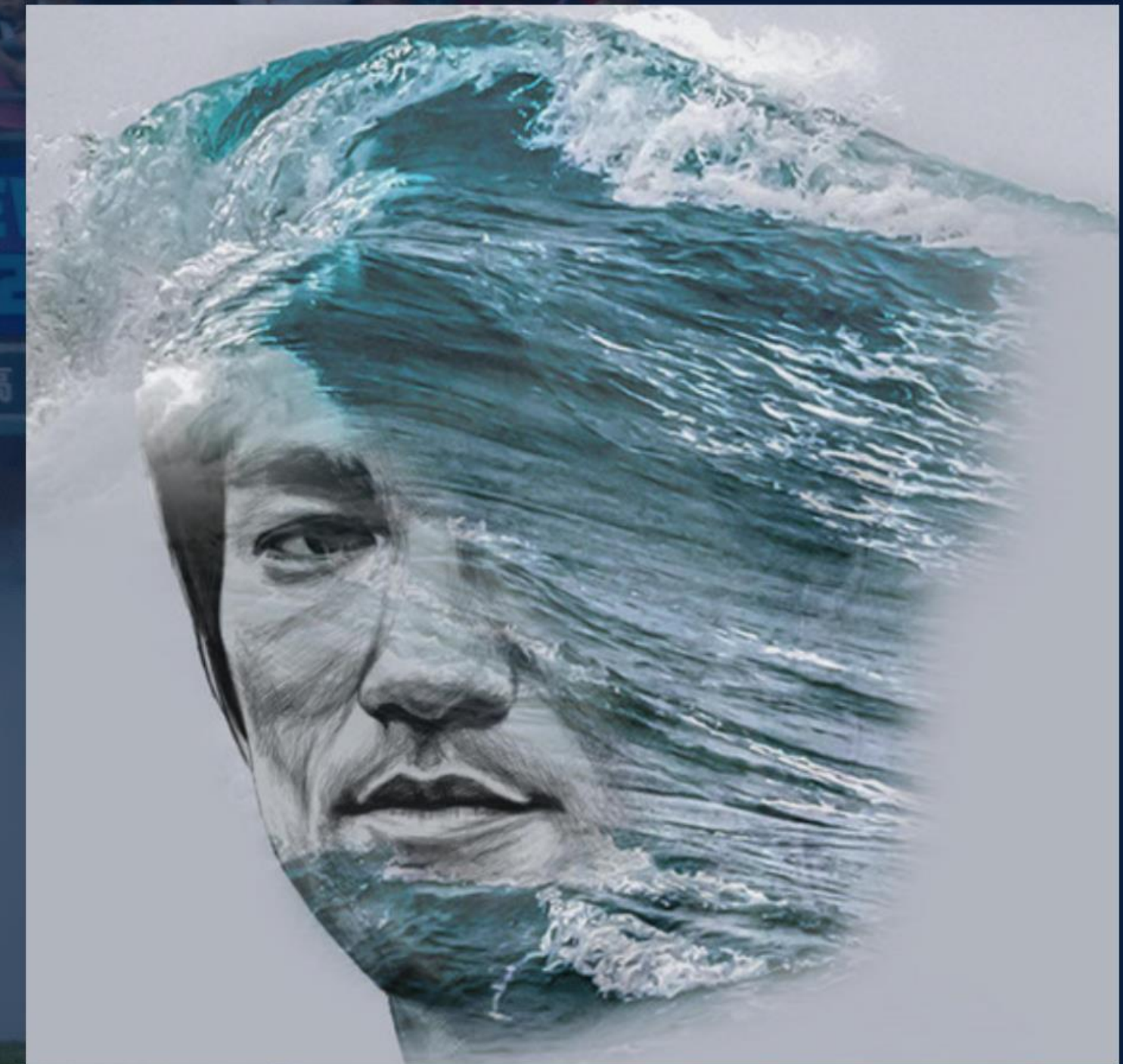
ATTACK THE ATTACK

TOUGH IN CONTACT

THRIVE IN TRANSITIONS

GO FORWARD AT SPEED

WORK HARD & WORK SMART



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Tournament Focus points



FAST DRAGONS



**WIN
QUALITY
BALL**

**Contestable kicks
Crumbs 90/45**

**ATTACK
THE
ATTACK**

**Align inside shoulder
Tackle effectiveness**

**GO
FORWARD
AT SPEED**

**Pass, follow, quick 3s
Create numbers**

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Key elements of teamwork in rugby 7s

Roles within the Team

Overview of key positions (e.g., forwards, backs)

Responsibilities of each role

How collaboration among different positions is crucial

Communication is vital - on and off the field

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Challenges to Teamwork

Common Issues:

Individualism vs. team goals

Miscommunication

Solutions:

Regular team-building activities - down time

Open feedback culture

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Strategies to improve Collaboration

Regular training sessions

Off field activities - school visits, activities in the community

Feedback and Reflection - Coaches to coaches, players, clubs

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Coaching both men and Women



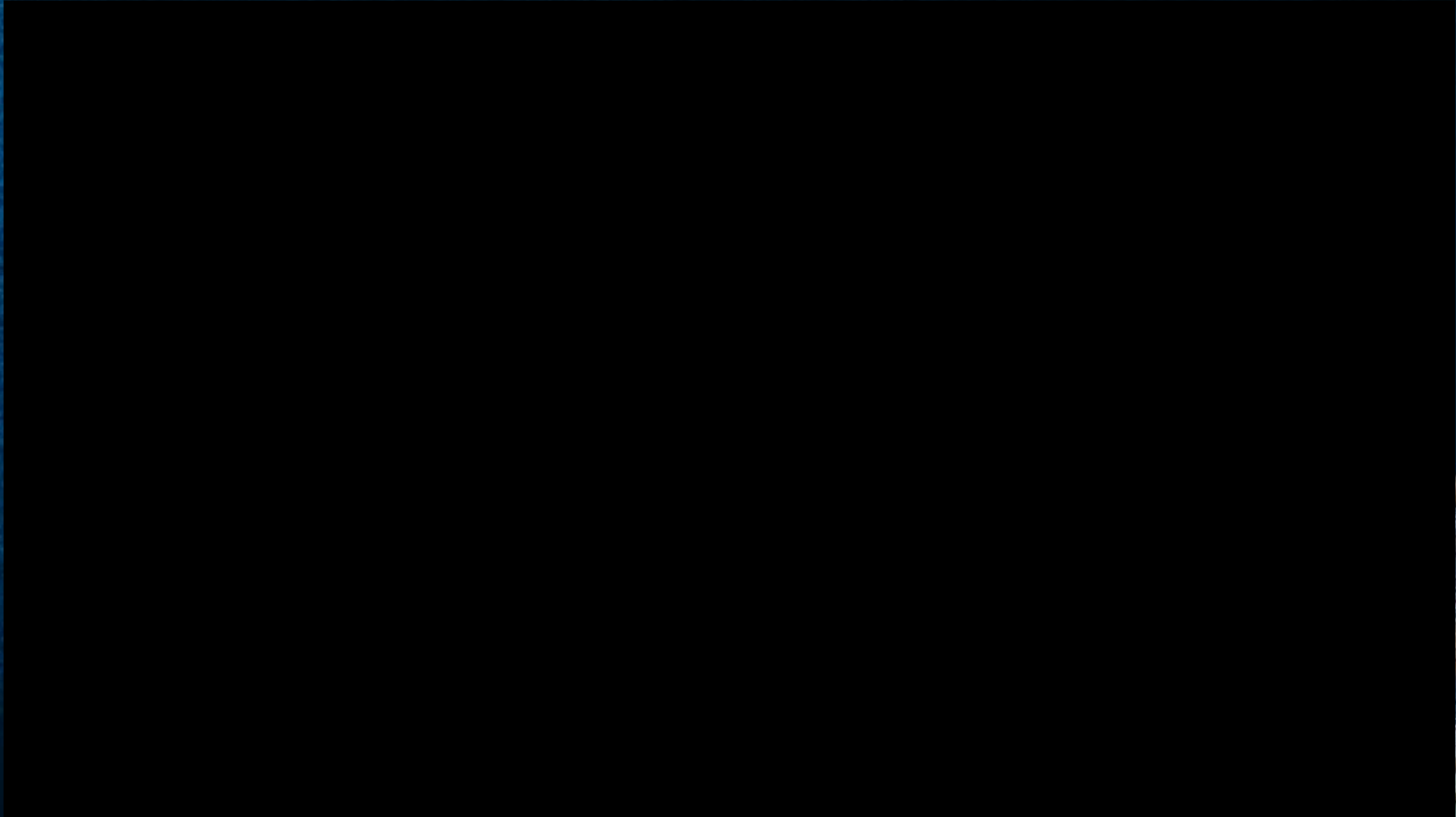
“
Men need to play well to feel good.
Whereas women need to feel good to play well.
”

Wayne Smith



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Conclusion

Teamwork and collaboration are essential in Rugby 7s
Effective communication and understanding roles enhance performance
Building a strong team culture leads to success on and off the field

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Questions ?



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IDENTITY

TEAM FIRST

RUTHLESS

RESILIENT

COMPETITIVE

ENJOYMENT



ATHLETIC