

Welcome to Cork Constitution F.C. Youth Rugby

Cork Constitution Youth Rugby builds on the core skills learned at Mini Rugby, while introducing young players to the 15-a -side game on a full-size pitch for the first time.

As the second phase of our *teamforlife* philosophy, Youth rugby is the evolutionary pathway linking the exciting Mini's environment to our successful Adult squads.

Mini's; U7-U12

Youths; U13, U14, U16 & U18.5

Adults; ages 19 and beyond

Youth players, while starting to discover their preferred positions, are encouraged by our dedicated, selfless and exemplary coaches, to cover multiple roles. We play open rugby with passing & movement, in youths rugby we continue focus on skills (Passing, Tackling-defence, Ball Carry & Evasion & the breakdown) all the while learning about set-pieces and positional play.

Physical literacy and social peer groups are vitally important during teenage years, and rugby at Cork Con is an ideal, safe, structured and inclusive environment, for teens and pre-adults, of all shapes and sizes, to form friendships, build fitness & resilience and continue to develop their identity.

As young athletes develop and grow at differing rates, we consciously do not stream teams in situations where numbers support multiple squads. This approach ensures players of all abilities get meaningful game time in order to enhance their skills and confidence.

Our Youth players, in addition to competing in the South Munster and Pan-Munster competitions, have also taken to the field in the colours of Cork and Munster representative teams at U16, U17 and U18.5 age grades.

Through positive relationships we have fostered, our players have also participated in, and hosted games with club's throughout the country, as well as internationally.

These opportunities and events are a fantastic showcase of the values we instil in the players, where respect, integrity, inclusivity, fun and excellence are to the fore in the Spirit of Rugby.

It is never too late for a youth player to start playing rugby. It's a great outlet as they progress through second level school & beyond. Time in school & college passes but the rugby club has been a constant for over 130 years.

Rugby is a sport we get huge enjoyment from and we want the next generation to feel the same.

Rugby at Cork Con Youths-your position on the team is waiting for you, come and fulfil your potential!

Owen Drummond & Paul Gallagher

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