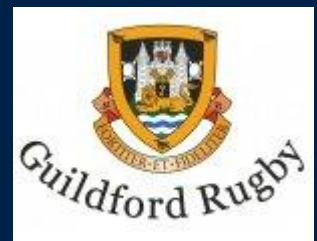


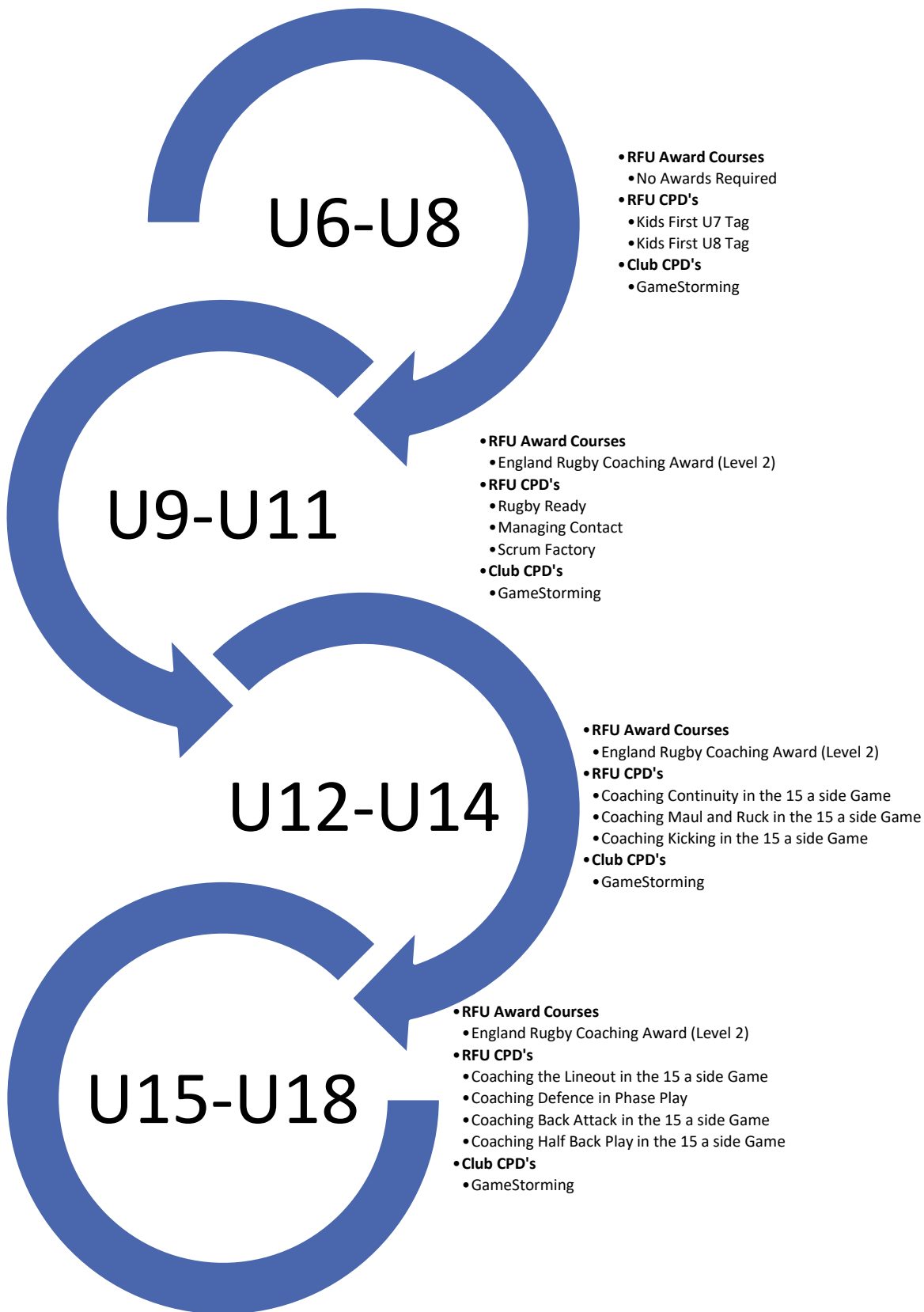
Coach Development Plan



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Guildford Rugby Club
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Introduction

Welcome to the Guildford RFC Coach Development Plan. Here at GRFC, we recognize that starting your coaching journey can be daunting. This needn't be the case as there is a wealth of knowledge both at the club and RFU that you can call on.

As Club Coach Co-Ordinator, I have gone through the array of courses on offer and created a training path that requires minimal additional hours as well as maintains a high coaching standard at the club. I ask that you spend the time to read the course descriptions and try to attend courses that I recommend your age band.

As a club, we demand that Coaches need to always act as good role models and good citizens who uphold the 5 core values of rugby;

- Teamwork
- Respect
- Enjoyment
- Sportsmanship
- Discipline

By following this training plan and taking the content on board you will be well on your way to becoming a fantastic rugby coach.

Kind Regards,

Matthew Trott

(Club Coach Co-Ordinator)

RFU Award Courses

England Rugby Coaching Award (Level 2)

Cost: £150

Duration: 3 days

Min. Age: 16

Pre-Requisites: Headcase online Concussion Module

This course is an entry point for coaches working with players of U9 and above, it is tailored to the needs of the players you are coaching. It provides coaches with the knowledge, skills and attributes to effectively coach young players and adults and is an Accredited UKCC Level 2 qualification. Attendees must have completed the RFU online Headcase module prior to attending the course.

RFU CPD's

Old Mutual Wealth Kids First U7 Tag

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

The U7 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will explore the U7 Tag Rugby rules and the core skills needed to play Tag Rugby

Old Mutual Wealth Kids First U8 Tag

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

The U8 workshop will help coaches to understand the Kids First philosophy and how to develop players movement skills, coach through adaptive games, game management and refereeing. It will explore the changes to Tag Rugby rules at U8 and the core skills needed to play Tag Rugby

Rugby Ready

Cost: £15

Duration: 3 hours

Min. Age: 14

Pre-Requisites: None

The Rugby Ready course is targeted at coaches and match officials and provides information on the importance of sufficient and appropriate preparation for training and playing while reducing the risk of serious injury.

Managing Contact

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

Using intelligence from the RFU Injury survey to identify risk areas of the game, Managing Contact is a practical course supported by online footage which looks at how techniques from other sports such as Grappling and Judo to help coaches develop players who are physically prepared and have safe and effective skills in the contact area.

Scrum Factory

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

The Scrum Factory aims to increase the number of players able to play in the scrum, particularly the front row. The course is designed to help coaches, match officials and players to understand individual and collective techniques, as well as position specific conditioning. Meaningful sessions can be delivered regardless of numbers attending training and with minimal equipment and expense to the club or school.

Coaching Continuity in the 15 a side Game

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

This course focuses on the manipulation of a defense by the ball carrier and support. As the primary threat to a defensive line, the ball carrier can disrupt the line

shape and present opportunities to evade tackles, while maintaining forward movement.

Coaching Maul and Ruck in the 15 a side Game

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

This module focuses on players' lack of game understanding at the breakdown, partly due to expectations embedded by the traditional drill format. The drill is an excellent tool for developing technique in isolation but of little value for game understanding.

Coaching Kicking in the 15 a side Game

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

Traditionally, the coach tells the players when to kick and the player kicks. However, will this impact on the player's decision-making skills? By working in a game format, the players have multiple opportunities to explore tactically and technically through discovery learning. Kicking lends itself to varied game-related activities that are both enjoyable and educational, some of which are covered during the kicking module.

Coaching the Lineout in the 15 a side Game

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

The lineout module explores, through a game-sense approach, innovative and active practices maximizing player involvement. Coaches must monitor fatigue as this approach may mean far more jumping and lifting than in a match, and safety is always of paramount importance.

Coaching Defense in Phase Play

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

The target audience for the Defense in Phase Play course is under-16 age group and above. Younger players should focus on tackle technique and scoring tries. The course is based on a set of philosophies and is not a system. If players lack tackle skills, a defense system may have limited success.

Coaching Back Attack in the 15 a side Game

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

The strategy and tactics of the backs should reflect the skills of your players. The most important area may be how space is attacked. The ability to manage the space in front and between the teams is vital. Players should understand that pressure cannot be applied to the opposition unless they put themselves under pressure. This module helps coaches condition sessions to develop decision making in the face of varying scenarios.

Coaching Half Back Play in the 15 a side Game

Cost: £15

Duration: 2.5 hours

Min. Age: 14

Pre-Requisites: None

Development of Technical and Tactical Understanding in Half Backs is essential for a team to achieve its potential. This course helps coaches understand how to help players apply some principles in the game, by creating realistic practices.

Club CPD's

Gamestorming

Cost: FREE

Duration: 2 hours

Min. Age: 14

Pre-Requisites: None

Gamestorming has been created to improve the standard of coaching across the club, highlighting the importance of constraint-based game coaching to facilitate player learning and engagement. This informal course aims to provide opportunities for coaches to apply key principles in creating decision rich game activities. It will also enable coaches to acquire additional game-based practices that can be directly utilized in sessions.

There will also be an element of practical delivery, so if you could come prepared to coach and take part in some light activity, then that will also add to the value