



# **Market Rasen & Louth Rugby Union Football Club Ltd**

(Affiliated to RFU Notts Lincs & Derby RFU)

**Clubhouse & Ground:** Willingham Road, Market Rasen, Lincolnshire, LN8 3RE. Tel: 01673 843162

**[www.rasenrugby.com](http://www.rasenrugby.com)**



## **COACHING WITH US**

Have you ever considered becoming a coach in rugby union but been sure how to go about it? This explains the pathway to becoming a coach at Market Rasen & Louth RUFC, the processes and who to contact.

### **Why Coach**

With over 40 qualified coaches and numerous “assistants” many have discovered the joys of coaching rugby at Market Rasen & Louth RUFC. From the age of 6 the playing and learning experience has been contributed to and enhanced by enthusiastic coaches who are generous with their time and do their utmost to impart their rugby and sporting knowledge to develop players equipped to enjoy the sport at all levels of ability and age.

We are always interested to hear from existing and budding coaches for all our sections. Currently the majority of coaches are involved with the Junior/Mini section and, let’s be frank, most get involved as a result of their offspring though this is not always the case.

### **Who can Coach?**

Quite literally anyone. Adult or youth, male or female. You could be a parent, enthusiastic supporter, part of the coaching team or not currently associated with the club

If you are interested in becoming involved but have no specific squad in mind please contact our Club Coach Co-ordinator - details can be found on the club’s website – [www.rasenrugby.com](http://www.rasenrugby.com) or you can email [info@rasenrugby.com](mailto:info@rasenrugby.com).

If you are interested in becoming involved with a particular squad then speak to the head coach of that group. If everyone feels it is appropriate he/she can start the process for you alongside our Club Coach Co-ordinator.

### **How to become a MR&L RUFC coach**

- 1) Contact your squad head coach or speak with our Club Coach Co-ordinator (contact information on club website)
- 2) Discuss what level of coaching is appropriate and what, if any, course/s would be most suitable
- 3) Complete a CRB check by contacting the club’s Child Welfare Officer (contact information on club website)
- 4) Complete and return the Coach/Referee Membership Application Form
- 5) Now coach, coach, coach!!!!

### **The Coaching Pathway**

In line with our policies and our “Seal of Approval” accredited status we encourage all coaches to hold a Rugby Football Union recognised qualification. To that extent most coach development is funded in one way or other via the club. In addition those involved or likely to be involved with our junior section will be asked to complete a CRB check.

Courses available from the RFU range from TAG for those teaching our youngest members through to Level 5 for serious national and international coaches. In reality we are only considering up to Level 2 and in very rare circumstances Level 3.

A whole wealth of information on coaching is available on the RFU Community Rugby Coaching site at <http://www.rfu.com/TakingPart/Coach.aspx>

## Rugby Ready

a must for any budding coach and deals with safety aspects involved with coaching

## TAG

for coaches of U7s, U8s and primary school children. An essential short course introduction to coaching TAG rugby

### Level 1

The course operates either as a two day course or an induction evening followed by two days. The course is primarily practical based, and you will be given several opportunities to coach and develop your coaching throughout the course.

On successful completion of the L1CCRU, you should be able to:

- demonstrate an ability to safely organise and supervise rugby union activities, including small and conditioned games
- promote and establish working relationships and high standards of behaviour with players, coaches, parents and officials in the overall development of rugby union
- demonstrate an understanding of:
  - generic coaching skills
  - rugby specific coaching skills, including handling, tackling, contact & continuity, 5 'man-scrum,' and line-out throwing & support techniques.
  - coach and player development
  - good practice in club management and coaching
  - health and safety
  - basic laws of the game of rugby union
- demonstrate an ability to identify and adapt rugby union activities and sessions for a variety of different age groups

### Level 2

The course operates as a four day course. The course is primarily practical based, and you will be given several opportunities to coach and develop your coaching throughout the course. There are also home study tasks including the planning, delivery and review of coaching sessions.

On successful completion of the L2CCRU, candidates should be able to:

- develop an appreciation of the ethical coaching process, the needs of the player and related issues in sports science
- plan, conduct and evaluate a series of rugby union coaching sessions in a systematic and progressive manner
- coach the basic skills and techniques of rugby union including, the scrummage, line-out, back-play, defence, continuity & counter-attack.
- promote and establish positive working relationships and high standards of behaviour with – and among – players, other coaches, parents and officials
- ensure the health and safety of players and others within the coaching environment and be able to respond to accidents and emergencies
- develop greater responsibility for their own learning and development
- promote the sport of rugby union in a positive and constructive manner
- demonstrate an understanding of the principles of attack and defence through the use of practices and small-sided games

### Level 3

The course consists of 5 modules, 3 of which are delivered face-face, and two as home study. The course lasts between 9 months and a year. The course is a mixture of practical and classroom based activities.

On successful completion of the L3CCRU, candidates should be able to:

- Analyse participants' current and potential performance needs and aspirations,
- Plan a coaching programme according to agreed goals
- Manage a safe and effective coaching environment
- Deliver a coaching programme using a range of coaching styles and interventions to meet participants' needs
- Monitor and evaluate the effectiveness of coaching programmes to modify future plans and meet participants' needs
- Manage and develop personal coaching practice
- Coach techniques & tactical concepts of rugby union
- Demonstrate an understanding of the units & sub-units and their contribution to team play and the principles of rugby union
- demonstrate an understanding of the principles of attack and defence

## **Coach Licence Pilot Scheme and Ongoing Development**

From January 2009 the RFU are conducting a pilot scheme in the Midlands region (that includes us) to introduce Coach Licensing as a form of tracking and developing coaches on an ongoing basis and will need to be validated every 3 years. This will be the first of its type in the UK and spearheads the Government's vision of better quality coaching for sport with a sport-wide implementation by 2016. This will ensure we have better educated and equipped coaches full of confidence to develop players of the future.

At MR&L RUFC this means that new coaches from January 6<sup>th</sup> 2009 will automatically apply for a licence upon application for a course but once the initial administration of applying for the license for existing coaches is completed the benefit to us as coaches is a full programme of continuing development (CPD) on useful topics such as "How to coach children", "Ruck and Maul" and "Lineouts" which will be delivered locally on an ongoing basis. For the first time we will have local access to short courses to help improve our skills at a level we are happy with rather than the structure of level 2 and levels 3, 4 and 5 for the more adventurous.

A minimum of 3 short courses is envisaged as a requirement to validate the licence over a 3 year period.