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Club Coach Coordinator Newsletter

Dear Club Coach Coordinator

Welcome to issue 13 of the CCC Newsletter from everyone in the Coaching & Player Development Department.

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The RWC 2011 has made a big splash on many fronts! The so called 'smaller nations' competed admirably and through a mixture of innovative coaching, attacking mindsets, mastery of individual skills and a positive approach both on and off the pitch they have closed the gap and in doing so already started to whet the appetite for RWC 2015.

In this edition

We take a closer look at 'Shaping the Game' pilot in particular the initial research findings from the University of Exeter.

As we approach 2012 and the national roll out of the voluntary coach licence scheme we look at how coaches can apply for a licence and the benefits to them and the club.

You will also find details of how you can arrange to have a CPD / Foundation Course at your club.

I would also like to draw your attention to changes in the Level 1 and 2 Award Course programmes that will be coming in 2012.

Best practice

If you have examples from your club about how you have retained and developed coaches, recruited, retained and enthused young people, please feel free to send in your own experiences to me.

Question Time

And finally – your feedback is requested.

1. What are the top 3 barriers stopping coaches attending CPD or award courses

Please send to adelesteer@rfu.com

From everyone in the Coach and Player Development Department -
Happy Christmas!

John Lawn
Coach Development Manager

RFU Coach Licence Scheme

The RFU Coach Licensing scheme has been running successfully as a pilot in the East Midlands and Southern region. The decision to roll out the voluntary scheme nationally was taken by the RFU Coaching Sub-Committee following positive feedback from the two pilot regions and the scheme will go live on the 31st January 2012. Existing coaches will be invited to apply and will be awarded a licence if they have a valid, current CRB disclosure number and are in receipt of the RFU / UKCC Level 1, 2 or 3 Award in Coaching Rugby Union and they agree to abide by the terms and conditions of the licence. New coaches will be automatically granted a licence on successful completion of their first award course, providing they have a CRB disclosure.

The licence will be valid for 3 years. To maintain the licence the coach will be required to attend 3 x RFU accredited CPD courses over that period and/or successfully complete the next level coaching award. We recommend that the coach does a minimum of one course per year.

But what's in it for the coach and the club I hear you ask? Licensed coaches will have free access to the online RFU Coaching Academy. This will allow them access to resources linked to the players they are coaching and the CPD they have attended. With each CPD course attended they will receive greater access to the site. E.g. if a coach attends a scrum factory CPD, the scrum factory portal will be opened up to them, with the latest techniques, coaching tips, and resources. Licensed coaches will also receive a 15% discount at the RFU Shop.

For more information please click here

<http://www.rfu.com/TakingPart/Coach/CoachLicensing.aspx>

Shaping the Game:

Introducing Children to Rugby Union: Retaining Players and Developing Talent

Exeter University have now published their interim report looking into the shaping the game pilot and the impact that the modified rules are having on the players and game at U7 and U9 in the 3 pilot CBs, Durham, Warwickshire, Hampshire. 26 pilot matches and 15 AGR (age grade regulations) matches were filmed and analysed at U7 and 33 pilot matches and 21 AGR matches were filmed at U9

For the full report please click here

<http://www.rfu.com/ManagingRugby/ShapingTheGame.aspx>

Continuous Personal Development (CPD)

What's involved.....most CPD courses last no longer than 3 hours. Courses are a mixture of theory and practical.

Why do them.....they can introduce the coach to new concepts and ideas, they can reinforce what the coach is already doing, helping build confidence, they bring coaches together to share problems and identify solutions.

Where do they run.....each Coach & Player Development Officer (CPDO) in conjunction with the County Coaching Committee will run a 'core' programme of courses throughout the year.

There is however another way..... CPD courses can be run at your club making them both accessible and cost effective. CCCs can arrange courses at their club by contacting their regional CPDO.

How it works – Easy as 1 – 2 - 3

1. Identify the needs of your clubs coaches and players – audit & identify need
2. Speak to CCCs in clubs local to you – compare their coaches needs with yours and agree a programme of events
3. Contact your regional Coach & Player Development Officer – arrange the courses

A full list of all CPD Courses can be found at

<http://www.rfu.com/TakingPart/Coach/CoachDevelopmentProgrammes/ContinuousPersonalDevelopment.aspx>

RFU Level 3

Applications for the 2012 – 2013 Level 3 Coaching Award programme are now open.

The Level 3 Programme in Coaching Rugby Union has been developed in line with UK Coaching Certificate criteria. Applicants for Level 3 coaches should be Head Coach of a team or programme, or age grade representative coach (County/Division or School of Rugby).

The Level 3 course demands very high standards of applicants. In the past, coaches, through no fault of their own, have seen the Level 3 course as a natural progression from the Level 2. However, in order to benefit fully from the course and achieve the qualification, the coach should have a full range of experiences in a wide range of disciplines relating to coaching the game. This can be achieved through a combination of appropriate CPD attendance coupled with well developed reflective skills and the application of learning to practical coaching.

Unlike the Level 1 and 2 qualifications, which are designed to assist the coach to reach the required standard of coaching, the Level 3 is a real test of your ability of a coach and as a manager of playing programmes and personnel. Although there are development opportunities on the course, it is very much an endorsement that coaches are working at Level 3.

For full details of the Level 3 application process and for details of the beyond Level 2 / towards Level 3 courses taking place across the country please click here

<http://www.rfu.com/TakingPart/Coach/~media/Files/2009/Coaching/Level3/RFU%20Advanced%20%20TL3%20Courses%202011%202012.ashx>

RFU Level 1 & 2 Coaching Awards 2012

To ensure that our qualifications reflect the needs of the players and their coaches the RFU Coach & Player Development Department continually monitor and review all courses. Prior to 2004 the RFU Awards were a vehicle to deliver technical and tactical information but failed to provide coaches with the knowledge, skills, capabilities and behaviours necessary to develop players whilst keeping them enthused, engaged and motivated. The link with UKCC seven years ago assisted in improving our courses and aligned technical and tactical knowledge with Coaching Process skills – “How to Coach.”

Following a period of research and development, involving contributions and support from Sports Coach UK and 1st4Sport Qualifications, it has been acknowledged that for the course to be ‘coach centred’ it should be placed in the context of where the coaches deliver. The result of this is the Coaching Children Rugby Union course.

Coaching Children Rugby Union - UKCC Level 1

The next stage on the evolutionary journey has been identified by the emerging Player & Coach Development Models. These clearly recognise the ever changing needs of players as they grow and develop and the specific skills of the coach required to meet those needs. The Level 1 course provides coaches with the knowledge, skills and attributes essential in developing childrens’ social, personal, physical and mental skills in conjunction with the technical and tactical aspects of the game of Rugby Union.

In order to develop confident, competent, decision-making players it is necessary to develop confident, competent, decision-making people. This goes beyond rugby and requires knowledge other than technical and tactical. This course will cover a number of important areas associated with child development, including developing fundamental movement skills and confidence, competence creativity, connection (teamwork), character & caring (the 5Cs) through rugby union.

With this in mind

- From February 1st, the UKCC Level 1 in Coaching Rugby Union will become the **UKCC Level 1 in Coaching Children Rugby Union**
- The course will be for coaches who work with players **up to U12 (Mini / Midi)**
- **Rugby Ready** remains a prerequisite, with attendance at the Tag course recommended
- Typical delivery will consist of **1 full day** (Saturday or Sunday) followed by a period of home study and attendance at an **evening** module approx. 10 days later with the **final day** (Saturday or Sunday) taking place 10 days after the evening module. This format gives coaches the opportunity to reflect on and/or apply their learning at their club or school and complete home study elements of the course.

The RFU Certificate in Coaching Rugby Union - UKCC Level 2

Coaches working in the Youth and Adult game (U13 upwards) will be expected to attend a new qualification; The RFU Coaching Award, which will be Level 2 equivalent. This course, as with the children's course, will reflect the environment the coach practices in i.e. the 15 a side game. Whilst there will still be an emphasis on the knowledge, skills and attributes of the coach and how they utilise both coaching process and session delivery methods, greater attention will be given to the application of the principles of play, the tactical aspects of defence and attack as well as the use of key factors in building and playing from set piece.

With this in mind

- From 1st May 2012 the UKCC Level 2 in Coaching Rugby Union will become the **UKCC Level 2 RFU Certificate in Coaching Rugby Union**
- The course is an entry level course for a coach working in the 15 a side game. Prerequisites agreed by the UK Source Group are:
 - As current process – Level 1 plus appropriate CPD
 - Coaching in the 15 a side game

Or

- Coaching in the 15 a side game
- Attended Scrum Factory
- Attended Rugby Ready
- Attended at least one CPD course at Youth or Adult Level

- At the point of application coaches will be required to confirm that they are coaching the 15 a side game and supply their previous coaching and playing experiences.

Format:

Delivery is on four separate single days, spread over a period of between 8 – 12 weeks, with guided home study and research between days using web based resources. Coaches may be required to apply their research and learning between attendances in the form of one or more coaching sessions.

Application to both courses will automatically register the coaches for a RFU Coaching Licence and open their access to the RFU online coaching academy. The licence will be allocated to coaches on successful completion of their chosen course providing they hold a full and current RFU CRB disclosure and they agree to abide by the terms & conditions of the license. Licenses remain 'live' for 3 years and can be maintained through regular attendance at CPD and or the completion of e-learning modules.

Coaches holding Tackle Shields.....please don't do it

I'm sure we have been here before. Please could I ask that you remind coaches that it is neither good practice nor necessary to hold tackle shields? Already this season a number of children have been injured - some seriously - as a result of coaches getting involved with training sessions using shields. **There is absolutely no need for adults to be holding bags or shields and even less of a need to encourage children to run into them.**

Still not convinced.....answer these questions:

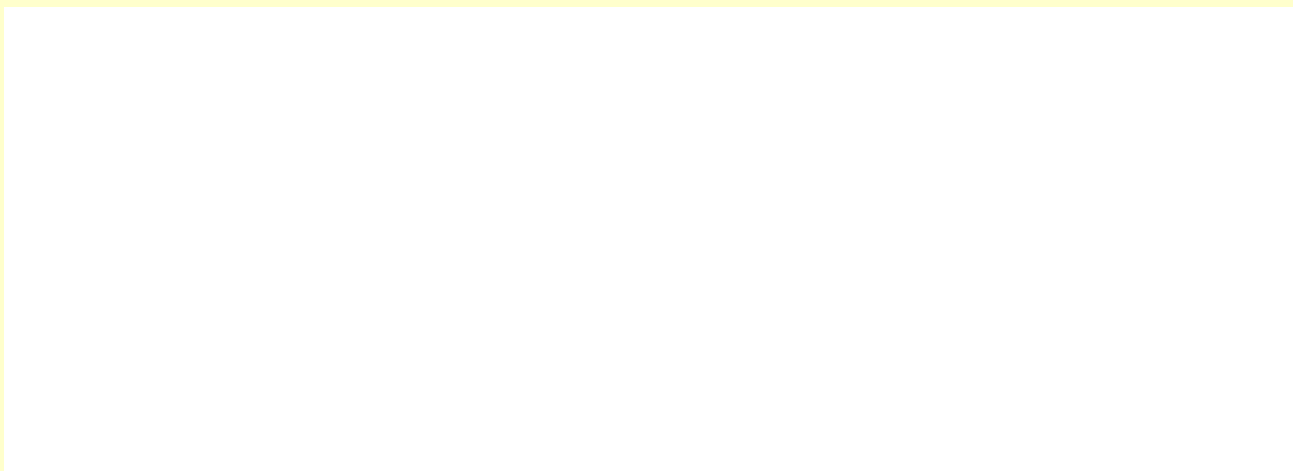
"If we introduce children to Tag Rugby, are we teaching a contact game or an evasion game?"

"And if we teach an evasion game, what will happen when we introduce obstacles?"

"And if those obstacles are shields, what should happen?"

"So, who teaches players to run into obstacles?"

That's right.....COACHES DO



Presidents XV Recognition Awards Supported by QBE are open!

<http://www.rfu.com/ManagingRugby/ClubDevelopment/Volunteers/Recognition/PresidentsXV.aspx>

This season's Presidents XV Recognition Awards supported by QBE, launched on 2 November by RFU President Willie Wildash, saw the introduction of some new look categories, hand-picked by the new President to reflect a focus on growing the game; the Awards headlined with the 'Choose Rugby-Player Recruitment Campaign' category, and introduced a new "Playing Opportunities" category.

As a team game, recognition in rugby should not just focus on individuals but highlight the efforts that clubs go to make our sport the great game that it is. The [President's XV scheme offers 15 categories](#), selected by the RFU President, that clubs and other rugby organisations can nominate themselves for.

All rugby organisations in England are eligible for nomination, as long as their projects have been run in a voluntary capacity within the last 12 months. The winner in each of the 15 award categories receives £500 for their club, with two highly-commended projects in each category receiving £100. This prize money must be reinvested to support community rugby. Winning clubs also benefit from increased media profile through Touchline, RFU.com and Rugby World Magazine.

Nominating a club is easy using the online application form.

The winners, judged by a panel lead by the RFU President, are announced in March, with case studies of all the winning and highly-commended projects in each category published on our website and distributed to the game at the start of the new season.

Closing date for all nominations is 1st February 2012.

IRB Laws of the Game iPhone app proving popular

The IRB's first iPhone app has been well received with approximately 60,000 downloads. You can download direct to your iPhone from the App Store in English, French or Spanish or see it on the iTunes Store [here](#).



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If you would like this role removed, please email: rugbyfirstsupport@therfu.com and it will be removed on your behalf.