

Northumberland Rugby Union Coaching Development

Continuous Professional Development Conference

Sunday 11th April 2010 @ RFU Coaching Centre, Northumbria University, Coach Lane Campus, Coach Lane, NE7 7XA

	<u>Morning (10am – 12pm)</u>	<u>Afternoon (1pm – 3pm)</u>
<u>Theory Based</u>	<p><u>Performance Profiling</u> By the end of this course (two hour indoor workshop) coaches will be aware of the benefits of effective profiling and devise templates to assist accurate information gathering. Profiling helps coaches to understand the player's perceptions of his/her strengths and weaknesses; a properly completed profile can provide a base from which player development plans can be built and reviewed throughout the season or programme. The course is offered to two different coaching populations with the content and approaches appropriate to the level of players being coached.</p>	<p><u>Goal Setting</u> By the end of this course (two hour indoor workshop) the coach should be able to identify a range of factors that motivate individuals through goals. It will help coaches to recognise the importance of Goal Setting in the short, medium and long term and action plan to modify coaching behaviour to facilitate goal setting to motivate both themselves and their players. The course is offered to three different coaching populations with the content and approaches appropriate to the level of players being coached.</p>
	Or	Or
<u>Practical Based</u>	<p><u>Maul & Ruck</u> By the end of this module, coaches will have a better understanding of and the tools to coach continuity of possession in the Maul & Ruck area by appropriate and effective support to utilise the ball carrier's needs and options. The course is offered to three different coaching populations with the content and approaches appropriate to the level of players being coached.</p>	<p><u>The Lineout Game</u> By the end of this module the coaches will be able to plan and implement innovative and action packed line out sessions while maintaining a focus on the specific skills required. The course is offered to three different coaching populations with the content and approaches appropriate to the level of players being coached.</p>

1 module £20. 2 modules £35

Applications on attached form only

Closing Date Friday 26th March 2010

CANDIDATE FORM

PLEASE COMPLETE USING BLOCK CAPITALS

Please indicate which CPD module(s) you will be attending. Maximum of 2.

Performance Profiling	<input type="checkbox"/>	} <div style="border: 1px solid black; padding: 5px;">Morning 10am – 12 noon</div>
or Maul & Ruck	<input type="checkbox"/>	
Goal Setting	<input type="checkbox"/>	} <div style="border: 1px solid black; padding: 5px;">Afternoon 1pm – 3pm</div>
or The Lineout Game	<input type="checkbox"/>	

1 module = £20
2 modules = £35

Cheques should be made payable to "Northumberland Rugby Development"

First name	Last name
D.O.B.	Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>
Student: <input type="checkbox"/>	Teacher: <input type="checkbox"/> (school name) _____
	Club Coach <input type="checkbox"/> (club name) _____

House number	House name
Address	
Town	County
Postcode	
Daytime telephone	
Email address	

Disability Yes No

Return to;

Email: Alanmoses@rfu.com

Post: Alan Moses, Coaching CPD, Druid Park, Woolsington, Newcastle, NE13 8DF.

Closing Date Friday 26th March 2010