



Pro-active player welfare

Our approach with ContactBoks is one of pro-active player welfare, because contact in rugby is safe when injuries are side-stepped.

Online resources

All ContactBoks coaches are required to complete the following online courses through World Rugby Passport to equip themselves:

1. Introduction to Coaching: <http://coaching.worldrugby.org/?module=3>
2. Coaching Children: <http://coaching.worldrugby.org/?module=4>
3. Introduction to Match Officiating: <http://officiating.worldrugby.org/?module=5>
4. Concussion: Recognise and Remove: <http://playerwelfare.worldrugby.org/concussion>

Union policies and procedures

To find out about the policies and procedures in place for player welfare and child protection in your union, please contact the union itself. If no policy is available, a good one can be adopted. The *Child Protection Policies and Procedures Toolkit* by Elanor Jackson and Marie Wernham is a good starting point: <https://www.unicef.org/violencestudy/pdf/CP%20Manual%20-%20Introduction.pdf>

How to coach ContactBoks

Plan and organise

- Make sure that your group organisation and planning will encourage participation and control and make unexpected collisions unlikely.
- Ensure that your infrastructure is safe. Check for dangers and risks on the field and in places like kit and changing rooms.
- Know your emergency plan.
- Decide how much time to spend on each component of the lesson. The entire lesson should be 45 to 60 minutes long.
- Prepare the field. Pack out cones, balls and other tools and mark the size of your playing field.

Maintain the flow

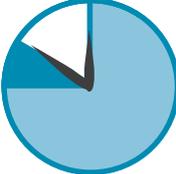


While they play, the coach assesses players' skills and adjusts planning and organisation accordingly.

The coach helps players to improve and correct techniques and skills.

The coach stands back as players spontaneously review what they have learned.

Session breakdown

 <p>Warm-ups + 10 mins</p>	 <p>Technique and skills development + 15 mins</p>	 <p>General game + 20 mins</p>
<p>Outcomes for players:</p> <ul style="list-style-type: none"> • Agility increases. • Core strength improves. • Game-related skills develop. • Injuries are prevented. 	<p>Tasks of the coach:</p> <ul style="list-style-type: none"> • Determine skills level and build on experience. • Encourage well-executed actions. • Get kids to show and help each other as much as possible (they learn well from each other). • Keep players active and disciplined. 	<p>Outcomes for players:</p> <ul style="list-style-type: none"> • Apply contact skills. • Make appropriate decisions and react appropriately in contact situations.
 <p>Cool-down + 5 mins</p>	<p>Tasks of the coach:</p> <ul style="list-style-type: none"> • Let players cool down and stretch. • Review the session: <ul style="list-style-type: none"> - "What did we focus on?" - "What went well?" 	

Manage contact lessons pro-actively In each session aim to:

1. Avoid contact and reduce impact through well-coached evasion skills.
2. Improve confidence in contact through familiarisation drills.
3. Strengthen the core muscle groups and joints that are used in contact situations.

Keep in mind:

Gradual progression	Walk – jog – run
Repeat and apply	Repeat an exercise until players understand it and then apply it in a game.
Sizes	Let players of the same size work together.
Space	The shorter the distance between players, the softer the impact.
Speed	The lower the speed, the softer the impact.
Closer to the ground	Standing on the knees lowers the impact of contact.
Time	Maintain planned times. Swiftly move on to the next activity or skill.
Organisation	Keep players disciplined and organised. Spread out players and groups.

Make it fun!

