



COACHING CARD 3

PLAN

COACHING BEST PRACTICES

A Rugby session should always be A.P.E.S.S. to ensure the players improve and continue to enjoy the Game:

ACTIVE Keep the players engaged, playing and practising.

PURPOSEFUL The players need to understand the purpose of the games they are playing; practising skills (such as passing or moving forward) should be put in relation to the Game of Rugby so the players understand why it is important for them to learn and practise them.

ENJOYABLE Ensure that players have fun and enjoy what they do to help them stay focused and engaged.

SAFE It is important to ensure that players are playing safely at all times and that they understand the importance of safety.

SUCCESSFUL Teachers and coaches must ensure that all the players enjoy a sense of achievement during the session to keep rugby enjoyable.

REVIEW AND RECORD

What value did I teach?

Solidarity, discipline, respect, passion, integrity

How did I develop the young athlete?

What did we do for warm-up and cool-down?

How did we develop the player?

E.g. What skill did you facilitate?

What game did we play?

5-a-side Touch/Tag

How did we finish the session?

Fijian salute/war cry

Review of the session

What was the focus? What went well? (Stay positive.)

DO - EXAMPLE 30 MIN SESSION

BEFORE THE SESSION (PLAN)

Decide what will be the key focus(es) (no more than two) for the session and decide which general game and drill(s) will be played during the session. Mark the general game and drill(s) areas and prepare the necessary equipment if relevant.

Add Value (SEL)

Choose from value card 1–4.

0-3
MIN

Warm-up (LTAD)

Remember to regularly run dynamic stretches approximately every 2–3 minutes.

4-10
MIN

Deliver Two Skills (LTPD)

Remember to keep the players active, e.g. by having multiple small groups playing simultaneously.

11-17
MIN

General Game (LTPD)

Wrap-up general game – progress or repeat the game, adding or removing rules.

18-24
MIN

Cool down (LTAD)

Cool-down and stretches

25-28
MIN

Adjournment (SEL)

Review of the session. What was the focus? What went well? (Stay positive.)

29-30
MIN



● **WARM-UP (LTAD)** (CHOOSE 2 OF THE FOLLOWING)

SMALL SIDED GAMES SUCH AS FOLLOW THE LEADER AND BALL FAMILIARIZATION EXERCISES

- Over the head and through the legs
- Face forward and Rotate left and right
- Sideways
- Around the tummy and switch hand through legs then pass with wrists (elbows on knees)

● **SKILL DEVELOPMENT (LTPD)**

- Carry the ball forward: Relays with passing*
- Pass the ball backwards: Pass and Support - formation*

*See www.world.rugby/the-game/game-participation/get-into-rugby

● **GAME UNDERSTANDING AND RULES**

- 5 v 5 Rugby Netball
- Field size: 20m in width; 10m in length
- Aim: Score by grounding the ball over the try line.

Rules:

- Ball carrier can move 3 steps.
- Attacking players should be behind the ball carrier.
- Defending players can only block 1meter away from ball carrier or intercept a pass.
- No defenders in in goal area.
- No contact, no referee, no forward pass
- Turnover after knock on or forward pass

● **COOL-DOWN (LTAD)** (CHOOSE 2 OF THE FOLLOWING)

STRETCHES

- Quad stretch
- Toe touch
- Cat & Cow
- Shoulder blade stretch
- Bridge
- Spiderman
- Airplane
- Skydive

● **ADJOURNMENT (SEL)**

- Fijian salute
- High five
- War cry
- Handshake
- Song & Dance