

3 NON-CONTACT

SOCIAL-EMOTIONAL DEVELOPMENT (SEL)

- Players recognise and accurately label emotions and understand how they are linked to behaviour.
- Players demonstrate control of difficult emotions and impulse behaviour.
- Players listen while the coach is speaking.
- Players follow instructions and rules.

COACHING LANGUAGE

- It's okay to feel ... (angry, frustrated, etc.)
- Stop-Breathe-Think-Act Smart.
- Stop-Breathe-Think and play great rugby.
- Is that helpful or hurtful?
- Focus and listen.



developing **DISCIPLINE**

by practising self-control

**0-3
MIN
FABLE**

It was a boiling hot day in Africa. The earth was dry and cracked, the leaves and flowers were drooping and the animals did NOT feel like playing rugby. Even King Lion was grumpy. “What’s wrong with you all today?” he shouted in frustration. The animals had been complaining to each other about the heat when he gave the instructions and now they were doing it all wrong. “Focus and listen,” he said sternly, “or I am going to make you practise in the hot sun all day long.” King Lion gave the instructions for a second time. “You must run forward BUT pass backward! That is how rugby is played.” The animals tried again. “Over here Cheetah ... pass the ball ... ” Buffalo called, but Cheetah passed to Springbok instead. “Why didn’t you pass to me?” Buffalo questioned in frustration. Cheetah ignored him and started the exercise for the second time. Again, Buffalo called for the ball and again Cheetah passed to Springbok. Buffalo glared at Cheetah. “You ignored me again!” he shouted angrily. Buffalo’s heart was pounding and his jaw was clenched. He was angry. Without thinking Buffalo rushed at Cheetah with his big horns and knocked him hard, right off his feet. Cheetah landed in the dirt with a loud thud. King Lion heard the noise and looked up to see Cheetah lying in a heap, with Buffalo glaring down at him. He roared fiercely. The animals knew that when King Lion roared fiercely, everyone had to stop and listen! It was their code word. A scary silence hung over the African plains. King Lion looked ready to explode! Instead, he did something quite unexpected. He took a deep breath and went and sat in the shade of a big tree. The animals shifted anxiously on their feet, waiting to see what would happen next. After a few moments King Lion lifted a big paw and called them over. “I can see that you are very angry, Buffalo, but that is not a good reason to hurt Cheetah.” King Lion spoke calmly. “That is not how you treat a teammate.” “But cheetah never passes to me ... ” Buffalo

cried furiously, Cheetah looked up guiltily. “I was worried because you said that if we got the exercise wrong again we would have to practise all day in the hot sun,” he said quietly. “That is why I kept passing to Springbok. Springbok is so good - he gets everything right.” King Lion listened and nodded. “It seems to me,” he said thoughtfully, “that we do silly things when we are feeling angry or worried or frustrated. And I made the silliest choice of all by threatening to make you practise in the hot sun all day.” King Lion smiled kindly at his team. “So, instead of running around in the hot sun, we are going to sit in the shade of this big tree and practise how to calm down when we are feeling mad, or sad or bad ... so that we can make smart, helpful choices instead of silly hurtful ones!” The animals all clapped and cheered in agreement! King Lion taught them to STOP-BREATHE-THINK and ACT SMART! Before they went home, the animals tried running forward and passing backward one last time ... and they did it perfectly. Buffalo smiled at his teammates. “Hey guys! How about we ... STOP-BREATHE-THINK and PLAY GREAT RUGBY!”

When we take time to stop, breathe and think we act smart and play great rugby.

