

# RFU 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 1<sup>st</sup> 4 Sport 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 children’s 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 1<sup>st</sup>, 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.
- Course fee will remain at £105 inc VAT

## **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.

### **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.

With this in mind

- From 1<sup>st</sup> 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
- Course fee will remain £180 inc VAT
- 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.

## **Coach Licence**

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.

## FAQ

### **Is this going to cost me more money to obtain my qualification?.....NO**

Previously the cost of getting a Level 2 qualification would have been £303.50. Rugby Ready (£18:50)  
Level 1 (£105), Level 2 (£180)

As Level 2 is now an entry point the minimum cost would be £229:50. Rugby Ready (£18:50), Scrum  
Factory (£15:50), CPD Module (£15:50), Level 2 (£180)

### **Do I need to do Rugby Ready before I apply for a Level 2 if I have already done it before attending my Level 1?.....NO**

Rugby Ready is a generic Health and Safety course. If you have done it previously you don't have to retake the course. We would however strongly recommend that you review the resources that you received on the course and visit the IRB website <http://www.irbrugbyready.com/> and retake the online study programme and exam on an annual basis.

### **Must I attend 'Scrum Factory' before I do my Level 2?.....YES**

On the Level 2 course you will be required to safe and accurate coaching of all aspects of the scrum; including individual body positions, safe binding & engagement as well as attack and defence from the scrum. The course is designed to help coaches and players to understand individual and collective techniques, together with position specific conditioning.

### **Must I attend a CPD Module before my Level 2?.....YES**

There are a number of CPD Modules that are available. We recommend that coaches attend more than one module. Level 2 coaches will, in some cases, lead a team and or coaching programme. As a lead coach it is important that you understand the many and varied aspects of the game. CPD modules are an ideal way to maintain your development and more importantly the development of the players you are coaching

### **I have never played or coached rugby before and I want to do my Level 2. Is this possible?.....YES**

However you may decide that after doing the pre requisites that you need more experience and support. Your regional Coach & Player Development Officer (CPDO) will be happy to give you advice and can give you specific guidance.

### **Will the courses give me loads of new ideas I can use in training sessions..... YES & NO**

Both the Level 1 and 2 courses will provide you with practical ideas you can use and develop when you return to your players. However we will also look at how you coach. Your behaviours, methods and style and how you develop practices and games that help the players improve.

### **Is the course pass or fail.....NO**

The Level 1 and 2 courses are competence based. You must show that you are competent in a number of areas. If you are Not Yet Competent in any area you will be supported by your educator who will provide you with guidance on how you can show competence.