

Letchworth Garden City Rugby Club (“Club”)

Coaching Policy

The rugby coach is in a unique position, for he/she holds a position of genuine influence over not only the player’s rate of personal development, but also their sense of community and self-worth through their future contribution to the uniquely inclusive ethos of rugby union*.

The experiences of rugby can be highly rewarding for the participants and can provide the foundations for a lifetime’s involvement in the sport*. That will be your legacy.

The presence of sport in peoples’ lives (particularly the young) carries enormous benefits for their personal development, breeding confidence and social skills while broadening their knowledge of cultural heritage*.

Finally, please be aware of our mission statement where our main aim is:

“To develop and encourage participation, for all ages and sizes through playing, training and competition in a secure, caring and positive environment that engenders respect, teamwork, leadership, confidence, enjoyment with the desire to win whilst instilling the values of camaraderie, trust, discipline, individual commitment and personal pride”

Role of Youth Head Coach and Coach Development through Coach the Coaches’ Sessions

The Youth Head Coach has been specifically appointed to oversee, develop and to ensure that the coaching of rugby football at the Club throughout the Youth Section is delivered to a consistently high level to ensure that each young player can achieve their full potential.

The Youth Head Coach will deliver practical training sessions to the coaches throughout the season which will be known as “Coach the Coaches”. These sessions will consist of coaching the coaches in many of the fundamental areas of rugby. The aim is to encourage the coaches to deliver their training sessions in a consistent and systematic way which ensures that each young player moving up the ranks has the necessary skills to reach their full potential.

Each coach and their assistant coaches must make all best efforts to attend each Coach the Coaches’ sessions.

Specific Responsibilities of the Coaches

Each coach must ensure that he/she:

- takes responsibility for the coaching sessions at the Club at the allotted times as agreed with the Youth Management Team for their age group/team from time to time;
- prepares all coaching sessions in advance to get the maximum out of each session;
- works and communicates regularly with the Youth Head Coach to develop their individual coaching skills through continued learning;
- encourages their assistant coaches and any volunteer helpers to develop their skills;
- reports on progress monthly of his/her team to the Youth Head Coach so that he can deliver appropriate reports on progress to the Youth Management Team; and
- selects the teams in a consistent and fair manner.

Some Do’s and Don’t’s:

Each coach must:

- Always aim to get to training and matches before he players;

- Set up cones, markers, pads etc in advance
- Know the size of your pitch for match days and use flags on the pitch corners
- Use a whistle
- Use bibs in team games
- Encourage players to bring their own water bottles
- Minimise the time the players are standing around during training drills ; if necessary, do drills in parallel
- Progress all drills to replicate game situations
- Encourage parents to get involved e.g. collecting cones etc. They actually like it.
- Ask players or parents to always let you know if they can't train or play. A simple text message is all it takes.
- Prepare your session and write it down, even if its just jotted down on a pocket-size notebook
- Ask one of the players to run a 'mini-session' or drill from time to time

Each Coach must not:

- allow players to leave water bottles or any rubbish behind
- If a drill or game play is not working, stop it. Go back to basics.
- hold tackle bags etc yourself, always get the players to do it