

BSN RFC COACHES & REFEREES FORUM



5 June 2011

AGENDA



- Introduction – “meeting ground rules” - Sean & Matt
- Coaching Coordinator Report - Matt
- Coaches Report – Short 5 min summary from each head coach
 - Update on the current season and a look ahead to the coaching support expected next season at your age group.
- Referee Coordinator Report – Paul
- Coaching “Strategy & Culture” – *The BSN Approach* – Matt & Sean
- Injury & Incident Management & Reporting – Matt & Sean
- Kit & Equipment Update – Matt
- Dispensation Process and Policy – Our clubs 'position? - Sean
- Leicester Tigers Course Update – Matt
- The Club's Future? – What & Where Next? - Sean
- AOB
 - Coaches & Refs disposition for next season – across the club
 - Review Coaches & Refs list
 - Liability Insurance - Policy Issue? – Matt & Sean
 - Future Tours & Tournaments?
 - Key Future Dates & Activities
- **Lunch..... 1215 depart.... latest**

PURPOSE OF TODAY



- Forum for free and open dialogue
 - Honest feedback,.... Not personal!
- Share coaching/refereeing experience, knowledge and expertise
- Reflect on closing season,..... & look ahead to next season
- Help improve understanding of our club's vision and future
- Help develop coaching and refereeing competencies
- Social,.....



Congratulations Sarries!!





COORDINATORS REPORT



WHY COACH?



“Coaching – that is effective and of the highest quality - is one of the most crucial factors in developing, sustaining and increasing participation in rugby union and in securing the future and quality of the game”. **IRB**

“Anybody can try and coach rugby, but to be an effective coach, you will need to fulfil a number of different roles and accept a variety of responsibilities, covering the technical, tactical, physical and mental aspects demanded by our game”. **RFU**

RFU Core Values:

Teamwork, Respect, Discipline, Sportsmanship & Enjoyment.

COORDINATORS REPORT 1



■ Why?

Key objective of the club to develop strong coaching competence

■ Who?

All of us,.....

■ How?

Continue to improve and strengthen our clubs reputation for “coaching excellence”. Share knowledge, experience and expertise and develop individual and club coaching competencies.

The BSN coaching emphasis will remain on our players/teams’:

1. Safety,
2. Enjoyment,
3. Development
4. Identity
5. Teamwork
6. Success

COORDINATORS REPORT - 2



- 40+ qualified coaches throughout the season
- 2 Level 1 Courses planned (1 canx)
- Level 2 Course planned over the summer
- Coaches Code of Conduct
- Coaches Handbook
- Coaches Corner Website
 - Support, documentation & reference material
- Coaching Development available throughout season
- Periodic Coaching "Clinics" to be held next season
- Shared resources and knowledge.....
- Support to the Tags + TBMs by Cubs, Juniors & Colts...
- Support to the RTC programme?
- Improving links to the NRB
- Tigers Course & strengthening links to Tigers



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BSN Rugby Coaches Corner

BSN British School in the Netherlands RUGBY CLUB

TOP MENU


- Login
- Register
- Back to BSN RUGBY Home

MAIN MENU

- Home
- Coach Contacts
- BSN Rugby Gallery
- Coaching Articles
- Coaching Library
- Coaching Links
- Events Calendar

BSN Rugby Coaches Corner

Coaches Corner




The aim of the 'Coaches Corner' web area is to provide a single location where all the BSN club coaches can gain access to coaching material which will be of benefit to them and to the players they are responsible for developing.

You will first need to register (above left) in order to view and gain access to the various materials within.

With the help of this common source of reference information the club hopes to build a consistent approach to coaching which progresses through the age groups.

If you have any material which you believe will benefit the club's coaching community please forward it to Matt Roper, the club's Coaching Co-ordinator who has editorial control of this web site.

MATT ROPER
Coaching Coordinator



BSN RFC

BSN RFC Coaching Foundations



Matt Roper

July 2010

Ten great ways to use tackle bags

The man-sized tube provides a coach with a good chance to help improve his players tackling, but are you really getting the most out of your tackle bags. We think "outside the tube" to get maximum benefit from this piece of equipment.

1. Tackling

Obvious but still needs to be done in the right way. Don't let your players dive into the bags. Make sure they have at least one foot, two feet preferably on the ground when they hit the bag. Ask them to change shoulders when they are hitting consecutive bags. And finally, use the whole of the bag to hit. Get the players to drive in at different heights. Some bags will come with the manufacturer's name printed down the tube. Use the letters to indicate the heights (e.g. the N in RINVO).

2. Carry the bag tackling

One player carries the bag forward and the second player then drives into the bag. This makes the tackle more dynamic. Carrying the bag means that the tackler has a moving target and has to adjust their tackle accordingly.

Equipment care

Tackle bags are expensive pieces of equipment (but you know that already). Do not drag them along the floor to take to and from practices – this damages the seams at the bottom of the tube leading to a metal tin opening situation where the foam becomes exposed and eventually gets worn away.

3. Plyometrics

Bags can be used as part of a plyometric session. Placed on their sides they become wide hurdles. Players can use them to bounce over using one or two feet. A hurdle course can also be made with several bags.

4. Step over

Used to simulate a tackled body which needs to be stepped over to drive. Having defenders on the other side of the bag, perhaps with tackle shields will promote better body positions. An idea is to get the player to graze their backside over the bag, making them drive up from the bag in a stronger position.



Pre-Season Rugby Training

Improving your understanding of the game, your core fitness and developing your playing skills can only be achieved with regular hard work! Rugby is a physically demanding and challenging sport which requires high levels of strength, stamina and speed.

Although watching lots of rugby on TV and/or clips on the internet can certainly help your understanding of the game, ultimately you have to get out there and 'do it'! In order to be in good shape for the start of the new season in September, you will need to keep yourself as fit as possible over the summer months.

Therefore, I am recommending that you try and keep yourself active over the holiday and try and do some form of physical activity every day. This can include many different activities such as cycling, swimming, tennis, golf, football on the beach – even taking the dog for a long walk! The main challenge is not to just sit around attached to your Play Station, Nintendo or Game Boy!!

Knowledge of the Game

To improve your knowledge of the game over the holiday, why don't you try and complete the on-line IRB "Rugby Ready" course. You will get an IRB certificate when you complete the test at the end. <http://www.irbrugbyready.com/>

You could also test your knowledge of the laws of rugby holiday? You will get an IRB certificate when you've completed the test. You can register first: <http://www.irblaws.com/IRB/register>

Pre-Season Fitness & Skills Training Ideas

Players should try and do as much sport as possible last no more than one hour. Gym work is fantastic if the outdoors and the good weather: cycle, run beach or in the park... there are numerous ways and muscular fitness alive!

Developing and maintaining a high aerobic cap at least one 4-5 km run per week over the holiday. A high "body power to weight" ratio. Remember...

BSN RFC Coaches Code of Conduct

BSN Rugby coaches will:

1. Recognise the importance of enjoyment when delivering their coaching and that the best learning is achieved when players are engaged in active participation.
2. Adopt a 'player centred' approach to their coaching.
3. Be a positive role model.
4. Encourage players to take responsibility for their own behaviour at all times but especially when in the rugby environment.
5. Clarify expectations for players, support staff, parents and spectators alike.
6. Keep winning and losing in perspective - encourage players to win with modesty and with dignity.
7. Respect referees, publicly support the decisions they make and:
 - 1. Promote "Fair Play"
 - 2. Insist players respect opponents and team mates
 - 3. Provide positive verbal feedback in a constructive way
 - 4. Adapt coaching practice to match the players' age and mental development.
 - 5. Ensure all players are coached in a safe environment.
 - 6. Identify the 'overplaying' of players.
 - 7. Do not train or play when injured.
 - 8. Effort and encourage good behaviour and good practice that players shouldn't be exposed to extremes of injury.
 - 9. Be parent, trustworthy and fair.
 - 10. Be appropriately qualified and, through appropriate experience, have a current knowledge of coaching practice, playing techniques and appropriate relationships between friendship and intense competition.
 - 11. Adhere to all Regulations of The Netherlands Rugby Bond (NRB) and policies and procedures of the IRB including "Safe and Vulnerable Adults."
 - 12. Be aware of age specific law variations (Tags, Turfs, Banned substances) and take actions to continue development.

THE RUCK AND HOW TO WIN IT



Rugby Nutrition

Introduction

As with all elements of training, dietary needs should be tailored to suit the individual player. Each player will have different and varied tastes in the foods he likes or dislikes. For this reason, it is difficult to suggest that, as a team, all players should eat the same "menu" in terms of food content.

It is the purpose of this paper on diet in rugby to provide guidelines which, if adhered to, will ensure that the player's diet is balanced, nutritionally sound and healthy, and will provide sufficient energy for his training requirements.

Training diet

The training diet is particularly important, since players will not be able to handle the rigours of training without a well balanced diet. A "balanced" diet is one that features a variety of foods from the "Five Food Groups". These are:

1. Cereal and cereal products, eg bread (wholegrain), breakfast cereals (oatmeal, etc), rice and pasta
2. Fruit and vegetables
3. Milk and milk products, eg whole milk, skim milk, yoghurt, cheese
4. Meat and alternatives, eg meat (lean), fish, poultry, nuts, legumes (beans, etc) and eggs
5. Fats and oils, eg butter, margarine, cooking oils, cream and salad dressings.

By selecting foods from each of the five food groups and eating a sufficient supply of these the player's energy requirements for growth, work and training will be covered. The key is to eat mainly to age, body size and composition, and other physical activities undertaken. Training frequency, intensity and duration, will also affect dietary needs.

Carbohydrates (ie sugars and starches) are the best source of fuel for Rugby football. Carbohydrates are stored in the body (as a substance called glycogen) and are the most important energy source for repeated and prolonged activity carried out at a high intensity. It is important to ensure that the stores of glycogen are full and replenished after exercise, the young player's needs to be high in carbohydrates. As a guide, approximately 60% of the total energy consumed should come from carbohydrates. Examples of carbohydrate rich foods are fruit, fruit juices. However, note that these forms of carbohydrates are low in fat and should only be consumed immediately after training and in relatively small quantities. At all other times complex carbohydrates such as fruit, vegetables, rice and wholegrain cereals are recommended.

Protein is necessary for growth and repair of new and damaged cells, eg muscle tissue. Training at all ages may need to increase their dietary protein, however,



COACHES REPORTS



REFEREE COORDINATOR REPORT



COACHING STRATEGY & CULTURE



- *“A strongly articulated philosophy of rugby coaching will give you a strong framework within which you can develop the rest of your coaching activities and ensure consistency of message for your players”* **Sir Ian McGeechan**

- *“Being clear about where you intend to go with rugby coaching can make sure everyone is on the same page from the start and makes sure you stay true to your own goals and do not get distracted by a “victory at all costs” attitude. It can also give you a clearer idea of where you want to go and how best to achieve your goals”.* **Graham Henry**

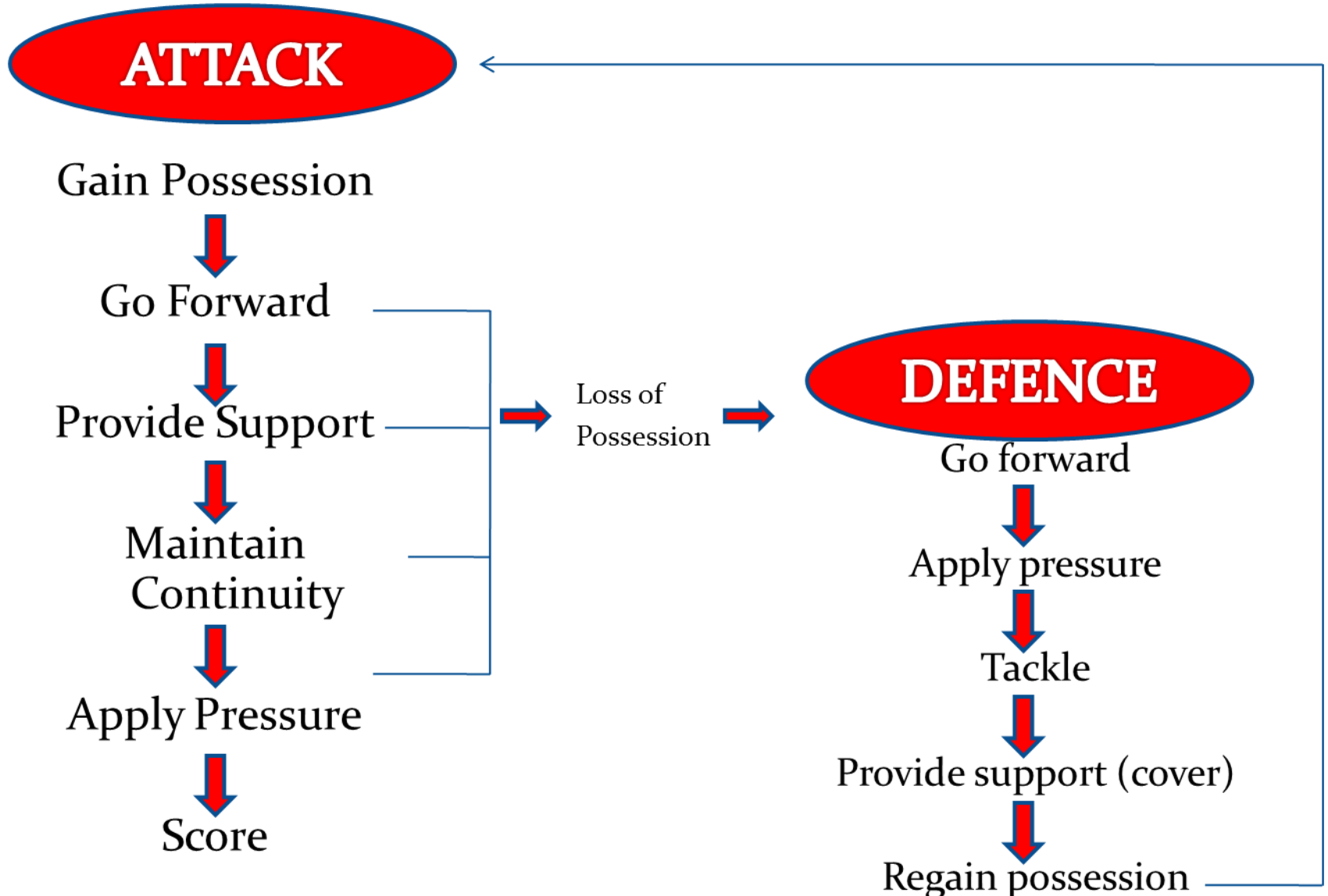
BSN - COACHING STRATEGY & CULTURE



- 1.** The BSN RFC wants to encourage and promote an exciting and dynamic “heads-up” style of open rugby across all age groups.
- 2.** The coaching emphasis will be on encouraging strong support play where the ball is secured and released quickly back into open play.
- 3.** Players will be encouraged to work particularly hard 'off the ball' to always try and place themselves in positions where they can support the ball carrier and the subsequent phases of play.
- 4.** We want to develop players who are strong, confident and uncompromising in contact and will get back on their feet to re-engage effectively in the next phase of the game.
- 5.** Strength, stamina, courage and determination will be crucial to achieving this dynamic style of rugby and all BSN players will be encouraged to develop and maintain a high level of personal fitness.
- 6.** We want to foster a strong team spirit across the club so that all players feel a valued part of their team and will identify with and support their fellow teammates on and off the field.

Principles of Play

(All Blacks Coaching Manual)

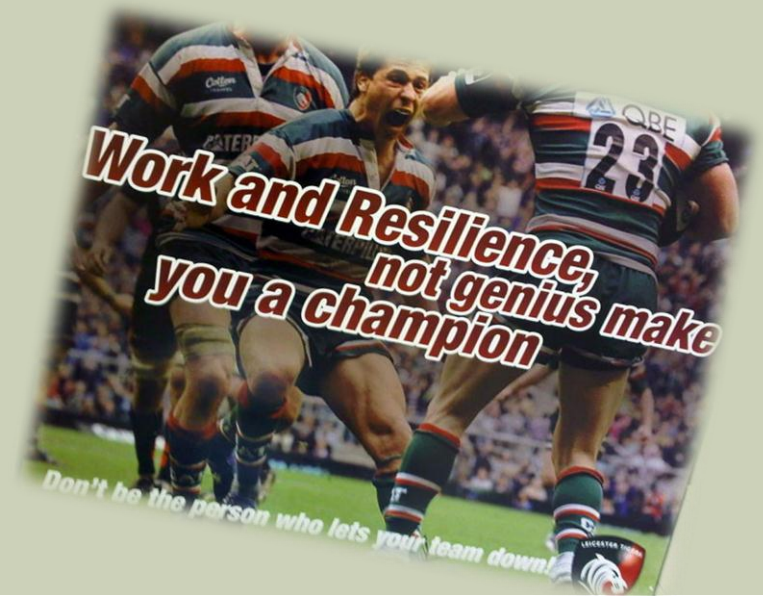




Designing A Session / Drill

- The purpose to the session or drill?
- Build on previous training sessions
- Feedback from matches
- What available resources are there?
- Keep the players active!
- Tiredness & pressure!
- Game related?
- Individual and Team Progressions?

- Principles:
 - Well Planned
 - Safe
 - High activity levels
 - Game based
 - Relevant
 - Fun
 - Competitive



INJURY AND INCIDENT MANAGEMENT



- First-Aid Kits
- First-Aid Training
- Coaches Responsibilities
- Reporting
- Follow-Up
- Concussion,....
- Return to play,...?
- Monitor & Support

Injury Management Guidelines

It is an unfortunate side-effect of the game, but from time to time rugby does result in players sustaining injuries! For this reason, the International Rugby Board (IRB) provides a set of injury management guidelines which set out the principles for coaches, officials and first aid supporters to follow. These principles are particularly important in youth rugby and it is prudent for all of us involved in supporting the BSN teams to be aware of the IRB injury management guidelines.

As and when an injury occurs in youth rugby, it is very important for coaches and supporting adults to be able to identify the injury, treat it appropriately and help the player recover and return to play the game.

The IRB identifies three distinct phases to injury management:

1. Identification.
2. Rehabilitation.
3. Return to play the game.

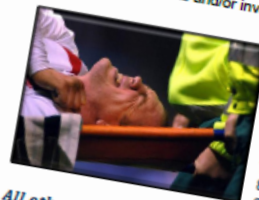
In this article, I have presented just some of the main elements from the IRB's guidelines on identifying and dealing with injuries.

Phase 1 - Identification

This identification phase is divided into two general categories: 'acute /catastrophic injuries' and 'all others' (including severe injuries such as fractures and soft tissue injuries).

Acute / Catastrophic injuries

In the event of a suspected acute or catastrophic injury, it is important that everyone - players, coaches, referees and administrators - knows what to do. This should also be documented in the team's "emergency plan". An acute injury refers to any incident concerning a player being rendered unconscious and/or involving immobilisation through neck/back damage.



1. Call for assistance.
2. Call for an ambulance.
3. Speak to the player.
4. Check airway - remove mouth guard.
5. Check breathing.
6. Check circulation.
7. Do not move the player.
8. Stay with the player and continue communication.
9. Keep player warm until professional help arrives.

All other Injuries

Assess the injury on the field of play by talking to player to understand the location of the pain. Examine the injured area to determine any swelling, tenderness and pain. Ask the player to move the injured part without assistance. If the player moves the injured part actively, then



KIT & EQUIPMENT....



- All kit bags, balls, first-aid kits, bibs, cones etc etc... collected back in on Sat 11 Jun (at the BBQ).
- New strip?
- New supplier?
- New stock,....?



DISPENSATION PROCESS ?



- Why,..
- Who,..
- How,..
- Criteria,...
- When,..



TIGERS COURSE



- 24 – 28 Oct 2011 (mark you diaries!)
- BSN Senior School
- ~ 120+ players expected
- Same ‘model’ as last year
- 12 Tigers Community & Academy Coaches,.... + 1 or 2 Pros.
- Wide press & media coverage
- Tigers Web site registration available soon.
- Announcement on Pitchero soon.
- Please push with your players!



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REGISTER SOON!

TOP QUALITY COACHING.
9.30AM TO 3.30PM EACH DAY

CONTACT RUGBY FOR
PLAYERS AGED UNDER
9's TO UNDER 16's
+ two special sessions for the under 8's

TIGERS T-SHIRT, A RUGBY
BALL & WATER BOTTLE

KEEP THIS WEEK FREE!!!
24-28 October 2011

THE CLUB'S FUTURE: WHAT AND WHERE NEXT?



AOB



- Coaches & Refs disposition for next season – across the club
- Review Coaches & Refs list
- Liability Insurance - Policy Issue? – Matt & Sean
- Future Tours & Tournaments?
- Key Future Dates & Activities
- ?
- ?
- ?
- ?

■ Lunch,..... 1215 depart.....