

Updated – 19th January 2012

Constituent Bodies: Eastern Counties, Essex, Hertfordshire, Middlesex
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Course Application Process

Please submit your application form and payment as early as possible (and no later than 7 days prior to the start of the course) to the Regional Coaching Centre. No confirmation will be issued, however joining instructions (or cancellations, where courses are not viable to run) will be sent to you just prior to the course start date.

Due to the need to provide and pay for facilities, resources and delivery staff, full or part refunds may not be available to candidates who withdraw or who do not attend. Please refer to the course application form for further details.

Payment - at present we are unable to accept credit card payments for CPD/Foundation courses

Cheques: Please submit your application form together with a cheque payable to “**RFD Ltd**” and send to the regional Coaching Centre.

Please note that we no longer able to accept invoice requests from individuals (clubs for more than £200 are fine!) and all payments must be made at the time of your booking by cheque.

Please also note the slight price increases due to the recent increase in VAT to 20%

Changes to Course Dates / Venues

To ensure the coaching course is a positive learning experience a minimum of 16 people are required to participate. If insufficient numbers have applied the course will be postponed or cancelled and candidates will be offered alternative courses or a refund. Where the course venue/date is subject to change, applicants will be notified via email and offered an alternative course and/or full refund.

IRB Rugby Ready Courses £18.50 (incl. VAT)

Everybody involved in coaching, refereeing and playing rugby needs a sense of safe practice. The IRB Rugby Ready programme is intended to raise awareness of good practice and help stakeholders manage the inherent risks of the sport by putting appropriate safeguards in place.

Please note: You will need to complete the Rugby Ready (“Safety”) practical course before starting your Level One course. The minimum age for Rugby Ready is 16 (Level 1-18). All courses run from 1900 to 2145 unless stated otherwise.

Course Dates	CB	Venue	Closing date for applications and comments
Saturday 28 th January 2012 0930-1230	Eastern Counties	Wymondham	21 st January 2012
Wednesday, 14 th March 2012	Eastern Counties	Holt RFC	7 th March 2012
Monday, 6 th February 2012	Eastern Counties	Colchester	31 st January 2012
Wednesday 25 th January 2012	Essex	Thurrock	18 th January 2012
Monday 12 th March 2012	Essex	Stanford le Hope	5 th March 2012
Tuesday 7 th February 2012	Herts.	Stevenage	31 st January 2012
Wednesday 8 th February 2012	Herts.	Royston	1 st February 2012
Monday 13 th February 1300-1600	Herts.	Herts Sports Village	Herts. Coaching week – Please book through l.a.1.evans@herts.ac.uk
Thursday 26 th January 2012	Middlesex	Grasshoppers	19 th January 2012
Tuesday 6 th March 2012	Middlesex	London Welsh	31 st January 2012

TAG Rugby Coaching Course £21.00 (incl. VAT)

All courses run from 1900-2130 – unless stated otherwise. The minimum age for the Tag Coaching course is 14.

Tag Rugby is a fast-moving, non-contact invasion game suitable for boys and girls to play together. The key to the game is enjoyment, with running and handling skills to the fore. The Start Coaching Tag Rugby course lasts for approximately three hours and is practical-based.

Course Dates	CB	Venue	Closing date for applications
Monday 13 th February 0900-1200	Herts.	Herts Sports Village	Herts. Coaching week – Please book through l.a.1.evans@herts.ac.uk

Sunday 18 th March 2012	Middlesex	London Welsh	9 th March 2012
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CPD courses **£15.50** (incl. VAT) unless stated otherwise.

CPD plays an important part in the development of a coach, and coaches should undertake these courses before, after and alongside attendance at qualification courses. The courses are designed to support coaches with training appropriate to the type of player they are working with. Within rugby union there are five broad categories of player: adult performance, adult participation, talent development, youth and children. Your Club Coaching coordinator should be able to recommend a suitable course.

Course Dates	Time	CPD session	CB	Venue	Closing date
11 th February 2011	1400-1630	The Kicking game (Youth)	Essex	Maldon RFC	4 th February 2012
13 th February 2012	1900-2130	Team selection	Essex	Romford & GP	6 th February 2012
27 th February 2012	1900-2130	Ruck & Maul (Youth/Adult)	Essex	Romford & GP	20 th February 2012
Monday 2 nd April	1900-2130	Half Back Play (Youth / Adult)	Essex	Westcliffe	27 th March 2012
Wednesday, 25 th January 2012	1900-2130	Defence CPD	Eastern Counties	Shelford RUFC	18 th January 2012
Tuesday 22 nd February 2012	1900-2130	Coaching Children in Rugby Union	Eastern Counties	Holt RFC (mini)	15 th February 2012
Monday 27 February 2012	1900-2130	Defence in phase play (Youth Adult)	Eastern Counties	Ipswich RFC	20 th February 2012
Wednesday, 14 th March 2012	1900-2130	The Line-out Game (Youth)	Eastern Counties	Broadlands RFC	7 th March 2012
Tuesday, 3 rd April, 2012	1900-2130	The Line-out Game (Youth)	Eastern Counties	Wyndham RFC	27 th March 2012
Wednesday 22 nd February 2012	1900-2130	Backs play from set piece (Youth)	EC/Essex	Colchester RFC	15 th February 2012
Monday 6 th February, 2012	1915-2145	Half Back Play (Youth / Adult)	Herts.	Old Albanian RFC	1 st February 2012

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Scrum Factory (For Coaches, Players and Referees – 15 –a-side game)
£15.50 (incl. VAT) unless stated otherwise

The Scrum Factory aims to increase the number of players able to play in the scrum effectively and safely, particularly the front row. By helping coaches and players to understand individual and collective techniques required, together with position specific conditioning, this 2.5 hour practical course covers physical preparation, body management and body shape. The course is suitable for coaches of both genders and players of all levels and age groups.

Specifically trained scrum developers will demonstrate a range of practices and encourage coaches and players to develop their knowledge and understanding of the scrum. Each coach who attends will receive a Scrum Factory DVD and coaching guide.

*****This course is aimed at the under 13 coach/player and above*****

The course will:

- Challenge traditional methods of scrum coaching which may be predominantly machine-based.
- Emphasise the value of innovative coaching.
- Emphasise the value of creating peer coaching groups.
- Challenge how and why coaches identify and select players to play within the scrum.
- Emphasise the value and benefits of all players being coached on individual body posture.

A Safe Focus:

- Promote safe and effective scrummaging as an integral part of the game.
- Demonstrate good practice and underline recent developments in scrummage coaching.
- Increase coaches confidence in coaching the scrum.
- Hone the core skills required to develop and maintain safe, effective scrummaging.
- Develop clear, objective and focussed observation and technical fault correction.

Course Dates	Time	Scrum Factory session	CB	Venue	Closing date for applications
Tuesday 7 th February 2012	1900-2130	Coaches session (Youth-adult)	Eastern Counties	Swaffham RFC	1 st February 2012
Monday, 19 th March 2012	1900-2130	Coaches session (Youth-adult)	Middlesex	Ruislip	12 th March 2012
Wednesday 15 th February 2012	0900-1200	Coaches session (Youth-adult)	Herts.	Herts Sports Village	Herts. Coaching week – Please book through l.a.1.evans@herts.ac.uk
	1900-2130		Herts.		

	1900-2130		Middx		
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RFU ADVANCED / TOWARDS L3 COURSE
£15.50 per course (incl. VAT) unless stated otherwise

These courses are appropriate for Level 2 coaches working towards Level 3, 1st XV Coaches, Colts/U18 and representative squad coaches. These courses will, first and foremost, support your development as a coach and will provide you with knowledge that you can apply to your coaching.

All applicants for the RFU Level 3 coaching award course are required to evidence their attendance at two of the following CPD Courses: Player profiling, Planning and Periodisation or Game Planning.

Course Dates	Time	Courses offered	CB	Venue	Closing date for applications
22 nd January 2012	1000-1630	Planning and Periodisation & Player profiling <i>Course cost - £40 inc lunch</i>	Eastern Counties	Grange Road Cambridge	16 th January 2012
23 rd January 2012	1900-2130	Game Planning	Essex	Chelmsford RFC	17 th January 2012
30 th January 2012	1900-2130	Planning & Periodisation	Essex	Chelmsford RFC	24 th January 2012
Wednesday 15 th February 2012	1400-1700	Planning & Periodisation	Herts.	Herts Sports Village	Herts. Coaching week – Please book through l.a.1.evans@herts.ac.uk

See other RFU courses run at the following events:



Hertfordshire Coach Education week –
February 11th -19th 2013

Venue -Herts Sports Village

<http://www.sportinherts.org.uk/events/>

Course titles & dates to be announced



Coach Education Week - 10th - 15th April 2012,
Sports Park – Norwich

[http://activenorfolk.org/page.asp?
section=261§ionTitle=Coach+Education+Week](http://activenorfolk.org/page.asp?section=261§ionTitle=Coach+Education+Week)

April 14th – Middlesex Youth & Mini Conference-Twickenham

Further details will be available from 1st February from
Marj Robinson at londonnorthrgnl@gmail.com

Coming Soon.....

**London Divisional Conference
– Twickenham – July 7th 2011**



CPD & FOUNDATION COACHING
COURSES
LONDON NORTH REGION

Details released February 2011