

Leadership through Rugby Coaching

Health & Wellbeing

Develop your skills as a rugby player and develop skills for life.

The purpose of the course is to develop yourself as a coach and become more knowledgeable in the technical and tactical side of rugby and also help develop knowledge and understanding in lifestyle, nutrition, coaching and injury prevention.



Skills Focus



Recognition of Achievement

L1 UKCC Rugby Coaching (Must be 16+)

Learning Intentions & Success Criteria

Learning Intentions

I will:

- be able to develop as a player and become more knowledgeable in the technical and tactical aspects of Rugby.
- be able to plan and set-up a series of Rugby coaching sessions.
- be able to communicate effectively to a group of peers or younger pupils.
- be able to identify areas of weakness and areas for improvement in a player.
- be able to review a coaching session and highlight areas of improvement.

Success Criteria

I can:

- recognise technical and tactical progress in my own performance.
- design, plan and implement a series of coaching episodes.
- demonstrate communication skills in a coaching capacity.
- demonstrate supporting a young person to achieve improvement in an area they were struggling in.
- successfully assess my performance and highlight area for improvement.