
	220414 TRAINING			PLAYS / MAPS		NO: 30
	CO: SELFLESS / COMMITMENT					
Time	Session Focus	Key Messages	Coaches			
18.00 (15 mins)	TEAM MEETING	Review	BP	D: "B" 1st receiver, NO WASTAGE		
18.30 (15 mins)	INDIVIDUALS & WARM UP	Restarts Scrums etc.... Throwing	CL			
18.45 (10 mins) <i>rotation (same)</i>	R1 ROTATION (CATCH PASS / DECISION MAKING)	1 group of 10	BP / AJ / B	A: "F4" How Quick?		
18.55 (10 mins) <i>ROTATION</i>	RYL ATTACK	Initial Execution to the Line	BP			
19.05 (10 mins) <i>ROTATION</i>	SPARK & HUNT	Deep out the back "Spark" together (inside) Speed to set (Spurring / "B" on 1st Every time)	MB			
19.15 (15 mins)	UNITS INTENSE (sgs / pieces)	Feeds - DOWN & GO Closest force  Backs WEDGE (MB)	BC / BP / AJ / MB	<div>1st 3 ATTACKING REPS:</div> <ul style="list-style-type: none"> <li>- Scrum attack</li> <li>- LO Attack</li> <li>- KR Attack</li> </ul>		
19.30 (15 mins)	SPED TO SET AND	Two "edge rusher" F4 How quick D: "B" NO WASTAGE	BP - Attack F4 AJ - Breakdown skills B - B Defender			
19.45 (15 mins)	THE START KICKS		AJ (Set) BP (Speed to Set) B (Support)			
Intensity: MEDIUM	EQUIPMENT					
	Bibs / Balls / Cones					

# Rugby Coaching Session Plan

**S Ashworth**



## **Rugby Coaching Session Plan:**

BTEC National Sport George Caplan, 2007-07 Matches Edexcel's specification which will apply from September 2007 and includes the core units for the Development Coaching and Fitness and Performance and Excellence pathways Planning and Periodisation Anne Pankhurst, Bill Galvin, 2007 *Advances in Rugby Coaching* Richard Light, John R. Evans, Stephen Harvey, Rémy Hassanin, 2014-09-19 Contemporary sports coaching studies have moved beyond simple biophysical approaches to more complex understandings of coaching as a set of social relationships and processes This is the first book to examine what that means in the context of one major international sport rugby union Drawing on cutting edge empirical research in the five most powerful rugby playing nations as well as developments in pedagogical and social theory the book argues for an holistic approach to coaching coach development and player and team performance helping to close the gap between coaching theory and applied practice With player centered approaches to coaching such as Game Sense and Teaching Games for Understanding at the heart of the book it covers key contemporary topics in coach education such as Long term coach development Experience and culture in coaching practice Positive coaching for youth rugby Improving decision making ability Collaborative action research in rugby coaching Informed by work with elite level rugby coaches and examining coaching practice in both the full and sevens versions of the game this book encourages the reader to think critically about their own coaching practice and to consider innovative new approaches to player and coach development It is essential reading for all students of sports coaching with an interest in rugby and for any coach manager or administrator looking to develop better programmes in coach education Mini and Youth Rugby Ellaine Gelman, Ian David Milligan, Dave Beal, 2015-10-08 The ideal introduction to mini and youth rugby for parents and coaches showing how young players should be properly introduced to the game of rugby The book Includes sections on The game and the rules Positions in rugby Drills for passing catching and scoring Skills for attack Skills for defense It also includes an introduction to the bigger issues away from the pitch that parents and coaches must deal with including How to develop the right ethos for a rugby team Coaching boys versus girls Elite player development This essential guide contains information on all game situations with simple explanations of essential techniques and tactics to be learned before moving on to more advanced explanations of the skills required of the game Accessible and practical this book is packed full of useful coaching advice complete with diagrams and full colour photographs [www.miniandyouthrugby.com](http://www.miniandyouthrugby.com) **The Science and Practice of Rugby Training** Michael Hamlin, 2024-01-03 This book links the increasingly important science behind the training and recovery of rugby players with easy to understand and practical examples of how this knowledge can be implemented on the training field or in the gym The book is unique in the way that it outlines simple tools and techniques to improve rugby player performance The book covers the latest scientific evidence on common training practices and theories and sums up their practical use for rugby players The book will be an invaluable resource for those interested in the scientific training approach to team sport players

including coaches strength and conditioning personnel physiotherapists and sport doctors along with students and sports enthusiasts In addition while the practical examples used in the book are specific to rugby players the scientific knowledge within the book would be useful to many athletes and coaches thereby increasing the scope of the book to many sports

**The Coaching Process** Lynn Kidman, Stephanie J. Hanrahan, 2010-12-16 In this fresh and engaging introduction to sports coaching Lynn Kidman and Stephanie Hanrahan guide students through the coaching process Focusing on the practical aspects of sports coaching the book helps students to develop their basic technical skills as well as strategies for working with individual and team athletes and to plan and implement effective coaching sessions The book develops an athlete centred approach to sports coaching by which athletes take ownership of their learning in turn strengthening their abilities to retain key skills and to make effective decisions during competition Useful pedagogical features in each chapter such as real life case studies activities self reflection questions and summaries of current research and best practice encourage reflective practice and help student coaches to develop and extend their coaching techniques and philosophies The Coaching Process is invaluable reading for any student starting a sports coaching course at college or university and for any coach working with athletes or children in sport who wants to improve their practical skills Foundations of Sports Coaching Ashley Gill, 2014-10-30 Now in a fully revised and updated second edition Foundations of Sports Coaching is a comprehensive and engaging introduction to the practical vocational and scientific principles that underpin the sports coaching process It provides the reader with all the skills knowledge and scientific background they will need to prepare athletes and sports people technically tactically physically and mentally With practical coaching tips techniques and tactics highlighted throughout the book covers all the key components of a foundation course in sports coaching including the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy physiology biomechanics and psychology fundamentals of training and fitness performance analysis reflective practice in coaching This second edition features more case studies from real top level sport including football basketball and athletics helping the student to understand how to apply their knowledge in practice and providing useful material for classroom discussion The book also includes a greater range of international examples more references to contemporary research and a stronger evidence base and new questions in each chapter to encourage the student to reflect upon their own coaching practice Foundations of Sports Coaching bridges the gap between theory and applied practice and is essential reading for all introductory coaching courses and for any sports coach looking to develop their professional expertise

**Science of Sport: Rugby** Kevin Till, 2015-11-23 Over the last 20 years the professionalization of both codes of rugby league and union has led to increasing demands on players The Science of Sport Rugby provides a comprehensive and accessible overview of the science behind preparing for performance in rugby Using key scientific research and practical applications the book offers an insight into how science can inform practice to improve player performance The authors

contributing to this book are world leading in their respective fields ranging from academics researching rugby performance to practitioners delivering this information within the professional game This new book covers movement and physiological demands fitness testing fatigue and recovery nutrition strength and conditioning injury rehabilitation decision making skill assessments young rugby players talent identification and development referees and finally coaching planning and practice This book bridges the gap between theory and practical application and includes forewords by Sir Ian McGeechan OBE Kevin Sinfield MBE and Jamie Peacock MBE Illustrated with 38 colour images and diagrams Rugby Drills Eamonn Hogan,2014-02-28 Crowood s Rugby Drills is a collection of 125 activities practices and games designed to improve coaching sessions at all levels of the game The drills are organised into chapters according to a particular skill or phase of the game from the warm up to handling contact lineout scrum kicking and defence Each chapter starts with a series of simple activities before progressing through to more complex ones each broken down into step by step explanations and diagrams as well as guidance on how to increase the level of difficulty Tried and tested over a number of years and proven to work in developing skills and teamwork with players of all abilities many of the drills were created by the author while some have been used by the most famous coaches in the world All of them were designed for use without the need for specialist and or expensive equipment Aimed at new coaches of youth and adult rugby as well as coaches who want to review improve their methods it offers lots of ideas and is superbly illustrated with 250 colour diagrams Rugby Unleashed: The Ultimate Guide for Fans and Enthusiasts Alex Jones,2024-07-03 Struggling to fully understand the game of rugby Do you find yourself lost in the rules strategies and culture of this thrilling sport Look no further Rugby Unleashed The Ultimate Guide for Fans and Enthusiasts is here to transform you into a knowledgeable and passionate rugby fan This comprehensive guide is packed with everything you need to know about rugby from the basics to advanced tactics Discover the benefits of reading this book Master the Rules Simplified explanations of rugby rules and regulations Know the Legends Profiles of iconic players and historic teams Understand the Culture Dive into the unique traditions and fan experiences Analyze the Game Learn how to watch and understand rugby matches like a pro Get Involved Tips on joining clubs playing the game and supporting your team Why is this book the perfect answer for those eager to learn more about rugby Rugby Unleashed is designed to be beginner friendly making it accessible to new fans while still offering valuable insights for seasoned enthusiasts With engaging content fun facts and exclusive interviews this book makes learning about rugby enjoyable and exciting Call to Action Don t miss out on the chance to become a true rugby aficionado Get your copy of Rugby Unleashed today and unlock the secrets of the game Embrace the knowledge join the community and enjoy the sport like never before Your journey to becoming a happier more informed rugby fan starts here Simplified rules and regulations Profiles of legendary players and teams Insights into rugby culture and traditions Strategies and tactics for understanding the game Tips for getting involved in rugby communities Exclusive interviews with rugby legends Fun facts and trivia A comprehensive glossary of rugby terms Resources for further

learning Inspirational fan stories      *Coaching Youth Rugby* Keith Richardson, 2014-02-28 Written by an experienced rugby coach *Coaching Youth Rugby* is an essential guide for all coaches parents and teachers This one stop practical resource will give a new coach everything they need to deliver fun dynamic player centred practice sessions and guidance on how to run a team Coaches at all levels of the game will find material and ideas aimed at helping them to formulate simple strategies to suit their level of player ability Contents include practical small team games and drills enabling coaches to run active and fun sessions for young players ideas for teaching fundamental rugby skills from passing and handling to tackling kicking scrum and lineout coaching theories explained in an uncomplicated and easy to understand manner With field tested age specific information to help you learn how to communicate with players parents other coaches and officials *Coaching Youth Rugby* will help you manage your team on match days and provide measures for ensuring player safety Includes full details on the new RFU Continuum A one stop practical resource that is fully illustrated with 60 colour photographs and 100 diagrams

**Tag Rugby** Jane Liddiard, 2014-03-24 Essential guide to the non contact sport of Tag Rugby a safe and fun way of introducing rugby to under 10s Tag rugby the RFU s official version of the game for under 7s and under 8s is the perfect entry into the world of rugby A non contact sport using Velcro attached tags on a tag belt it can be played safely by girls and boys together as young as five years old The second edition of this popular book endorsed by the RFU contains Rules of play Exercises drills games and lesson plans Tips for coaches and referees The how to of funding and festivals Guidelines for safeguarding children Using clear language and diagrams Tag Rugby will improve your understanding of skill development and focus your coaching It also contains advice for adapting drills and games to account for varying abilities and enabling disabled children to participate in the sport With its primary mission to make the game fun and accessible to all players coaches parents and spectators alike this is an essential handbook for anyone involved in tag rugby      [The Ultimate Guide to Rugby Club Management](#) Phil Locke, Running a successful rugby club is more than just coaching a winning team it s about building a strong and vibrant community centered around a shared passion for the game This book provides a holistic approach to rugby club management addressing the diverse aspects that contribute to a thriving club From the strategic planning that establishes a clear vision and mission to the day to day operations of managing players finances and events this guide covers it all We will explore the critical role of effective communication not just within the team but also with parents sponsors and the wider community We understand that building a positive club culture where players feel valued and respected is essential for long term success Furthermore this book will equip you with the necessary tools to manage the financial aspects of your club including budgeting fundraising and sponsorship acquisition We ll delve into practical strategies for player recruitment and development ensuring a consistent pipeline of talent while fostering a supportive environment for both established and aspiring players The complexities of organizing club events from matches and social gatherings to fundraising initiatives will also be meticulously examined with a focus on efficient logistics effective marketing

and the management of volunteers Risk management and safety are paramount and this guide will offer practical advice on mitigating potential risks and ensuring a safe environment for all members Finally we ll explore the importance of sustainability both financially and environmentally and how to plan for the long term success and legacy of your rugby club This book is your roadmap to building a thriving rugby community fostering a positive club culture and achieving sustainable success both on and off the field So let s embark on this journey together and discover the secrets to managing a truly exceptional rugby club *BTEC National Level 3 Sport and Exercise Science 4th Edition* Jennifer Stafford-Brown,Simon Rea,Tim Eldridge,2016-12-05 Exam Board BTEC Level KS4 Subject Vocational First Teaching September 2016 First Exam June 2018 Help your students gain the academic expertise and employability skills needed for further progression in education or the workplace with this textbook fully updated to reflect the new structure and content of the 2016 Level 3 BTEC qualification Prepare your students for new external assessment requirements with teaching guidance and tips Contextualise knowledge and build practical understanding of concepts with case studies Provide opportunities to stretch and challenge Distinction students Help students prepare for assignments with activities linked to assessment criteria Written by expert author team Jennifer Stafford Brown and Simon Rea *Sports Coaching* John Lyle,Chris Cushion,2010-06-29 Sports Coaching Professionalisation and Practice is a comprehensive evidence based textbook of sports coaching theory and practice The book is edited by leading academics in sports coaching studies and authored by a world renowned team of experts in sports coaching research It deals with all aspects of coaching behaviour and practice including coaches decision making coaching pedagogy and the development of expertise Each of the chapters provides an up to date position statement on coaching themes and makes explicit reference to the professionalisation of coaching Written in an accessible style and identifying critical ideas and issues the book will complement and challenge both undergraduate and postgraduate teaching programmes and will be an invaluable source of ideas for researchers and academics Multicontributed chapters follow uniform structure to increase clarity and accessibility of text Snapshots of critical ideas and issues presented as models or diagrams to facilitate students understanding Case examples and scenarios illustrate key concepts in each chapter Latest research and current literature summarised for each thematic topic **Coaching Practice** Andy Miles,2004 *BTEC National Sport* Ray Barker,2004 For the BTEC Sports Development and Fitness National qualification As a companion to the core textbook it covers six of the most popular option units Additional features such as real life case studies and discussion points help bring your learning to life *Athlete-Centred Coaching* Lynn Kidman,2010 Six coaches and three athletes involved in sports from international to school aged level share their knowledge stories and philosophies offering practical insights into how athlete centred coaching can be put into practice These successful athlete centred humanistic coaches inspire their athletes and encourage them to make informed decisions *Coaching Disabled Performers* Annie Kerr,Ian Stafford,2005 *Whistle up a Storm* Kevin Crowe,2011 Kevin Crowe was a rugby union player and World War II

veteran This book tells the story of his life as a rugby player in Queensland from the 1940s and his career as a referee and rugby administrator He played 110 first grade games for New Farm and represented Queensland Australia XV and Brisbane



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