

# **THE RUGBY LEAGUE COACHING MANUAL**



**PHIL LARDER**

National Director  
of Coaching

# Rugby League Coaching Manual 2

**M Carnoy**



## Rugby League Coaching Manual 2:

**Book 2: Futuristic Rugby League** Bert Holcroft, 2019-05-17 The Holcroft saga is a rugby story the likes of which may never have been equaled in the history of the game. It begins over a century ago when Mr George Holcroft was given charge of Leigh St Peters RLFC in 1889. He married and when his family grew up Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant of the game of rugby all his life. He holds coaching certificates from both the Australian and British governing bodies, one of only a handful of men to achieve such an honor in the game's history. For twenty odd years Bert Holcroft has had one of the unlikeliest jobs in sports, teaching Australian rugby coaches how to coach. Considering the Australian dominance of World Rugby in recent years, that might seem at par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's reemergence as a major rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one test defeat since 1978 speaks for itself. But Bert's reputation is nationwide, down under, quite simply he's one of the best in the business. Bert, who played for Leigh between 1950 and 1960, has spent much of his later years down under lecturing to top grade coaches in New South Wales. *Book 6: Learn @ Home Coaching Rugby League Project*

Bert Holcroft, 2014-01-21 The Holcroft saga, a rugby story the like of which may never have been equalled in the history of the game. It begins over a century ago when Mr George Holcroft was given charge of Leigh St Peters R L F C in 1889. He married and when his family grew up Jack, Harry, William and Tom all played for local teams. They married and George's grandsons Bert and Bill also played. Bert Holcroft has been a distinguished servant for the game of Rugby all his life. He holds coaching certificates from BOTH the Australian and British governing bodies, one of only a handful of men to achieve such an honour in the game's history. For 20 odd years Bert Holcroft has had one of the unlikeliest jobs in sport, teaching Australian Rugby Coaches how to coach. Considering the Australian dominance of World Rugby in recent years, that might seem a par with taking coal to Newcastle. But make no mistake, Bert Holcroft has done as much as anyone to ensure Australia's re emergence as a major Rugby power. On the face of it, Australia wouldn't seem to need any outside help, let alone from a Pom. Their record of only one Test defeat since 1978 speaks for itself. But Bert's reputation is nation wide, down under, quite simply he's one of the best in the business. Bert, who played for Leigh between 1950-60, has spent much of his latter years Down Under lecturing to top grade coaches in New South Wales. Born and bred in Cameron Street, Leigh, Bert has few peers when it comes to teaching the basics of the 13 a side game. Since emigrating in the late 60's, Bert has dedicated his life to coaching and fitness techniques. Teams in Queensland, New South Wales and Sydney have all come under his influence, often with spectacular results. Bert's credentials are impeccable. Last summer he achieved the highest accolade in Australia, his Grade Three certificate, personally signed by the then Australian league chairman Kevin Humphreys and the Director of Coaching, Peter Corcoran. Three years earlier, Bert has sailed through his Grade One and Two with flying colours.

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**Junior Coaching , Rugby Games & Drills** Rugby Football Union, Simon Worsnop, 2011-10-04 Improve technique game sense and fitness levels with the aid of Rugby Games Drills Developed by one of the game's top coaches and endorsed by the Rugby Football Union Rugby Games Drills contains over 115 games and drills designed to bring out the very best in players regardless of age or ability or rugby code This book is packed with the most effective games and drills for improving core skills such as handling kicking and decision making while providing tough physical challenges In addition the detailed descriptions with accompanying illustrations will help you make the most of training sessions and ensure you are ready for game day Rugby Games Drills is the ideal companion for coaches and players of both rugby league and rugby union looking to maximize talent and harness their potential **The Rugby League Coaching Manual** Phil Larder, 1988 **Book 5:**

**Learn @ Home Coaching Rugby Union Project** Bert Holcroft, 2014-01-21 The Holcroft saga a rugby story the like of which may never have been equalled in the history of the game It begins over a century ago when Mr George Holcroft was given charge of Leigh St Peters R L F C in 1889 He married and when his family grew up Jack Harry William and Tom all played for local teams They married and George's grandsons Bert and Bill also played Bert Holcroft has been a distinguished servant for the game of Rugby all his life He holds coaching certificates from BOTH the Australian and British governing bodies one of only a handful of men to achieve such an honour in the game's history For 20 odd years Bert Holcroft has had one of the unlikeliest jobs in sport teaching Australian Rugby Coaches how to coach Considering the Australian dominance of World Rugby in recent years that might seem a par with taking coal to Newcastle But make no mistake Bert Holcroft has done as much as anyone to ensure Australia's re emergence as a major Rugby power On the face of it Australia wouldn't seem to need any outside help let alone from a Pom Their record of only one Test defeat since 1978 speaks for itself But Bert's reputation is nation wide down under quite simply he's one of the best in the business Bert who played for Leigh between 1950-60 has spent much of his latter years Down Under lecturing to top grade coaches in New South Wales Born and bred in Cameron Street Leigh Bert has few peers when it comes to teaching the basics of the 13 a side game Since emigrating in the late 60's Bert has dedicated his life to coaching and fitness techniques Teams in Queensland New South Wales and Sydney have all come under his influence often with spectacular results Bert's credentials are impeccable Last summer he achieved the highest accolade in Australia his Grade Three certificate personally signed by the then Australian league chairman Kevin

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*Sports Coaching* Ed Cope, Mark Partington, 2019-11-20 The application of the theoretical underpinnings of coaching to practice is a central concern in sport How should academic research seek to inform applied practice and how should practising coaches integrate research into their professional activities *Sports Coaching A Theoretical and Practical Guide* is the first book to truly integrate academic research on sports coaching with an assessment of and recommendations for applied practice With every chapter written by a coaching researcher and a practising coach the book clearly and concisely introduces the academic evidence base and discusses how and why theory should be integrated into practice Made up of sections on coaching practice coach education and development the use of sport science support and coaching special populations the book constitutes a comprehensive guide to the theory and practice of sports coaching Chapters are clearly and consistently structured allowing students and coaches opportunity to gain a firm understanding of the core theoretical principles of sports coaching and the ways in which they can guide practice The book is a vital resource for any sports coaching student researcher or practitioner to develop their evidence informed practice

**Book 1: Futuristic Fifteen**  
**Man Rugby Union** Bert Holcroft, 2019-05-17 The Holcroft saga a rugby story the like of which may never have been equalled in the history of the game It begins over a century ago when Mr George Holcroft was given charge of Leigh St Peters R L F C in 1889 He married and when his family grew up Jack Harry William and Tom all played for local teams They married and George's grandsons Bert and Bill also played Bert Holcroft has been a distinguished servant for the game of Rugby all his life He holds coaching certificates from BOTH the Australian and British governing bodies one of only a handful of men to achieve such an honour in the game's history For 20 odd years Bert Holcroft has had one of the unlikeliest jobs in sport teaching Australian Rugby Coaches how to coach Considering the Australian dominance of World Rugby in recent years that might seem a par with taking coal to Newcastle But make no mistake Bert Holcroft has done as much as anyone to ensure Australia's re emergence as a major Rugby power On the face of it Australia wouldn't seem to need any outside help let alone from a Pom Their record of only one Test defeat since 1978 speaks for itself But Bert's reputation is nation wide down under quite simply he's one of the best in the business Bert who played for Leigh between 1950-60 has spent much of his latter years Down Under lecturing to top grade coaches in New South Wales Born and bred in Cameron Street Leigh Bert

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**RLCM Drills** ,200? Book 4: Soccer Revelations Coaching Knowledge Bert Holcroft,2019-05-17 The Holcroft saga is a rugby story the like of which may never have been equaled in the history of the game It begins over a century ago when Mr George Holcroft took charge of Leigh St Peters RLFC in 1889 He married and when his family grew Jack Harry William and Tom all played for local teams They married and George s grandsons Bert and Bill also played Bert Holcroft has been a distinguished servant for the game of rugby all his life He holds coaching certificates from both the Australian and British governing bodies one of only a handful of men to achieve such an honor in the game s history For twenty odd years Bert Holcroft has had one of the unlikeliest jobs in sport teaching Australian rugby coaches how to coach Considering the Australian dominance in the World Rugby in recent years that might seem par with taking coal to Newcastle But make no mistake Bert Holcroft has done as much as anyone to ensure Australia s reemergence as a major rugby power On the face of it Australia wouldn t seem to need any outside help let alone from a Pom Their record of only one test defeat since 1978 speaks for itself But Bert s reputation is nationwide down under quite simply he s one of the best in the business Bert who played for Leigh between 1950 60 has spent much of his latter years Down Under lecturing to top grade coaches in New South Wales Born and bred in Cameron Street Leigh Bert has few peers when it comes to teaching the basics of the 13 a side game Since migrating in the late 60s Bert has dedicated his life to coaching and fitness techniques Teams in Queensland New South Wales and Sydney have all come under his influence often with spectacular results Bert s credentials are impeccable Last summer he achieved the highest accolade in Australia his grade 3 certificate personally signed by the then Australian league chairman Kevin Humphreys and the director of coaching Peter Corcoran Three years earlier Bert has sailed through his grade 1 and 2 with flying colors In 1953 he was awarded his senior coaching certificate in England Bert who held a number of posts at Hilton Park before immigrating to Australia has spent a lot of his time heavily involved with

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**It Happened in a Final: Cas 33 v 2 Wigan** Dr John Davis, 2017-03-08 The author is one of Castleford's most dedicated supporters His personal experience following the club stretches back almost fifty years In addition he has endeavoured to educate himself about the early years of the team's fortunes not least the achievements of the 1930s and the doldrums of the 1950s

*AQA A Level Physical Education Student Guide 2: Factors affecting optimal performance in physical activity and sport* Symond Burrows, Michaela Byrne, Sue Young, 2019-09-02 Reinforce your students understanding throughout their course with this guide packed full of reliable content and sample questions and answers with commentary Written by best selling authors of our My Revision Notes and teachers with extensive examining experience this guide can help your students to improve their exam technique and achieve their best Helps students identify what they need to know with a concise summary of the topics examined at A level Consolidates understanding through assessment tips and knowledge check questions Offers opportunities for students to improve their exam technique by consulting sample graded answers to exam style questions Develops independent learning and research skills Provides the content students need to produce their own revision notes This guide covers the content and exam support you need for Paper 2 1 Exercise physiology 2 Bio mechanical movement 3 Sport psychology 4 Sport and society and the role of technology in physical activity and sport

*Explosive Power* Bert Holcroft, Margo Holcroft, 2019-05-15 My name is Bert Holcroft and I am a world accredited northern and southern hemisphere coach I have spent a lifetime developing specialist fitness dietary coaching and training techniques for some of the world's leading sports people in all contact sports May we offer you the opportunity to achieve the elixir of life and the fountain of youth through the power of aerobic exercise and nutritional awareness presented throughout this e book This resulted in producing *Expression Futuristic Rugby Coaching Revelations* book We hope that the secret revelations exposed in our book will be the catalyst to help these dreams become a reality We wish to share our expert knowledge of coaching fitness technical proficiencies plus our coaching secrets to any interested participant who is ambitious enough to attain a professional status to the highest level of international representing the country of their birth

*The Ultimate Sports Quiz Book* Martin Greensill, 2013-01-02 Containing over 1500 questions on a wide range of sports this book provides a comprehensive test of sporting knowledge Varied and challenging the questions are divided into eight chapters including one on numbers multiple choice and two on sporting miscellany While featuring question categories on over 30 physical sports the book also includes a category on mind sports such as chess and bridge The questions have a slight modern bias but earlier eras are not neglected in order to tap into the rich history of

competitive sport Updated to include events from 2012 this second edition brings out some fascinating facts and both sports fans and quizzers should find it entertaining and informative Oxford Dictionary of National Biography 2005-2008 Lawrence Goldman, 2013-03-07 Who made modern Britain This book drawn from the award winning Oxford Dictionary of National Biography tells the story of our recent past through the lives of those who shaped national life Following on from the Oxford DNB's first supplement volume noteworthy people who died between 2001 and 2004 this new volume offers biographies of more than 850 men and women who left their mark on twentieth and twenty first century Britain and who died in the years 2005 to 2008 Here are the people responsible for major developments in national life from politics the arts business technology and law to military service sport education science and medicine Many are closely connected to specific periods in Britain's recent history From the 1950s the young Harold Pinter or the Yorkshire cricketer Fred Trueman for example From the Sixties the footballer George Best photographer Patrick Lichfield and the Pink Floyd musician Syd Barrett It's hard to look back to the 1970s without thinking of Edward Heath and James Callaghan who led the country for seven years in that turbulent decade or similarly Freddie Laker pioneer of budget air travel and the comedians Ronnie Barker and Dave Allen who entertained with their sketch shows and sit coms A decade later you probably browsed in Anita Roddick's Body Shop or danced to the music of Factory Records established by the Manchester entrepreneur Tony Wilson In the 1990s you may have hoped that Things can only get better with a New Labour government which included Robin Cook and Mo Mowlam Many in this volume are remembered for lives dedicated to a profession or cause Bill Deedes or Conor Cruise O'Brien in journalism Ned Sherrin in broadcasting or indeed Ted Heath whose political career spanned more than 50 years Others were responsible for discoveries or innovations of lasting legacy and benefit among them the epidemiologist Richard Doll who made the link between smoking and lung cancer Cicely Saunders creator of the hospice movement and Chad Varah founder of the Samaritans With John Profumo who gave his name to a scandal policeman Malcolm Fewtrell who investigated the Great Train Robbery or the Russian dissident Aleksandr Litvinenko who was killed in London in 2006 we have individuals best known for specific moments in our recent past Others are synonymous with popular objects and experiences evocative of recent decades Mastermind with Magnus Magnusson the PG Tips chimpanzees trained by Molly Badham John DeLorean's gull wing car or the new British Library designed by Colin St John Wilson though as rounded and balanced accounts Oxford DNB biographies also set these events in the wider context of a person's life story Authoritative and accessible the biographies in this volume are written by specialist authors many of them leading figures in their field Here you will find Michael Billington on Harold Pinter Michael Crick on George Best Richard Davenport Hines on Anita Roddick Brenda Hale on Rose Heilbron Roy Hattersley on James Callaghan Simon Heffer on John Profumo Douglas Hurd on Edward Heath Alex Jennings on Paul Scofield Hermione Lee on Pat Kavanagh Geoffrey Wheatcroft on Conor Cruise O'Brien and Peregrine Worsthorne on Bill Deedes Many in this volume are naturally household names But a good number are also remembered for



lives away from the headlines What in the 1980s became Thatcherism owed much to behind the scenes advice from Ralph Harris and Alfred Sherman children who learned to read with Ladybird Books must thank their creator Douglas Keen while without its first producer Verity Lambert there would have been no Doctor Who Others are ordinary people capable of remarkable acts Take for instance Arthur Bywater who over two days in 1944 cleared thousands of bombs from a Liverpool munitions factory following an explosion only to do the same months later in an another factory Awarded the George Cross and the George Medal Bywater remains the only non combatant to have received Britain s two highest awards for civilian bravery *Australian National Bibliography* ,1996-12 Book 7: 101 Sports Coaching Snippets Bert Holcroft,2019-05-17

The Holcroft saga a rugby story the like of which may never have been equalled in the history of the game It begins over a century ago when Mr George Holcroft was given charge of Leigh St Peters R L F C in 1889 He married and when his family grew up Jack Harry William and Tom all played for local teams They married and George s grandsons Bert and Bill also played Bert Holcroft has been a distinguished servant for the game of Rugby all his life He holds coaching certificates from BOTH the Australian and British governing bodies one of only a handful of men to achieve such an honour in the game s history For 20 odd years Bert Holcroft has had one of the unlikeliest jobs in sport teaching Australian Rugby Coaches how to coach Considering the Australian dominance of World Rugby in recent years that might seem a par with taking coal to Newcastle But make no mistake Bert Holcroft has done as much as anyone to ensure Australia s re emergence as a major Rugby power On the face of it Australia wouldn t seem to need any outside help let alone from a Pom Their record of only one Test defeat since 1978 speaks for itself But Bert s reputation is nation wide down under quite simply he s one of the best in the business Bert who played for Leigh between 1950 60 has spent much of his latter years Down Under lecturing to top grade coaches in New South Wales Born and bred in Cameron Street Leigh Bert has few peers when it comes to teaching the basics of the 13 a side game Since emigrating in the late 60 s Bert has dedicated his life to coaching and fitness techniques Teams in Queensland New South Wales and Sydney have all come under his influence often with spectacular results Bert s credentials are impeccable Last summer he achieved the highest accolade in Australia his Grade Three certificate personally signed by the then Australian league chairman Kevin Humphreys and the Director of Coaching Peter Corcoran Three years earlier Bert has sailed through his Grade One and Two with flying colours In 1953 he was awarded his senior coaching certificate in England Bert who held a number of posts at Hilton Park before emigrating to Australia has spent a lot of his time heavily involved with Rugby in the universities there He became director of coaching for the University of New South Wales and later coach of the Combined Universities side Coaching Accreditation awarded by the Australian Institute of Sport Department of Sport and Recreation NSW and the NSW Rugby League for administration as well as being awarded National Coaching Certificates in both Britain and Australia one of only a handful of people to do so Eventually the offer of a job in Sydney came to coach Premiership glamorous club Eastern Suburbs World of Sports Indoor Anil Taneja,2009 **A**

**Comprehensive Guide to Sports Physiology and Injury Management** Stuart Porter, Johnny Wilson, 2020-11-13 Divided into two parts physiology and sports injury management this is an innovative clinical and evidence based guide which engages with the latest developments in athletic performance both long and short term It also considers lower level exercise combined with the pertinent physiological processes It focuses on the rationale behind diagnostic work up treatment bias and rehabilitation philosophy challenging convention within the literature to what really makes sense when applied to sports settings Drawing upon experts in the field from across the world and various sports settings it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy Dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings Takes an interdisciplinary approach and draws upon both clinical and evidence based practice Contributed by leading international experts including academics researchers and in the field clinicians from a range of sports teams including the Royal Ballet and Chelsea FC Pedagogical features include learning objectives clinical tip boxes summaries case studies and Editor s commentary to critique of concepts and techniques across chapters

**Specific Sports-Related Injuries** Sérgio Rocha Piedade, Philippe Neyret, João Espregueira-Mendes, Moises Cohen, Mark R. Hutchinson, 2021-05-12 This book offers a comprehensive and detailed overview of specific sports related injuries and a valuable guide for decision making to establish the best strategies to prevent and manage such injuries As a thorough understanding of each sports modality plays a key role both in injury prevention and management a dedicated chapter is devoted to each sports discipline An international panel of authors examines all most popular individual and team sports including athletics swimming combat sports cycling tennis American football baseball basketball soccer and volleyball just to mention a few Three additional chapters present special aspects related to sports injuries mental health concerns in athletes radiological assessment and patient reported outcomes tailored to sports medicine All chapters share a consistent format starting with a brief presentation of the sport and its history and then discussing its dynamics physical demands on the athlete common sports related injuries biomechanics of injuries first aid on the field and injury prevention This book offers valuable resource to orthopaedists sports physicians as well as physiotherapists practicing in the field of sports related injuries

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