

## ***Continuous Personal Development***

Introduction: The Continuous Personal Development series in coaching rugby union has been developed by the RFU Coaching Department. It is a series of 2/3 hour theoretical and practical courses which is usually specialising in one of the following areas (although, as there is close association between them all, other aspects listed are likely to be covered):- technical, tactical, mental, lifestyle & physical, coaching process

### 1. Continuity in Attack

By the end of this module, coaches will have a better understanding of and material to coach, continuity of possession in the contact area by appropriate and effective support to utilise the ball carrier's needs and options

### 2. Maul & Ruck

By the end of this module, coaches will have a better understanding of and material to coach, continuity of possession in the Maul & Ruck area by appropriate and effective support to utilise the ball carrier's needs and options

### 3. Defence

By the end of this module the coach should be able to coach defensive policies & structures in a simplified system achievable for both participation and performance players

### 4. The Line-Out Game

By the end of this module the coaches will be able to plan and implement innovative and action packed line out sessions while maintaining a focus on the specific skills required

### 5. Goal Setting - Two hour indoor workshop

By the end of this module the coach should be able to identify a range factors that motivate individuals through goals. Recognise the importance of Goal Setting in the short, medium and long term. Action plan to modify coaching behaviour to facilitate goal setting to motivate both themselves and their players

### 6. Game Planning - Two hour indoor Workshop

By the end of this module, the coach should be able to plan a basic game plan, which builds upon your coaching & playing philosophy & the strengths and weaknesses of your players and team

### 7. Performance Profiling - Two hour indoor Workshop

By the end of this session, coaches should be aware of the benefits of effective profiling and devise templates to assist accurate information gathering.

### 8. Planning & Periodisation - Two hour indoor Workshop

This module will provide you with a model of periodisation for a 1 year rugby season. It will enable you to demonstrate an understanding of planning an annual programme that builds on your coaching and playing philosophy and the strengths and weaknesses of your players and team