

DEC 2020

COACH ROLE & RESPONSIBILITIES

CPD



ECCLES RFC

1897

INTRODUCTION

In November 2020, the postponement of fixtures and COVID lockdown provided the club with the opportunity to undertake a coaching development programme of CPD sessions which, through participation, aimed to identify and promote our club coaching principles.

This guide summarises the session themes and prompts the role and responsibilities of a Eccles RFC coach, so we can collectively work towards achieving a consistently high standard of coaching practise across the club, for all our players.

OUR PRINCIPLES



Eccles RFC believes in rugby for all and the cultivation of homegrown talent. Inclusivity and community are at the heart of what we stand for.

We believe that everything grows and flourishes with work, patience and encouragement. We celebrate commitment, effort and ingenuity.

We believe in developing resilient, confident, creative, decision-making, self-organising players who can identify and solve their problems under pressure on the pitch.

We provide a safe environment that encourages our players to think for themselves, take responsibility and embrace a fearless attack-minded adventurous spirit, contributing industry, tenacity and leadership for the benefit of the team.

A good coaching session is:



A good coach is:



A good coach will develop:



COACH ROLE

A good coach

- Asks questions that improve a player's understanding.
- Sets clear, engaging goals that improve a player's skills.
- Encourages competition so players develop skills under pressure.
- Creates a supportive environment where it is safe to try things, make mistakes, learn.
- Encourages a player's long-term involvement with Rugby.
- Instils pride in the shirt, builds team morale, fosters player confidence, leads by example.

GAMES v DRILLS

- At Eccles we believe in player-centred game-based approach to coaching.
- Games are exciting, fun and promote teamwork, leadership, spacial awareness decision making and develop skills under pressure. Activities that require active, purposeful processing by a participant improve recall, are more enjoyed and create deeper learning.
- Drills are intensive repeated instruction. Drilling is boring. Rehearsals can help generate team cohesion and confidence in a desired pattern of automatic action but they do not develop the reactive skills and improvised behaviour useful in the unpredictable game of Rugby.

QUESTIONS v INSTRUCTIONS

- **Tell me and I forget, teach me and I remember, involve me and I learn.**
- Questions activate the mind. Players enjoy the thought process.
- Questions can encourage confidence in low ability players and challenge high ability players.
- Questions develop player understanding.
- Questions check knowledge, encourage evaluation, reflection, analysis.
- Questions can manage behaviour or reset a session.
- Be selective, don't bombard them. Use your water breaks (reduce talking, increase activity).
- Closed/Recall/Funnel/Open - consider the type of question and when to use it.
- Resist the temptation to tell your players, be patient.
- Don't be afraid of silence, give them time.

COACH RESPONSIBILITIES

BEFORE THE GAME a good coach:

- Plans and leads engaging & effective training sessions ensuring they are Active, Purposeful, Enjoyable, Safe. (APES)
- Asks questions and sets goals.
- Prepares the team for competitive matches.
- Selects a team and defines tactics with a view to building team spirit and encouraging participation.
- Ensures that all registered players have the opportunity to play.
- Instills a strong sense of comradeship.
- Provides positive constructive feedback to players on their development.
- Takes responsibility for their own coaching education and qualifications, being willing to learn, improve and adopt new ideas.
- Builds and maintains team morale.
- Sets simple motivating goals for the match ahead.

COACH RESPONSIBILITIES

DURING THE GAME a good coach:

- Remains calm, objective, positive, motivating and encouraging.
- Provides simple instructions and sets goals.
- Asks questions (prompting the simple goals identified before the game).
- Leads the halftime talk. Invites player involvement to solve their problems.

- Remains watchful for injuries, concussion, safety and welfare of players.
- Organises replacement players to run water and kicking tee on to the pitch, keeping them engaged in the game (asking questions).
- Remains inclusive and aware of all players receiving game time. (Regardless of the result, the development and enjoyment of the players is paramount).

- Sets a good example to players and spectators. Remains respectful towards the match officials and opposition.

COACH RESPONSIBILITIES

AFTER THE GAME a good coach:

- Acknowledges the opposition and referee performance.
- Provides encouraging, positive analysis to the players (asking questions to encourage their self assessment)

- Highlights the success of achieving the goals identified before the game.
- Identifies future goals for team and player progression and improvement.
- Recognises player effort, endeavour and achievement (MOTM).

- Assists the manager with details for accurate match reporting.
- Checks the welfare of any injured players.
- Checks and cleans equipment (balls, cones, pads) (reflection).
- Prepares the next training session building on game analysis / goals.
- Retains and recruits players.

OUR COACHING WHEEL





**OUR GOAL
IS TO CREATE
COMMITTED
PROBLEM-SOLVING
ATHLETES**



ECCLES RFC