



RFU LEVEL 3 COACHING RUGBY UNION – 2010/2011 COURSE

APPLICATION AND ADMISSION DETAILS

The Level 3 Programme in Coaching Rugby Union has been developed in line with UK Coaching Certificate criteria. Applications are invited for the UKCC Level 3 in Coaching Rugby Union. Please read the following carefully before submitting your application.

Level 3 coaches will be Head Coach of a team or programme, or age grade representative coach (County/Region or School of Rugby)

APPLICATION PROCEDURES:-

Closing date for applications 9th April 2010

Course Dates and Venue

| Venue | Module 1 & 3 | Module 5 |
|-------------------------|--|---|
| Hartpury College | July 8 – 11 (inclusive) 2010 | July 2011 (TBA) |
| COST | £600 (including VAT, resources, accommodation & meals) | £150 (including VAT, resources & meals) |

The Level 3 course demands very high standards of applicants. In the past, coaches, through no fault of their own, have seen the Level 3 course as a natural progression from the Level 2. This is something which takes many years, and even then it may be that the coach is not suited to the Level 3 qualification. However by attending CPD and by continuing to develop and challenge yourself you are continuing to contribute positively to the development of the players with whom you are working.

Unlike the Level 1 and 2 qualifications, which are designed to assist the coach to reach the required standard of coaching, the Level 3 is a real test of your ability of a coach and as a manager of playing programmes and personnel. Although there are development opportunities on the course, it is very much an endorsement that you are working at Level 3, rather than a means solely to get you there. It is important therefore that prior to applying you use the information below to assess your competence and confidence in all areas.

COURSE DESCRIPTOR

On successful completion of the Level 3 all coaches should be able to:

- Analyse participants' current and potential performance needs and aspirations,
- Plan a coaching programme according to agreed goals
- Manage a safe and effective coaching environment
- Deliver a coaching programme using a range of coaching styles and interventions to meet participants' needs
- Monitor and evaluate the effectiveness of coaching programmes to modify future plans and meet participants' needs
- Manage and develop personal coaching practice
- Coach techniques & tactical concepts of rugby union
- Demonstrate an understanding of the units & sub-units and their contribution to team play and the principles of rugby union
- Demonstrate an understanding of the principles of attack and defence

The course consists of 5 modules, 3 of which are delivered face-face, and two as home study. The course lasts one year **and applicants should make themselves available for all modules**. The course is a mixture of practical and classroom based activities.

Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. Coaches should also fulfil the home-study tasks. Coaches will also be externally assessed twice in their own coaching environment.

The coach must be aged 18 years of age or over and hold a Level 2 or equivalent Rugby Coaching Qualification. The coach must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences & **must** have experience of coaching within or managing a 15-a-side team or programme.

All applications must include

1. **Completed Application Form** (Coaches should apply using the application forms on the RFU web-site)
2. **Full Coaching CV**
This should include
 - Playing experience
 - Coaching experience and responsibilities
 - Relevant attended courses, seminars & conferences
 - Relevant reading
 - Concise coaching philosophy
3. **Provide a detailed Player Positional Profile**
 - This should cover all players who are in the first choice starting 15 of the team you presently coach (template available on web-site)
4. **Provide a detailed Game Plan**
 - This should outline your broad strategies for Attack and Defence which includes play from set-piece, phase play, turn-over and kick receipt/chase.
5. **30 - 45 minute recording (DVD) of your coaching**
 - To provide clear objectives for the session being delivered
 - To clearly demonstrate and reflect your preferred style of delivery along the coaching continuum and should be clearly audible.
 - To provide evidence of coaching interventions to improve individual, unit and team skills/understanding – technical & tactical
 - To provide a reflective summary (5 minutes) of the session
6. **Cheque (payable to RFDL) for Module 1 & 3 (£600)**
 - cheques will be returned to unsuccessful applicants
 - send to RFU Level 3, Coaching Department, Rugby Football Union, Rugby House Twickenham Stadium, 200 Whitton Road, Twickenham, TW2 7BA

Closing date for applications by FRIDAY 9 APRIL 2010
Application, cheque, CV and DVD should be sent to

**Level 3 Administrator, Coaching Department, Rugby Football Union, Rugby House
Twickenham Stadium, 200 Whitton Road, Twickenham, TW2 7BA**

Applications will be considered by Regional and National staff by the end of May. All applicants will be informed if their application has been successful by May 7 2010 – unsuccessful applicants will be provided with an explanation and brief action plan.

