

Welcome to the 2<sup>nd</sup> SW CCC Newsletter. The aim is to publicise information for CCC's in the SW to reduce the number and frequency of emails. This is for a trial period and your feedback would be most welcome

### Quote of the week

"Success comes from knowing that you did your best to become the best that you are capable of becoming"  
*John Wooden UCLA and USA Coach*

### Coaching Jobs



#### The Israel Rugby Union are looking for **Head of 7's Development**

Responsibilities will be to establish a national infrastructure of 7's rugby. The post-holder will be responsible for developing a participation program, a coach development program and mentoring support to the men's, women's and youth 7's programs

For further information, please contact Ben Menachem IRU President at [President@rugby.org.il](mailto:President@rugby.org.il)

### Club Carousel Evenings

Training and information evenings are available for Club Coaching Coordinators, Referee and Volunteer coordinators.

The evening is open to all CCC's and will offer:

- A Scrum Factory CPD session
- Information on Coach Licensing and how it will affect your club
- Use of the website to support the CCC, club coaches and booking onto courses
- How the CCC role can be used to support your club coaches and players

The following dates are for your diary, with a start time of 18:30

Ivybridge RFC Wednesday 16<sup>th</sup> March, [Robmasters@rfu.com](mailto:Robmasters@rfu.com)  
Redruth RFC (Cornwall) Monday 21<sup>st</sup> March, [Mikebratt@rfu.com](mailto:Mikebratt@rfu.com)

### Non-Award Coaching and Continued Professional Development (CPD) Courses

Thank you again for the ongoing support and hard work that you have put into to developing your club coaches already this season.

We are pleased that 532 coaches have attended Rugby Ready courses this season and hope that the word is now beginning to spread. The course is not only informative for well-established coaches but also the perfect way to start on the coaching pathway. It is based on safety and focuses on body positions for the scrum, maul and ruck, line out and tackle, along with the progressions that need to be taken to introduce a player to contact. Anyone over the age of 14 is eligible attend.

A variety of CPD courses are running in the South West over the next few months which we hope will be well attended. Please see the attached course update for further information.

County	Number of Coaches attended a course since August 2010			
	Rugby Ready	TAG	CPD	Rugby Young Leaders
Cornwall	71	0	0	10
Devon	149	61	51	0
Somerset	166	33	15	0
Gloucestershire	146	17	95	33
<b>Total</b>	<b>532</b>	<b>111</b>	<b>161</b>	<b>10</b>

### Level 1 and 2 Courses

(There are still limited places on the following courses, please do not leave it too long as you may find yourself missing out)

Course Dates	CB	Venue	Cost
16 <sup>th</sup> March 2011	Somerset	Taunton Queens College	£105
10 <sup>th</sup> May 2011	Somerset	Portway Rugby Centre	£105
4 <sup>th</sup> May 2011	Devon	Plymouth Albion	£105
9 <sup>th</sup> May 2011	Cornwall	Cornwall Newquay RFC	£105
14 <sup>th</sup> May 2011 (Level 2)	Gloucestershire	Hartpury College	£180

To reserve a place on an existing course (see the attached course list) or book a course for your club visit the following link and send an application to [Beverley.Rawlins@hartpury.ac.uk](mailto:Beverley.Rawlins@hartpury.ac.uk)  
<http://www.rfu.com/TakingPart/Coach/FindACourse/SouthWest.aspx>



### South West Teacher Development Days

(Days are open to all teachers and coaches)

5<sup>th</sup> July 2011 Plymouth Albion RFC

12<sup>th</sup> July 2011 Portway Rugby Centre Bristol

The day will be split into two sessions at a cost of per coach is £60. This will include refreshments, lunch and additional coaching resources

#### Play from Turnover

This module will look at the individual skills and unit understanding needed to create turnover ball and how a team can maximise the opportunity that winning turnover ball presents. Delivered by and in conjunction with Brian Ashton.

#### Developing Safe & Effective Scrummagers

This module is designed to help coaches understand individual techniques and show how to use a range of simple equipment in designing fun, yet challenging activities for players of all shapes and sizes. This module has been designed by England Scrum Coach, Graham Rowntree and will be delivered by Matt Ferguson - National Scrum Factory lead coach.

If you would like to book a place, please contact Bev Rawlins [Beverley.Rawlins@hartpury.ac.uk](mailto:Beverley.Rawlins@hartpury.ac.uk)

### Scrum Factory

The Scrum Factory is a new CPD course, which has just been released. It aims to increase the number of players able to play in the scrum effectively and safely, particularly the front row. By helping coaches and players to understand individual and collective techniques required, together with position specific conditioning, this 2.5 hour practical course covers physical preparation, body management and body shape. The course is suitable for coaches of both genders and players of all levels and age groups.

Specifically trained scrum developers will demonstrate a range of practices and encourage coaches and players to develop their knowledge and understanding of the scrum. Each coach who attends will receive a Scrum Factory DVD and coaching guide.

The course will:

- Challenge traditional methods of scrum coaching which may be predominantly machine based.
- Emphasise the value of innovative coaching.
- Emphasise the value of creating peer coaching groups.
- Challenge how and why coaches identify and select players to play within the scrum.
- Emphasise the value and benefits of all players being coached on individual body posture.

Please refer to the course update for future dates, to book on please contact Vicky Buck ([vlb1978@yahoo.co.uk](mailto:vlb1978@yahoo.co.uk)) or contact Bev Rawlins at Hartpury [RFUadmin@hartpury.ac.uk](mailto:RFUadmin@hartpury.ac.uk)

### Useful Contacts for the South West

- Alan Hubbleday -Coach and Player Development Officer(CPDO) [Alanhubbleday@rfu.com](mailto:Alanhubbleday@rfu.com) 07764960374
- Catherine Spencer – Women’s Rugby Development Officer (WRDM) [Catherinespencer@rfu.com](mailto:Catherinespencer@rfu.com)
- Steve Harland – Referee Manager [Steveharland@rfu.com](mailto:Steveharland@rfu.com) 07738 029107
- Rachel Brown – Volunteer Executive [Rachelbrown@rfu.com](mailto:Rachelbrown@rfu.com)

#### Rugby Development Officers (RDO)

- Mike Bratt (Cornwall) [mikebratt@rfu.com](mailto:mikebratt@rfu.com)
- Rob Masters (Devon) [robmasters@rfu.com](mailto:robmasters@rfu.com)
- Jon Bendle (North Devon and Somerset) [jonbendle@rfu.com](mailto:jonbendle@rfu.com)
- Julie Price (Somerset) [julieprice@rfu.com](mailto:julieprice@rfu.com)
- Neil loader (Bristol) [neilloader@rfu.com](mailto:neilloader@rfu.com)
- Don Parsons (Gloucestershire) [donparsons@rfu.com](mailto:donparsons@rfu.com)
- Gregg Bayliss (Gloucestershire) [greggbayliss@rfu.com](mailto:greggbayliss@rfu.com)

#### Administration

- Level 1 & 2 courses - Bev Rawlins [Beverley.Rawlins@hartpury.ac.uk](mailto:Beverley.Rawlins@hartpury.ac.uk) or [RFUadmin@hartpury.ac.uk](mailto:RFUadmin@hartpury.ac.uk) 01452 702119
- TAG/Rugby Ready/CPD - Vicky Buck (South West Coaching Coordinator) [Vlb1978@yahoo.co.uk](mailto:Vlb1978@yahoo.co.uk) 07976895343

## From tag to tackle – the new way

**A REVOLUTIONARY way to introduce young players to contact is being spearheaded by three of the Rugby Football Union's constituent bodies.**

Durham, Hampshire and Warwickshire have all embraced a pilot scheme to encourage player involvement, retention in the sport and skill acquisition, with 59 clubs across the three counties taking part.

In 2007 a task group chaired by future RFU President John Owen was set up to look at the RFU's 20-year-old Continuum, including commissioning research by Exeter University.

The three-year pilot builds on the findings and embraces the current thinking in child, skill and player development.

RFU Player Development Manager Gary Townsend said: "Mini coaches do a fantastic job in introducing kids to the game, but times have moved on. What we're looking at is ways of introducing aspects of the sport in a way that is easier to manage for players and coaches.

"The basic premise is smaller numbers means greater involvement, equals more decision making and therefore greater skill development and more enjoyment."

In the pilot counties, Under-9s are now playing a compromise between tag and full-on tackling as Townsend explained: "If a defender grasps the ball-carrier below the armpit for the duration of three seconds, the referee will call 'tackle' and the ball-carrier must pass – and be allowed to pass.

"This encourages the less confident player to contribute to the team's defensive effort, the stronger tackler to tackle round the legs as per usual, and the stronger ball-carrier to make a few metres before passing to their support, thus encouraging go-forward, handling and support.

"The emphasis is on developing an evasion game, handling and support with more time also being allowed in coaching good tackle technique. In attack the small, elusive player gains reward by being evasive and getting behind defences, the larger player gets rewarded by making ground before having to pass, and all players get rewarded by supporting and applying handling skills in a game situation."

With significant drop-offs at the ages of 12, 16 and 18 – a problem not just for rugby – it is hoped that players will stay in the sport because they have had more involvement and enjoyment over the years.

"The Exeter University research found that there was an average of just 1.2 passes from a breakdown to a try. But in the pilot areas players are getting more touches of the ball, there's more decision-making and more tackling," added Townsend.

"As we all know as coaches, despite our best efforts not all children will tackle, and the redefining of the tackle rule is designed to give confidence by enabling greater contribution to the defensive effort.

"What we're finding is that those children who aren't quite ready for contact can still contribute to their team's effort. It's also a win-win for the bigger children, who used to run through dragging three players with them. Now they have to offload, increasing their skill in offloading, plus the skill of support players. We now have a much faster game and a continuous game."

The clubs in each county voted to adopt the pilot over three years, with Under 7 to Under-9 in year one, Under-7 to Under-10 in year two, and Under-7 to Under-11 in year three based on the following rules:

### **Under-7s**

4 a-side

Smaller pitch

No stoppages for knock-ons - this encourages children to pass and does not penalise an attempt to catch

Referee should also be a coach

### **Under-9s**

7-a-side

Smaller pitch

Tackle redefined as a clear grab beneath the arm-pits

No scrums, lines-out, rucks or mauls

And the results are self evident according to Colin Horsley (Durham), Tony Timms (Warwickshire) and Duncan Parker of Hampshire who are leading the pilots.

**Darlington Mowden Park Rugby Football Club (DMPRFC)**  
**Minis Section**  
**Shaping the Game: Initial findings and observations report (U7s)**

Darlington U7's have been a part of the Shaping the Game pilot since the beginning of the season. The following findings have been taken from their initial findings report <http://www.pitchero.com/clubs/darlingtonmowdenparkrfc/news/shaping-the-game--u7s-update-254188.html>

SHAPING THE GAME	CONTINUUM
Length of play observed: 8 mins No. of passes: 69 No. of tags: 10 No. of tries: 16 No. players: 8	Length of play observed: 8 mins No. of passes: 35 No. of tags: 13 No. of tries: 9 No. players: 14
Averages (per player over the 8 mins of play): No. of passes per player: 9 (69 ÷ 8 = 8.62) No. of tags per player: 1 (10 ÷ 8 = 1.25) No. of tries per player: 2 (16 ÷ 8 = 2)	Averages (per player over the 8 mins of play): No. of passes per player: 3 (35 ÷ 14 = 2.5) No. of tags per player: 1 (13 ÷ 14 = 0.92) No. of tries per player: 1 (9 ÷ 14 = 0.64)

**Comments from coaches;**

'There is more action for the players under Shaping the Game, and importantly it is spread throughout the team due to the smaller numbers on the pitch'.

'The Shaping the Game pilot means far less stoppages than before, therefore, more play, more passes, more tags, more tries and more flowing running and evasion'.

'It is notable on 7 on 7 games certain players (slower players, less skilled) can easily become marginalised during play, the 4 on 4 game means there is less room to hide on the pitch. With fewer children to referee, the coach/referee has more chance of noticing any players who may be marginalised and can intervene e.g. by giving that player the ball at restarts etc'.

'Comments from the players are overwhelmingly positive as long as they are experiencing personal rewards playing rugby; in compiling this report coaches have anecdotally noted that "playing rugby" and "scoring tries" are more commonly cited reasons than "winning" by players as their reasons for wanting to come back each week'.

**Comments of parents/ carers of players:**

'They (the players) enjoy the new set up more than before. At 6 years old they just want to run around, not worrying about knocking on'.

'X has grown in confidence over the last few weeks playing in the under 7's. This week she scored 3 tries in one game!'

'The games are more intense and faster paced, you can see the kids coming off the pitch panting and sweating. They don't complain about being cold during a game anymore'.

## Course Update

Constituent Bodies      Cornwall, Devon, Somerset, Gloucestershire  
 Contact Name:            Bev Rawlins

Address:                    RFU Coaching Centre  
                                  Hartpury College, Hartpury, Gloucestershire. GL19 3BE

Contact Details            Tel: 01452 702119  
                                  Email: [rfuadmin@hartpury.ac.uk](mailto:rfuadmin@hartpury.ac.uk)

## IRB Rugby Ready Courses    **£18.50 (incl. VAT)**

Everybody involved in coaching, refereeing and playing rugby needs a sense of safe practice. The IRB Rugby Ready program is intended to raise awareness of good practice and help stakeholders manage the inherent risks of the sport by putting appropriate safeguards in place.

**Please note: You will need to complete the Rugby Ready (“Safety”) practical course before starting your Level One course.**

<b>Rugby Ready Dates &amp; Times</b>	<b>CB</b>	<b>Venue</b>	<b>Cost: £18.50</b>
27 <sup>th</sup> February 2011 10:00	Devon	Torrington RFC	£18.50
9 <sup>th</sup> March 2011 18:30	Somerset	Frome RFC	£18.50
6 <sup>th</sup> April 2011 1830 hrs	Gloucestershire	Bristol Saracens	£18.50
6 <sup>th</sup> April 2011 Afternoon time TBC	Somerset	Bath Uni	£18.50
13 <sup>th</sup> April 2011 1830 hrs	Devon	Exeter RFC	£18.50
13 <sup>th</sup> April 2011 1830 hrs	Cornwall	Launceston RFC	£18.50
4 <sup>th</sup> May 2011 1830 hrs	Somerset	Taunton Area TBC	£18.50
4 <sup>th</sup> May 2011 1830 hrs	Gloucestershire	St Peters School, Gloucester	£18.50
11 <sup>th</sup> May 2011 1830 hrs	Somerset	Chew Valley RFC	£18.50
22 <sup>nd</sup> May 2011 Time TBC	Gloucestershire	Lydney RFC	£18.50
8 <sup>th</sup> June 2011 1830	Devon	Plymouth Albion RFC	£18.50
8 <sup>th</sup> June 2011 1830 hrs	Somerset	Weston Super Mare RFC	£18.50

**Continuous Personal Development(CPD) courses      £15.50 (incl. VAT)**

CPD plays an important part in the development of a coach, and coaches should undertake these courses before, after and alongside attendance at qualification courses. The courses are designed to support coaches with training appropriate to the type of player they are working with. Within rugby union there are five broad categories of player: adult performance, adult participation, talent development, youth and children. Your Club Coaching coordinator should be able to recommend a suitable course.

CPD Course and Dates	CB	Venue & Time	Cost
2 <sup>nd</sup> March 2011 Maul and Ruck	Gloucestershire	Stow on the Wold 19:00	£15.50
28th February 2011 Scrum Factory	Devon	South Molton RFC 19:00	£15.50
2 <sup>nd</sup> March Maul/Ruck (Youth)	Devon	Plymouth Albion RFC, Brickfields 19:00	£15.50
2 <sup>nd</sup> March 2011 Scrum Factory	Somerset	North Petherton RFC 19:00	£15.50
7th March 2011 Scrum Factory	Gloucestershire	Drybrook RFC 19:00	£15.50
7 <sup>th</sup> March 2011 Continuity in Attack (Youth)	Somerset	Bath Youth (Kingswood School Playing fields) 19:00	£15.50
14th March 2011 Scrum Factory	Somerset	Keynsham RFC 19:00	£15.50
Mon 21st March 2011 Game planning* (Youth)	Devon	Brixham RFC 19:00	£15.50
21st March 2011 Scrum Factory	Gloucestershire	Painswick RFC 19:00	£15.50
21st March 2011 Scrum Factory	Somerset	Castle Cary RFC 19:00	£15.50
23rd March 2011 Scrum Factory	Somerset	St Marys RFC 19:00	£15.50
4 <sup>th</sup> April 2011 Scrum Factory	Cornwall	Bodmin RFC 19:00	£15.50
6 <sup>th</sup> April Planning and Period(Youth)*	Devon	Plymouth Albion RFC, Brickfields 19:00	£15.50
6 <sup>th</sup> April Scrum Factory	Devon	Plymouth Albion RFC, Brickfields 19:00	£15.50

**(All courses marked with a \* are aimed at coaches who have completed their Level 2 award)**

**TAG Rugby Coaching Course      £21 (incl. VAT)**

**14 + yrs**

Tag Rugby is a fast-moving, non-contact invasion game suitable for boys and girls to play together. The key to the game is enjoyment, with running and handling skills to the fore. The Start Coaching Tag Rugby course lasts for approximately three hours and is practical-based.

Course Dates	CB	Venue	Cost
Saturday 19 <sup>th</sup> March	Gloucestershire	Broad Plain RFC (9:30 -12:30)	£21

**Level 1 and Level 2 Certificate in Coaching Rugby Union      £105 (incl. VAT)**

**Please note** you will need to complete the Goodyear Rugby Ready (“Safety”) practical course before starting your Level One course. Please send a copy of your IRB Goodyear Rugby Ready Certificate with your completed application form.

Course Dates	CB	Venue	Cost
<b>16<sup>th</sup> March 2011</b>	Somerset	Taunton Queens College	<b>£105</b>
<b>10<sup>th</sup> May 2011</b>	Somerset	Portway Rugby Centre	<b>£105</b>
<b>4<sup>th</sup> May 2011</b>	Devon	Plymouth Albion	<b>£105</b>
<b>9<sup>th</sup> May 2011</b>	Cornwall	Cornwall Newquay RFC	<b>£105</b>
<b>Level 2 14<sup>th</sup> May 2011</b>	Gloucestershire	Hartpury College	<b>£180</b>