



England Rugby

Training Course Suite 2014 - 15

[Coaching Courses](#)

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Core purpose of strengthening our member clubs and growing the communities around them.

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP

England Rugby Training Course Suite

Coaching Courses

Course Type	Course Title	Duration	Min. Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivered by
Foundation: <i>Player Safety and Well Being</i>	Rugby Ready	3 Hours	14 *	None	Not a deployment course. This is a safety/information course for players, referees, coaches & volunteers.	£15	Rugby Developers
	Scrum Factory	3 Hours	14*	None	Deployed to coach the scrum from age 16 under the guidance of a Level 2 coach.	£15	Rugby Developers
Foundation: <i>An Introduction to...</i>	Kids First TAG Rugby	3 Hours	14*	None	Can coach and referee any Tag rugby activity.	£15	Rugby Developers
	Putting Kids First	3 Hours	14*	None	Not a deployment course. This is a targeted course for club-specific needs.	£100 per course	Specialist Workforce
	Kids First Rugby - Schools	3 Hours	14*	Qualified Teacher or working in Primary School (AOTT)	Can coach and referee any Tag rugby activity within a primary school.	£25	Specialist Workforce
	Teaching and Coaching Rugby Union in Secondary Schools	1 Day	18	None	Teachers/Coaches working with 11-to-18 year-old pupils who wish to develop an understanding of how to deliver safe and effective rugby union within and beyond the curriculum.	£40	Rugby Educators
Safeguarding Courses	Play It Safe	3 Hours	16*	None	Not a deployment course. This is an information course for anyone who is working with or has responsibility for children and vulnerable adults within rugby.	£15	Specialist Workforce
	In Touch	4 Hours	18	None	In Touch can be attended by any club officials, but is specially targeted at Club Safeguarding Officers.	Free	Specialist Workforce
Awards Courses	UKCC Level 1: Introducing Children to Rugby Union	3 days	16*	Must have attended Rugby Ready course before applying for this course. Complete IRB online Rugby Ready and IRB Laws Test before attending this course.	Coaches working with/up to and including under-12s who wish to develop their knowledge, skills and attributes needed to coach and referee children through fun, well-planned and safe learner-centred coaching programmes.	£105	Rugby Educators

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Course Type	Course Title	Duration	Min. Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivery by
Awards Courses cont.	UKCC Level 2: Coaching the 15-a-side game	3 days	18	Must have attended Rugby Ready (or hold UKCC Level 1 Coaching Rugby Union Award) and RFU Scrum Factory course before applying for this course. Complete IRB online Rugby Ready and IRB Laws Test before attending this course	Coaches working in the 15-a-side game who wish to further develop their knowledge, skills and attributes needed to coach the 15 a-side game of Rugby Union, through a fun, well -organised, well-planned and safe learner centred coaching programme.	£115	Rugby Educators
	UKCC Level 3: RFU Advanced Coaching Award	3 full days & season prog.	18	UKCC Level 2 Attendance at Towards L3 CPD. Head Coach of a team or programme, or age grade representative coach (County/Region or Developing Player programme).	Coaches working in the 15 a side or 7s game with direct responsibility for planning, implementing, analysing and revising annual coaching programmes. Over the 12 month (minimum) programme they must demonstrate that they can 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 participant and support staff needs, monitor and evaluate the effectiveness of the coaching programmes, modify future plans, and manage and develop personal coaching practice.	£1000	Specialist Workforce
	UKCC Level 4: Coaching Rugby Union	12 full days & season prog.	18	UKCC endorsed Level 3 Award or equivalent with appropriate experience of talent development, performance or elite coaching in Rugby Union and evidence of a capacity for extended study at postgraduate level.	Level 3 Coaches working, or aspiring to work in the Talent Development and Elite strands of the game.	£3300	Specialist Workforce

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Strength & Conditioning Award Courses	UKCC RFU Level 1 Strength and Conditioning	2 Days	16*	None	Coaches looking to expand their knowledge in the S & C area.	£250	Specialist Workforce
	UKCC RFU Level 2 Strength and Conditioning	4 Days	18	None	Recommended attendance of L1 Strength and Conditioning Course, or having an involvement with the coaching/teaching of basic strength and conditioning and/or possessing a basic physical education or sport science background.	£350	Specialist Workforce
<i>U7s – U12s Coach</i> Continuous Professional Development (CPD)	Kids First Coaching through Games (1st Sept 2014)	3 Hours	14*	None	See below. Recommended for coaches who have recently completed the Level 1 Coaching Award and/or are working in the U7-U12 game.	£15	Specialist Workforce
	Kids First Continuity Pre Contact (1st Sept 2014)						
	Kids First Continuity Post Contact (1st Sept 2014)						
<i>15 a side Game Coach</i> Continuous Professional Development (CPD) cont.	Coaching Continuity in the 15-a-side game	2.5 – 3 Hours	14*	None	The Continuous Personal Development (CPD) programme is designed to complement the qualification pathway. All CPD courses are designed to meet the needs of coaches within their specific roles. There are both practical-based and classroom-based workshops depending on the subject. Recommended for coaches working in the 15 a side game.	£15	Rugby Developers
	Coaching Back Attack in the 15-a-side game						
	Coaching Defence in Phase Play in the 15-a-side game						
	Coaching Half Back Play in the 15-a-side game						
	Coaching Kicking in the 15-a-side game						
	Coaching Maul and Ruck in the 15-a-side game						
	Coaching the Lineout in the 15-a-side game						
	Team Selection						

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Advanced CPD	Goal Setting	3 Hours	18	None (Recommended L2 Coach)	See above. Recommended/required for coaches applying for the Level 3 course.	£15	Specialist Workforce
	Game Planning						
	Planning and Periodisation						
	Player Profiling						
	Director of Rugby Course	4 Days	18	None	Responsibility for leading rugby programmes in clubs, schools, colleges and universities. This RFU certificated CPD course has been developed by the RFU & Ashridge Sport Business Initiative.	£600	Specialist Workforce

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- An appropriately trained adult is defined as being 18 or older and having a Teaching qualification, Coaching qualification or Refereeing Qualification.
 - Supervised is defined as being:
 - For a Coach** - On pitch, available for discussion, within face – face talking distance,

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Course Type	Course Title	Duration	Min. Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivery by
Foundation: <i>Player Safety and Well Being</i>	Rugby Ready	3 Hours	14 *	None	Not a deployment course. This is a safety/information course for players, referees, coaches & volunteers.	£15	Rugby Developers
	Scrum Factory	3 Hours	14*	None	Deployed to coach the scrum from age 16.	£15	Rugby Developers
Foundation: <i>An Introduction to...</i>	Refereeing Children (From 1st July 2014)	3 Hours	14*	Complete IRB online Rugby Ready before attending this course	Can referee Tag and contact rugby up to and including under-12s.	£15	Rugby Developers
	Referee Taster Session	2 Hours	14*	None	Club-based volunteers interested in refereeing.	FOC	CRC
Safeguarding Courses	Play It Safe	3 Hours	16	None	Not a deployment course. This is an information course for anyone who is working with or has responsibility for children and vulnerable adults within rugby.	£15	Specialist Workforce
Awards Courses	Entry Level Referee Award	2 days	14*	Complete IRB Laws Test before attending this course.	For new and developing referees. The ELRA offers an introduction to refereeing a game of rugby union and will equip delegates with the skills and confidence to do so effectively. To be replaced by Level 2: Refereeing the 15-a-side game from 1st July 2014.	£50	Rugby Educators
	Level 2: Refereeing the 15-a-side game (From 1st July 2014)	2 days	TBC	Complete IRB online Rugby Ready and IRB Laws Test before attending this course	For new and developing referees wanting to referee in the 15-a-side game. The course offers an introduction to refereeing a game of rugby union and will equip delegates with the skills and confidence to do so effectively. We recommend attendance on Rugby Ready and Scrum Factory Course before applying for this course.	£50	Rugby Educators

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Continuous Professional Development (CPD)	Match Preparation	2 - 3 Hours	14	None	The Continuous Personal Development (CPD) programme is designed to complement the referee qualification pathway. All CPD courses are designed to meet the needs of referees within their specific roles. There are both practical-based and classroom-based workshops depending on the subject. Recommended for club, school and occasional referees.	£15	Rugby Developers. Society Training Officers may deliver these as part of Society internal training.
	Game Understanding						
	Communication and Management						
	Refereeing the Scrum						
	Refereeing the Lineout						
	Refereeing the Maul						
	Refereeing the Tackle & Ruck						
	Advantage						
	Practical Refereeing						
	Discipline-Report Writing						
	Feedback and the REVIEW Process						
	Assistant Referee						
	Managing Captains and Coaches						
	Communication Scripts						

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 - An appropriately trained adult is defined as being 18 or older and having a Teaching qualification, Coaching qualification or Refereeing Qualification.
 - Supervised is defined as being:
For a Referee - Pitch side throughout the game, available for discussion at half time and available for review following the game.

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Student Leadership Courses

Course Type	Course Title	Duration	Rec Min Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivery by
Schools	Key Stage 2 England Rugby Playground Leaders Award	3 Hours	10	These courses can be downloaded free of charge for delivery by the school by registering your details with the RFU education team. Please go to: http://www.rfu.com/managingrugby/managingschoolsrugby for more information	The Rugby Union KS2 Playground Leaders pack is designed to be delivered by school staff to their pupils. These pupils then act as touch rugby playground leaders	Free	Qualified Teacher
	Key Stage 3 England Rugby Young Leaders Award	6 Hours	12		The Rugby Union KS3 young leaders pack is designed to be delivered by school staff to their pupils as a summer term curriculum unit of work		
	Key Stage 4 England Rugby Level 1 Leaders Award	9 Hours	16		The Rugby Union KS4 leaders pack is designed to be delivered by school staff to their students. We want this programme to develop students as confident, capable rugby union leaders but also to have a community delivery element to it as well. This can be achieved in a number of ways		
College	Colleges Level 2 Award in Leadership	56 Guided Learning Hours	14	Colleges delivering this qualification must be a 1 st 4Sport recognised centre To register interest and confirm the delivery criteria please contact Joanna Peat 0110 2015555 Learners are required to be aged 14 years or over prior to registration	Developed in partnership with the Rugby Football Union (RFU), the 1st4sport Level 2 Award in Leadership Through Rugby Union (QCF) enables young people to develop leadership skills and engage with grass-roots rugby union and Tag Rugby festival/event for young people. Please go to http://www.rfu.com/managingrugby/managingschoolsrugby/secondaryschools/leadershipandvolunteering/~media/files/2011/schoolsoffer/rfu%20level%20%20award%20in%20leadership%20through%20rugby%20union%20-%20getting%20started.ashx for more information	POA	Qualified Teacher

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First Aid & Medical Courses

Course Type	Course Title	Duration	Min. Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivery by
First Aid	Emergency 1 st Aid in Rugby Union	8 Hours	16*	Completion of pre-course learning	Training as a lay person responder in sports first aid. For those who may be asked to respond to an injured rugby player. Can be deployed as Emergency First Aider.	£65	Specialist Workforce
Health Care Professional Courses	RFU Immediate Care in Sport	10 Hours	18	Completion of pre-course learning	Healthcare professionals such as medical practitioners, physiotherapists, athletic trainers, chiropractors, osteopaths, sports rehabilitation specialists, ambulance trained personnel, nurses and other healthcare professionals on application.	£300	Specialist Workforce
	RFU Advanced Immediate Care in Sport	20 Hours				TBC	

- * Directly supervised by appropriately trained adult when providing First Aid cover until age of 18 is reached.
- An appropriately trained adult is defined as being 18 or older and having a First Aid/Medical Qualification.
 - Supervised is defined as being:
 - Available for discussion, within face – face talking distance.

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Workforce Training

Course Type	Course Title	Duration	Min. Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivery by
Workforce Development	Developing Coaches & Match Officials 1	3 Hours	18	None	CCCs/CRefCs/Society members / All Schools coaches / DOR of Mini and Junior Sections.	FOC	Area Training Team / Rugby Trainer
	Developing Coaches & Match Officials 2	6 Hours		Currently involved in the development / mentoring of coaches and or referees	Federations/Groups/Panel/Society members / CRCs /DPP Coaches/Referee Mentors/Ref Coaches and Observers.		
	Referees Assessor	12 hours	18	Completed DCMO Level 2 or equivalent Currently involved the development /mentoring of referees at Levels 3-6	Federations / Groups / Panel/Referee Mentors/Referee Coaches and Observers.		
Workforce Training	Rugby Developer	2 Days	18	Hold a UKCC Level 2 (rugby) coaching qualification and/or National Foundation Certificate (Referees) or ELRA certificate, or equivalent Recommendation and/or nomination from RFU Area Training Manager	Contribute to the growth of the game by delivering high quality training programmes to coaches, referees and others in order to increase their knowledge of, and confidence to deliver, the game.	£25 Annual licence fee	Area Training Team / Rugby Trainer
	Rugby Educator	2½ Days		Hold a UKCC Level 2 (rugby) coaching qualification and/or National Foundation Certificate (Referees) or ELRA certificate, or equivalent Recommendation and or nomination by RFU Area Training Manager Accredited rugby developer, referee trainer or equivalent	Deployed to deliver qualification and award courses. Rugby educators will demonstrate technical expertise in own domain, (medical, coaching and refereeing) and have the skills to deliver training programmes, assess performance and facilitate feedback in a positive and educative manner.	£40 Annual licence fee	
	Rugby Trainer	2½ Days		Accredited and licensed educator status or equivalent Hold a UKCC Level 2 (rugby) coaching qualification and/or National Foundation Certificate (Referees) or ELRA certificate, or equivalent Recommendation and or nomination from RFU Area Training Manager	Deployed to lead and manage high quality training delivered by the RFU workforce. 'Rugby' Trainers will lead, manage and review the on-course delivery team, quality assure the delivery of RFU Rugby Developer & Educator workforce, internally verify assessment decisions, liaise the with external verifier and manage on course complaints and appeals in	£40 Annual licence fee	

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Type	Course Title	Duration	Min. Age	Pre-Requisites	Target Audience / Deployment Guidelines & Information	Cost (inc VAT)	Delivery by
Products	Key Factors for Coaches	N/A	N/A	N/A	This resource will be available both online and as pocket sized swatch guide that reminds coaches of the Technical Factors of rugby's key skills.	TBC	N/A
	Breakdown skills	N/A	N/A	N/A	Online video resource showing best and safest practice when coaching the breakdown.	Free	N/A
Courses	Skill Acquisition	3 Hours	14	Coaching a team / group of players	A theoretical and practical course that explores the principles of skill acquisition and how they can be applied to Rugby Union.	£15	Specialist Workforce
	Delivering Engaging Sessions	2 Hours	14	Coaching a team / group of players	A series of courses designed to help coaches deliver varied sessions and activities that will contribute to player enjoyment and continued participation in the game.	£15	TBC
	Player Retention	3 Hours	14	None	This workshop will present the latest research into the social and leisure preferences of 16 – 24 year olds and will seek to explore the reasons why players leave the game and identify what interventions can be put in place to address this.	TBC	Specialist Workforce
	Managing Contact	3 Hours	14	Coaching a team / group of players	This course will support the coach to develop their ability to coach safe and effective technique in the “flashpoint” areas of tackle and breakdown.	£15	Rugby Developer
	Scrum Factory 2	3 Hours	14	Coaching a team of youth / adult players Post attendance on a UKCC coaching qualification	Building on the success of the original scrum factory. This course will explore in more detail the maintenance of safe and effective technique in the scrum. It will include binding, striking for the ball and 8 player scrummaging.	£15	Specialist Workforce
	Rugby Smart	3 Hours	14	Coaching a team of children / youth / adult players Post attendance on a UKCC coaching qualification	For qualified and developing coaches. This course will incorporate the latest research into player safety and welfare. It will help coaches to review their own practice and provide up to date information on recommended best practice.	TBC	Specialist Workforce
	Performance Analysis	3 Hours	14	None	This CPD course will examine different methods of analysis, interpreting information and action planning.	£15	Rugby Developer
	Coaching and Refereeing the 7s game	TBC	14	None	A series of courses designed to help coaches and referees develop skills, knowledge and understanding for the 7 a side variation of the game.	TBC	Specialist Workforce

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Updated – May 2014 (Course Costs come into effect from 1st July 2014)