

# Level 1 Certificate in Coaching Rugby Union

## Introduction

The Level 1 Certificate in Coaching Rugby Union, (L1CCRU) has been developed in conjunction with the Scottish & Welsh Rugby Unions, together with 1<sup>st</sup>4sport Qualifications. It is a vocationally related qualification studying both practical and theoretical aspects of coaching rugby union. The L1CCRU is accredited on the National Qualifications Framework.



## Qualification Aim

UKCC Level 1 Descriptor:- 'Deliver aspects of coaching sessions under direction,' *E.g. Coach players with guidance from a Head Coach, Coaching co-ordinator or NGB scheme*

## Qualification Objectives

On successful completion of the L1CCRU, you should be able to:

- demonstrate an ability to safely organise and supervise rugby union activities, including small and conditioned games
- promote and establish working relationships and high standards of behaviour with players, coaches, parents and officials in the overall development of rugby union
- demonstrate an understanding of:
  - generic coaching skills
  - rugby specific coaching skills, including handling, tackling, contact & continuity, 5 'man-scrum,' and line-out throwing & support techniques.
  - coach and player development
  - good practice in club management and coaching
  - health and safety
  - basic laws of the game of rugby union
- demonstrate an ability to identify and adapt rugby union activities and sessions for a variety of different age groups



## Qualification Outline

The course operates either as a two day course or an induction evening followed by two days. The course is primarily practical based, and you will be given several opportunities to coach and develop your coaching throughout the course.

The L1CCRU sits at Level 1 of the National Qualifications Framework. The NOS for Sport & Recreation have been developed by people from the industry with a vast range of knowledge and experience. The standards provide a benchmark of good practice for coaches, teachers and instructors.

## Assessment

Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. There is also an open book multi choice test.

## Prerequisites

Candidates are required to be 16 years of age or over before they can be registered for the qualification. It is recommended that coaches new to the game of rugby will have attended either a Start or Tag-Rugby Course before attending a Level 1.

## Application

Coaches should apply using the application forms on the RFU web-site to their local Approved Coaching Centre. Coaches receive a Level 1 Coaching Resource Pack, DVD & Laws Book.

# Level 2 Certificate in Coaching Rugby Union

## Introduction

The Level 2 Certificate in Coaching Rugby Union, (L2CCRU) has been developed in conjunction with the Scottish & Welsh Rugby Unions, together with 1<sup>st</sup>4sport Qualifications. It is a vocationally related qualification studying both practical and theoretical aspects of coaching rugby union. The L2CCRU is accredited on the National Qualifications Framework

## Qualification Aim

UKCC Level 2 Descriptor:- 'Prepare for, deliver and review coaching session's' *E.g.* Coach a group of players – club coach/ teacher

## Qualification Objectives

On successful completion of the L2CCRU, candidates should be able to:

- develop an appreciation of the ethical coaching process, the needs of the player and related issues in sports science
- plan, conduct and evaluate a series of rugby union coaching sessions in a systematic and progressive manner
- coach the basic skills and techniques of rugby union including, the scrummage, line-out, back-play, defence, continuity & counter-attack.
- promote and establish positive working relationships and high standards of behaviour with – and among – players, other coaches, parents and officials
- ensure the health and safety of players and others within the coaching environment and be able to respond to accidents and emergencies
- develop greater responsibility for their own learning and development
- promote the sport of rugby union in a positive and constructive manner
- demonstrate an understanding of the principles of attack and defence through the use of practices and small-sided games



## Qualification Outline

The course operates as a four day course. The course is primarily practical based, and you will be given several opportunities to coach and develop your coaching throughout the course. There are also home study tasks including the planning, delivery and review of coaching sessions.

The L2CCRU contributes to the provision of the underpinning knowledge and understanding of the Level 2 National Occupational Standards (NOS) for Coaching, Teaching and Instructing (CTI) and the breadth of the Technical Definition for Rugby Union. The standards provide a benchmark of good practice.

## Prerequisites:

Candidates are required to be 18 years of age or over before they can be registered for the qualification. Candidates should have normally attended a Level 1 Rugby Union Coaching Course, and should demonstrate an involvement with the coaching / teaching of rugby and attendance at coaching seminars, courses or conferences.

## Assessment

Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. Candidates should also fulfil the home-study tasks. There is also an open book multi choice test.

## Application

Coaches should apply using the application forms on the RFU web-site to their local Approved Coaching Centre. Coaches receive a Level 2 Coaching Resource Pack & Laws Book.

## Level 3 Certificate in Coaching Rugby Union

### Introduction

The Level 3 Certificate in Coaching Rugby Union, (L3CCRU) has been developed in conjunction with the Scottish & Welsh Rugby Unions, together with 1<sup>st</sup>4sport Qualifications. It is a vocationally related qualification studying both practical and theoretical aspects of coaching rugby union. The L3CCRU is accredited on the National Qualifications Framework

### Qualification Aim

UKCC Level 3 Descriptor:- 'Plan, implement, analyse and revise annual coaching programmes,' *E.g. Head Coach of a team or programme*  
- *Head of Rugby, Club Coach, age grade representative coach – County/ Region*

This qualification is viewed as the ceiling for coaches within the Community Game.



### Qualification Objectives

On successful completion of the L3CCRU, candidates 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

### Qualification Outline

The course consists of 5 modules, 3 of which are delivered face-face, and two as home study. The course lasts between 9 months and a year. The course is a mixture of practical and classroom based activities.

The L3CCRU contributes to the provision of the underpinning knowledge and understanding of the Level 3 National Occupational Standards (NOS) for Coaching, Teaching and Instructing (CTI) and the breadth of the Technical Definition for Rugby Union. The NOS for CTI have been developed by people from the industry with a vast range of knowledge and experience. The standards provide a benchmark of good practice.

### Prerequisites:

The candidate must be aged 18 years of age or over and hold a Level 2 or equivalent Rugby Coaching Qualification. The candidate must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences & **must** have a current commitment to coaching within or managing a rugby union team or programme. Coaches must also hold valid child protection training certification.

### Assessment

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

### Application

Coaches should apply using the application forms on the RFU web-site to their local Approved Coaching Centre. Coaches receive a Level 3 Coaching Resource Pack & Laws Book.

# RFU Level 4 Rugby Union Coaching Award

## Introduction

The Level 4 Rugby Union Coaching Award has been developed to cover all the major needs of a high level coach. The RFU Level 4 course stresses the multi-disciplinary nature of coaching.

## Award Aim

UKCC Level 4 Descriptor:- 'Design, implement and evaluate the process and outcome of long-term/specialist coaching programmes,'  
*E.g. Professional coach, Kicking coach to high performance players, Expert Developmental coach, Age Grade National coach.*

## Qualification Objectives

At level 4 the coaches extend their coaching practice skills and knowledge but now begin to refine, and integrate their own skills and attributes in relation to the coaching practice

Coaches at this level:

- develop a culture of excellence where learning and development can take place; by using integrated approaches within their coaching practice they maximise the performance of participants of any ability within specialist environments.
- manage change consistently in a dynamic environment, utilising the right combination of personal attributes/skills such as: leadership, communication methods, decision-making and problem solving.
- review and self reflect on their coaching planning and practice, and are aware of their impact on others.
- use integrated approaches within their coaching process, and to develop a learning environment that maximises the performance of participants of any ability within selected specialist environments
- use an effective combination of personal attributes and skills in order to manage change within specialist environments
- be creative when problem-solving and decision-making within selected areas of coaching planning and practice, occasionally bringing ideas and solutions from a variety of sources within and external to coaching
- review and analyse their self-reflection skills to enable personal development to occur and further develop the coaching process within the wider environment

## Award Outline

Much of the delivery and many of the assignments of this course are addressed through the study of one specialist area of the game: (Line out, Scrum, Attack, Defence, Kicking and Continuity). Coaches are requested to nominate a first and second choice for the specialism they would prefer to study.

The course consists of four workshops and a final project presentation day, all delivered over a period of 14 months. Vital pre-workshop tasks and associated reading, supplement the contact time and this allows for maximum application of theory during workshops which are residential and generally of 2 day duration; Workshop 1 however, extends over 3 days.

## Prerequisites

The candidate must be aged 18 years of age or over and hold a Level 3 or equivalent Rugby Coaching Qualification. The candidate must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences & **must** have a current commitment to coaching English players within a rugby union team or programme. Coaches must also hold valid child protection training certification.

## Assessment & Delivery

The delivery will include:

1. A journey comprising four workshops delivered by specialist tutors and supported by workplace visits culminating in a presentation on a specialist topic.
2. An approach which will not provide answers. It will pose questions, it will raise self-awareness and awareness of others, it will signpost you to new knowledge, it will challenge thinking processes, and make you reflect on what you do and how you think
3. Pre course reading and tasks, workshop outcomes, content and assignments which will be designed to encourage this challenge
4. Opportunities to use a multi-disciplinary approach to solving coaching problems – this will be emphasized throughout the programme and will constantly remind coaches that coaching is a multi-disciplined exercise.
5. The course design is competency based and all staff will be assessing against these competences whenever possible. Assignments will also be designed for students to show evidence of selected competences in their work.

## Application

Coaches should apply using the application forms on the RFU web-site to Des Diamond, Coaching Development Manager, Rugby Football Union, Twickenham, TW1 1DS. Fee includes all tuition fees, assessment costs, resources, accommodation and full board for 6 nights, as well as follow up support in the work place.

# RFU Level 5 Rugby Union Coaching Award

## Introduction

The Level 5 Rugby Union Coaching Award has been developed to cover all the major needs of an elite coach working at a high level with elite players.

## Award Aim

UKCC Level 5 Descriptor:- 'Generate, direct and manage the implementation of cutting-edge coaching solutions and programmes,' *E.g. National Coach, Director of Coaching/ Development.*

## Qualification Objectives

The aim of the Level 5 Rugby Union Coaching Award is to afford opportunities for coaches to make positive changes to, and thus enhance, their coaching behaviours as well as providing the coach with the expertise to create and maintain an environment capable of making significant impact on individual and team performance over multiple seasons. Central to the course design is a philosophy that focuses on meeting the practical demands that face coaches at this level by challenging the coach to:

- Demonstrate an open-minded approach and a willingness to adopt change where appropriate
- Seek, evaluate and apply new information from non-rugby sources
- Develop cutting edge knowledge and skills
- Find innovative and creative solutions to coaching problems
- Demonstrate self-reflection and take responsibility for their own learning and CPD

And especially to: **Adopt an inter-disciplinary approach to problem solving**

## Award Outline

Throughout the course coaches will be encouraged to explore and develop the critical personal factors that influence the process of improving individual and organisational performance, namely:

- i) their coaching behavioural skills and,
- ii) their leadership and management skills.

The four stages of the coaching process provide a framework to further examine the application of these skills. In addressing the practical issues that are associated with improving players' performance, coaches are challenged to consider the inter-relationships of physical, psychological, technical and tactical disciplines which come together to produce inter-disciplinary solutions to these practical issues.

## Prerequisites

The candidate must be aged 18 years of age or over and hold a Level 4 or equivalent Rugby Coaching Qualification. The candidate must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences & **must** have a current commitment to coaching within or managing a rugby union team or programme. Coaches must also hold valid child protection training certification.

## Assessment & Delivery

The course consists of six workshops and a final project presentation day all delivered over a period of 20 months. Vital pre-workshop tasks and associated reading, supplement the contact time and this allows for maximum application of theory during workshops. Workshops are residential and generally of 2 day duration; Workshop 1 however, extends over 4 days. Assessment is conducted by using a set of 6 competences and evidence against these competences is compiled by tutors and support staff in a Coach Development Record.

## Application

Because of the nature of this course students will normally participate by an invitation extended by the course Steering Group. For further information contact :

Des Diamond, Coaching Development Manager, Rugby Football Union, Twickenham, TW1 1DS.

Email to [desdiamond@rfu.com](mailto:desdiamond@rfu.com) Telephone 07860 812194