

COACHING- THE - COACHES

SCHOOLS COACHING GUIDE - STELLENBOSCH RUGBY ACADEMY



CONTENT

STELLENBOSCH RUGBY ACADEMY



CONTENT – MODULE 14

A. General information	C. Codes of conduct
Introduction	Coaches
Role of SRA	Players
Role of the school	Parents
B. Coaching	D. Documents
Role of the coach	Coaches Agreement
Organising of a training session	Practical Log Book
Tips	Transgression report
Time allocation	
General arrangements for coaches	



A. GENERAL INFORMATION



INTRODUCTION

- SRA gives the opportunity to aspiring rugby coaches with practical experience to receive their **WR level 1, 2 Certificate**



ROLE OF SRA

- Recruit coaches to **schools** where they can coach a team or to assist as assistant- or skills coaches
- **Introduce** rugby coordinator and coaches
- Appoint **group leader** as direct contact person between SRA and school. Also responsible for attendance of all SRA coaches
- Continues coaching **development** program weekly
- **Evaluation** of coaches at school weekly



ROLE OF SRA

VERY IMPORTANT:

- Rugby coaching include **home /away games and rugby days**
- Coaches also **referee** their own teams (primary school) during the week, otherwise they receive extra payment
- Coach must inform (call) our and school coordinator (not via SMS) if he cannot attend a session – AND organise a coach in his place



ROLE OF THE SCHOOL

- Sport coordinator / head coach mentor each coach
- Educate coaches regarding the rugby programme of school
- Head coach must be present at team training or match
- Provide coaches with necessary training **equipment** (balls, cones, etc.)
- Communicate training, match changes via group leader or SRA coordinator (rain, matches etc.)
- All coaching related arrangements regarding **payment and important changes** need to be discussed with SRA
- Give **report** about each coach at the end of the season to SRA



B.COACHING

ROLE OF THE COACH

- CULTURE IS EVERYTHING
- ENERGY!!!!!!!
- Be an outstanding **Life and Rugby coach!!!**
- Understand that you're laying the foundation for players who want to be involved in rugby
- Create a friendly and encouraging environment during coaching sessions and matches
- Lead by **example** on and off the field. Players must associate themselves with their coach
- Give **every player** a chance to participate during training session and matches
- Make sure that players **respect** their opponents and referee
- Be **honest** and have **patience** when working with players



ORGANISING OF A TRAINING SESSION (WR GUIDELINES)

Follow the following steps to teach a new drill:

1. Explain the skill

- Use **simple language**
- Work from **easy to difficult**
- Make sure players **understand**

2. Demonstrate

- **Show** them the end result. From start to finish



ORGANISING OF A TRAINING SESSION (WR GUIDELINES)

3. Coaching

- Divide the skills in different **phases**
- Ensure that players **master** the first phase of the skill before they move to the next phase
- Make sure that **all the players** are involved
- **Be patience** with players that struggle with the drill

“Although there must be an opportunity to play, the training session should be built on skills. Skills must be practiced at every session.”

COACHING TIPS

- Switch off **cell phone** before training session
- Don't go to coaching session without the following:
Training program, whistle, Boksmart card
- **Prepare properly** for session. Players are not clueless and know when you didn't prepare
- Players can't stay away from a practice session without an excuse
- When the squad becomes too big, they to be divided into **smaller groups**
- Be encouraging at all times



COACHING TIPS

- Stay up to date with newest laws - coach within the laws and make sure players understand it
- Players call you **coach (Jan)** – not just your name
- When talking to players, make sure they sit down and let the sun be behind their backs
- Coach must **not play with a ball or whistle** in his hands while coaching or talking to players
- **Speak loud and clear** towards players – so they can understand
- If there is **queries or complaints** from parents/supporters immediately refer them to rugby coordinator



TIME ALLOCATION

- Must be at least **10 min** prior to the training session at the field
- Inform SRA at the latest 09:00 if he won't be able to make a coaching session.
- If coach cannot attend coaching session is responsible for **recruiting a coach in his place**
- Be in time for your **next SRA duties**



GENERAL ARRANGEMENTS FOR COACHES

- Coaches receive weekly skills drills for team (**Coaching-the-Coaches**)
- Coaches **log book** must be completed weekly and taken to every coaching session
- Coaches will be **monitored** - will not receive his WR coaching qualification if work is not up to standard. Can also be withdrawn from the school by SRA
- Be neatly dressed in your **SRA clothing** during sessions
- SRA clothing will be: Track suit pants or short gym pants, cap, with either white or black gym shirt, socks, tekkies



GENERAL ARRANGEMENTS FOR COACHES

- Coaches are also involved in the **selection of teams**, other arrangements
- Transport for players will not be the coaches' responsibility but school sport manager's
- Teams be chosen on merit - every player who trains must get equal playing chance
- **Training equipment** to be well looked after - report damaged equipment immediately
- If any other problem occurs the coaches or sport manager should contact SRA asap and report incident



C. CODES OF CONDUCT



KEEP RUGBY CLEAN

COACHES

- Lead by example at all times
- Players must have respect for their coaches - coaches must show encouragement and acknowledge good work
- Never humiliate or shout at a player at training or match.
- Teach players that rules apply to all and should not be broken
- Encourage players to develop their skills and sportsmanship
- Always stay calm when players are given a task to complete
- Avoid over-specialising in certain positions
- Help to improve team's respect and etiquette of the game
- Always respect the medics' choice of injured players
- Stay in touch with new trends in rugby



PLAYERS

- Play within the laws of the game and never question referee's decision
- Never lose your temper or get angry at your team mates or opponents
- Work hard in everything you do and do it for your team
- Have excellent sportsmanship by giving credit to your opponents if they deserve it
- Play for the fun of the game – not to impress your parents



PARENTS

- Players will learn the most if parents lead by good example
- Players will take part for the joy of it. Parents therefor should not force their children to play rugby
- Motivate your child in everything he do - training and matches
- Teach them that to give your best is just as important as winning
- Respect the field of play. Don't interfere with the coach or referee
- Show respect towards opponents by not swearing next to the field onto players, referees or coaches
- Acknowledge the volunteering work that referees and coaches put in on a Saturday or after their work
- There will be zero tolerance for violence on a rugby field

D. DOCUMENTS



STELLENBOSCH RUGBY ACADEMY COACH'S AGREEMENT

Ihereby acknowledge that I'm in duty of Stellenbosch Rugby Academy's school's coaching staff.

1. THIS AGREEMENT ABIDES ME TO THE MINIMUM REQUIREMENTS OF THE SCHOOL'S COACHING STAFF NAMELY:

- a. To be on time for my coaching session. If not, I may be seen as absent and there for may forfeit one coaching session's payment. (Yellow Card)
- b. To be dressed in Stellenbosch Rugby Academy's clothing at all times during the time of my coaching session. If not, I may be seen as absent and there for may forfeit one coaching session's payment. (Yellow Card)

STELLENBOSCH RUGBY ACADEMY COACH'S AGREEMENT

- c. If issued by the school where you coach to referee you're team's game you must attend the game and ref or alternatively you must arrange a referee in your place. (Yellow Card)
- d. If you can't attend your coaching session you must follow these 4 steps at least 2 hours prior to your coaching session:
 - Notify your head coach. He must acknowledge your message with a verbal response or reply via mobile phone.
 - Arrange another (at least WR level 1 qualified rugby coach) in your place.
 - You must inform your head coach.
 - The head coach should immediately inform the coaching coordinator of Stellenbosch Rugby Academy on the same day.

STELLENBOSCH RUGBY ACADEMY COACH'S AGREEMENT

2. COACHES WILL BE PENALISED WITH A 'YELLOW CARD' IN THE CASE OF:

- a. Missing a coaching session without a legitimate excuse and proof of excuse.
- b. Missing refereeing a game.
- c. Missing a meeting with school's coaching staff – or other school rules.
- d. Not dressed in Academy clothing during a coaching session

STELLENBOSCH RUGBY ACADEMY COACH'S AGREEMENT

3. THE FOLLOWING ACTION STEPS APPLY FOR THE 'YELLOW CARD':

- a. Forfeit one session's coaching payment and receiving a first warning.

NOTE: If a player misses, for example, a coaches meeting he will receive a yellow card. If a coach misses a coaching session he will automatically receive a 'Red Card' regardless if it's his first coaching session he missed.

The following action steps apply for the 'Red Card':

- a. Forfeit the payment of 3 coaching sessions and receiving his final warning.
- b. Coaches will be excused from any form of coaching through Stellenbosch Rugby Academy after any transgress of the 'Red Card'.

SRA PRACTICAL LOG BOOK

Date	Hours	Name of business	Activity	Coordinator sign; cell, mail

SCHOOL COACHES TRANSGRESS REPORT

Stellenbosch Rugby Academy YELLOW card transgress

Coach:

Reason for YELLOW card:
.....
.....

Date:

Signature Coach

Date:

Signature Coordinator

SCHOOL COACHES TRANSGRESS REPORT

Stellenbosch Rugby Academy RED card transgress

Coach:

Reason for RED card:
.....
.....

Date:

Signature Coach

Date:

Signature Coordinator

SCHOOL COACHES TRANSGRESS REPORT

Stellenbosch Rugby Academy Coach's Dismissal

Coach:

Reason for dismissal:
.....
.....

Date:

Signature Coach

Date:

Signature Coordinator