

Christmas 2015 Newsletter

Welcome to our Christmas 'Coaching Chronicle' with information regarding courses, workshops and the latest updates and announcements from Scottish Rugby's Coach Development Department.

2015/16 Season (So Far) in Numbers

Since May 2015, we have had a growing number of coaches attend our Level 1-4 UK Coaching Certificate qualifications, World Rugby Strength & Conditioning and First Aid in Rugby Level 1 courses, as well as our core CPD including the new Ready, Game Coaching and Start Rugby Coaching workshops. Information on all upcoming courses can be found at scottishrugby.org/coaching

UKCC LEVEL 1
231

UKCC LEVEL 2
222

START RUGBY COACHING
337

UKCC LEVEL 3
20

UKCC LEVEL 4
8

Core CPD
890

S&C LEVEL 1
101

FAIR LEVEL 1
231

Director of Rugby Course at BT Murrayfield

Scottish Rugby launched their pilot Director of Rugby course for those involved in BT Premiership and National 1 at BT Murrayfield on Sunday 8 November.

16 Directors of Rugby from across both leagues completed a series of interactive activities and shared ideas from their respective clubs to help strengthen their understanding of the role.

Former Scotland Team Manager Guy Richardson and Ian Bell from Ashridge Business School lead discussions on leadership and the development of sustainable cultures within clubs, sharing anecdotes from their experiences within rugby.

The course takes in four modules across a two-day period to develop and support a generation of inspirational leaders for the game.

Scottish Rugby's Coach Development Manager, Neil Graham, said: "The course is a first for Scottish Rugby and we hope it can develop further understanding of leadership playing philosophies and how to develop a performance

culture. All of the directors on the course are already very experienced, but we have recognised that some of them require greater support when establishing their footprint at their clubs."

"The long-term aim is to develop the standard of rugby throughout the leagues and we hope this course will have a positive impact on all involved."

The final instalment of the course took place on the 13th of December at BT Murrayfield, and presented a series of scenarios and workshops to advise directors on retaining, developing and recruiting players and members of staff.



Attendees engaging in group discussion at the DoR Conference

National Teacher CPD Conference 2015/16 at Edinburgh Napier University

On Sunday 29 November, Edinburgh Napier University played host to 40 teachers/coaches involved in secondary school rugby across Scotland at the National Teacher CPD Conference.

With an increasing emphasise on school rugby, this conference was an opportunity for teachers/coaches to liaise with their peers and further develop their coaching knowledge and understanding. The conference focused on coaching players in year group S1-2 rugby (aged 12-14) and included presentations led by some of Scotland's top coaches in secondary schools. This included; Iain Stanger, Head of PE at Aberdeen Grammar and Rob Moffat, Head of Rugby at Merchiston Castle. Also delivering, were those from the professional ranks including Gregor Townsend, Head Coach at Glasgow Warriors and Strength & Conditioning Coach Development Officer Peter Jericevich, Assistant Coach of Scotland Women's squad....



Gregor Townsend delivering at the National Teacher Conference

Also in attendance was Mark Upton, Coaching Science Manager at the English Institute of Sport, who began the day with a session on developing adaptable, problem solving players via constraints-led coaching.

Scottish Rugby's Head of Schools & Youth, Colin Thomson said, "This was a great event and a positive example of how getting a wide range of teachers in a room to talk about school sport could be beneficial to all involved.

Utilising the expertise we have within the 'rugby teaching work force' to share best practice was particularly rewarding and we plan to use this knowledge more as we move forward to ensure that rugby remains relevant to the achievement of educational outcomes with in the School context. I look forward to the next conference"

Club Participation Agreement: Coaching Audit

As coaching is an essential area in the development of our sport, some specific investment for coaching has been allocated to clubs in this seasons Club Participation Agreement. Clubs who meet the following coaching criteria, may be eligible for £500 coaching investment in May 2016:

1. Submit a complete a full and accurate register of all active coaches.
2. A minimum of 75% of coaches having completed the online RugbyRight safety course.
3. A Club Coaching Coordinator.

Clubs are asked to complete the relevant paperwork that was sent to club secretary's/president's earlier this month, and return to the following email address by Friday 25 January 2016. Once received, this will be compared against the coaches from your club who have completed [RugbyRight](#) before forwarding your clubs provisional compliance results.

coach.compliance@sru.org.uk

Gary Coupland Scoops Double Award Win

Congratulations to Gary Coupland who has won both the **sportscotland** Young Person's Coach of the Year and sports coach UK Children's Coach of the Year award. Gary is Vice-President and coach at Annan Rugby Club and has been instrumental in the development of rugby in the area. His Annan Academy U15 and U18 girls team were crowned



Gary Coupland from Annan RFC winning sports coach UK Children's Coach of the Year award

Dumfries & Galloway regional champions this year, where his passion and commitment to youth rugby has led to a 600% increase in the numbers taking part and enjoying rugby in the region. Gary said: "I wasn't expecting to come away with both awards and it's great to be recognised both in Scotland and across the UK."

Gary's work with local primary schools has seen the mini section at Annan treble in size over the last two years with over 70 boys and girls now participating in weekly training sessions at the club.

Annan's annual primary schools touch tournament in partnership with Active Schools was set up by Gary and has lead to the involvement of over 150 children.

"I have done a lot of work with primary schools in order to encourage participation from an early age and my club have helped me to do this."

"They have been a great help and have given me support over the years, there are so many coaches at the club who have contributed to me receiving these awards."

NEW FOR 2015/16: Conditioning Through Games Workshop

The Conditioning Through Games workshop is designed to help coaches:

- In delivering an effective warm up and cool down
- Develop a game based approach to training sessions
- Develop a knowledge of games and activities, which can improve a players conditioning levels as well as technical and tactical skill execution
- Improve their understanding of Strength & Conditioning for rugby

Candidates must be a minimum of 16 years of age to attend and are recommended to complete the online training programme [RugbyRight](#)

Upcoming Workshops:

Aberdeen Sports Village, Wednesday 2 March (7pm-9.30pm)
Haddington RFC, Monday 14 March, (7pm-8.30pm)
BT Murrayfield Stadium, Wednesday 23 March (7pm-8.30pm)

To register for one of the above workshops visit:
scottishrugby.org/conditioning-through-games

Scottish Rugby Coach Development Strategy Review 2016-2019

Scottish Rugby Coach Development are undertaking a review of our coaching strategy (2014-16) in order to develop a new 3 year plan for 2016-2019. We wish to gather thoughts and feedback from coaches across Scotland on a range of topics, and have developed this survey to aid the consultation process.

The survey is anonymous. Data from the survey will be used by the Scottish Rugby Coach Development department to inform future coach development activities. The information will not be passed to any third parties.

To complete this survey visit:
surveymonkey.co.uk/r/TNCKQXH



Scotland Team Dr James Robson (above left) led the World Rugby Educator Training at Currie

World Rugby Medical Educator Training at Currie RFC

Scottish Rugby work in partnership with World Rugby to provide a first aid qualification specifically for club and school volunteers who may be asked to respond to an injured rugby player.

In order to help Scottish Rugby raise the level of first aid provision in clubs and schools, a World Rugby Medical Educator Training course was delivered at Currie RFC in late November led by Scottish Rugby's Chief Medical Officer Dr James Robson. An additional 6 new medical educators successfully completed their course, and are licensed to deliver World Rugby courses for 3 years.

The new World Rugby medical educators will now be deployed throughout Scotland to deliver the World Rugby First Aid in Rugby Level 1 course during the 2015/16 season. An additional 6 courses will be arranged to take place over the next few months across the country.

For information on future courses and venues, dates, availability visit:

scottishrugby.org/world-rugby-first-aid-rugby-level-1

NEW FOR 2015/16: National Mini Rugby Coaching Conference

On Sunday 28 February 2016 Scottish Rugby Coach Development will be running our first conference dedicated to coaching mini rugby at Heriot Watt University. This conference is an opportunity for mini coaches from across Scotland to update their coaching practice with new ideas, activities and concepts, where the day will be a mixture of practical and classroom based sessions.

Cost: £15 per coach (each attendee will receive access to the post-conference video library and a Scottish Rugby Coach Development Planning Session Booklet)

EARLY BIRD SPECIAL: £10 per coach if registered by 14 February 2016.

To register for this conference visit

eventbrite.co.uk/e/national-mini-rugby-conference-201516

Social Media

Ensure you (and your club/school) follow us on twitter [@scotrugbycoach](https://twitter.com/scotrugbycoach) for all the latest information and announcements in coach development in Scotland. We are also on [Vine](https://www.vine.co.uk/) and [Instagram](https://www.instagram.com/scotrugbycoach) as scotrugbycoach

 1,700

Coach Development Calendar (Jan-Mar) 2016*

Jan	<ul style="list-style-type: none"> UKCC Level 2: Dundee University Towards UKCC Level 3: BT Murrayfield Game Coaching: Ardrossan RFC UKCC Level 1: Cartha Queens Park RFC UKCC Level 1: Berwick RFC UKCC Level 2: Dunbar RFC
Feb	<ul style="list-style-type: none"> WR S&C Level 1: Stirling County RFC UKCC Level 2: Ayr RFC BT Sport Scottish Rugby Academy (Caledonia) Coaching Conference: Strathallan School UKCC Level 1: Arbroath High School UKCC Level 1: Melrose RFC WR S&C Level 1: Linlithgow RFC National Mini Rugby Coaching Conference: Heriot Watt University
Mar	<ul style="list-style-type: none"> Conditioning Through Games: Aberdeen Sports Village BreakdownReady: Linlithgow RFC Conditioning Through Games: Haddington RFC DefenceReady: Lismore RFC UKCC Level 2: GHA RFC Conditioning Through Games: BT Murrayfield UKCC Level 2 (Female Only): Greenock Wanderers

*courses subject to change, please visit our website before booking online via Eventbrite, eventbrite.co.uk

Coach Development Contacts

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Featured Coaching Activities

Game Sense Approach to Coaching

The traditional method of coaching is based on repetition of drills relating to technical skills, but little practice of the game itself. This is unlikely to be the best method by which players learn and it can also take the fun out of training.

Game sense is an approach to coaching and teaching which uses conditioned games as a learning tool to:

Increase the motivation of players
 Provide game-like situations for players to learn through
 Develop tactical and strategic thinking, as well as skill development

Developing Games

To develop new games, here are a few key questions:
 What are the tactics and skills you are trying to develop within this game?
 What modifications/exaggerations can you make to emphasise the above?
 What will be the main challenge or problem for the players to solve?
 How do you score or gain points in this game? Does it have to always be a try that is the scoring mechanism?
 What progressions can you make to increase the complexity?

Example Games

3-5-7 Attacking Game (12 v 12 attack v defence (touch or full contact)

Attacking team has 3 touches/tackles to get the ball into the next area (22 to 22)

If the attacking team fail to get into the next area, they must kick to the opposition back 3 (who must stay back). Then they attack

If they are successful then they have a further 5 touches/tackles to get the ball into the next area (opposition 22)

If the attacking team are successful, then they have a further 7 touches/tackles to score

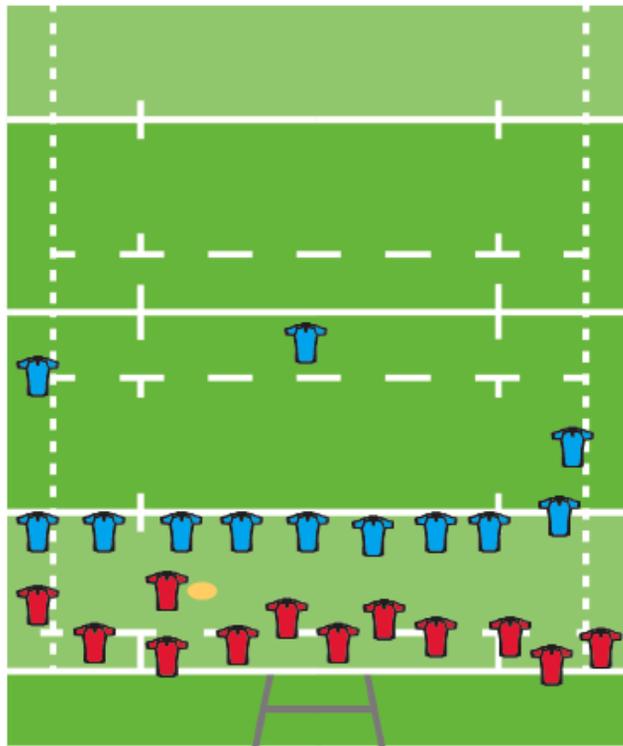
5 Ball Attack (10 v 6 attack v defence (touch or full contact)

Attacking team has 3 phases to score with each ball
 With each try or mistake, the attacking team retreat to play the next ball on the 10m line. The defence works back to the 22m line to start again

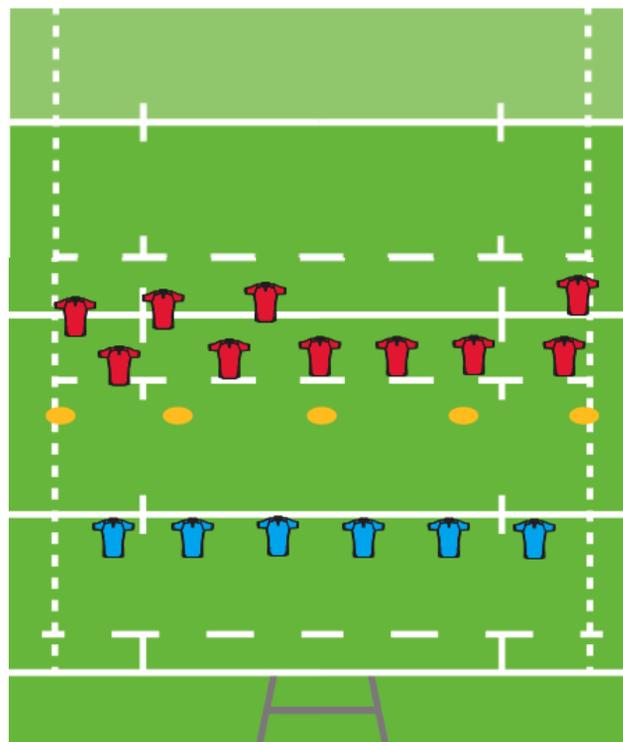
All attackers must get back behind the 10m line before the next attack starts

The above activities were taken from the Long Term Player Development Stage 1 & 2: Coaching Tag and Mini Rugby online resource. To download your FREE copy visit:

scottishrugby.org/get-involved/coach/resources



Game 1: 3-5-7- Attacking Game



Game 2: 5 Ball Attack