

## Overton RFC – Coach’s Development Plan

### Why do we want a Coach Development Plan?

To ensure adequate numbers of properly qualified coaches and coaching assistants are available on a continuous basis to every age group. To ensure enjoyment of the game of Rugby, not only for players but for coaches as well.

### What are we going to develop?

Develop skills and knowledge of:

- **Coaching**
  - Develop a sound knowledge of the game
  - Know and coach within the laws of the game
  - Develop individual and unit skills
  - Learn how to put concepts over to young people
- **Managing**
  - Know how to organise a team
  - Know how to organise coaching activities
- **Planning**
  - Creation of team ethos
- **Communication**
  - Identify and communicate a playing vision
  - Provide good feedback
  - Clearly explain requirements
- **Motivation**
  - Encourage players to maximise potential
  - Positive approach
  - Team building
  - Coach a players ability
  - Allow all players to enjoy the game
  - Be seen to be loyal and committed

### How?

Logical, smooth progression from beginning as an assistant to achieving the maximum potential as a coach via:

- **Coaching course**
  - RFU
  - Other bodies
- **Mentoring**
  - Senior Grade Coaches
  - Senior Players
- **Referees**
  - Localised education



## How (Cont'd)

- Self-Instruction Crossbar, website, publications, video
- **Seminars**
- **Process managed by a coaches Development Officer**

## When?

- **Coaching Courses – Ongoing**
- **Mentoring Programme – Ongoing**
- **Localised Education - Ongoing**

