



FROM  
THE  
GROUND  
UP

Bank of Ireland 

# LEARN TO COACH THE LEINSTER WAY

GAME-BASED AND PLAYER-CENTRED LEARNING  
AND DEVELOPMENT PROGRAMME FOR COACHES  
2018/2019



You can book online by visiting  
[www.leinsterrugby.ie/workshops](http://www.leinsterrugby.ie/workshops)

For more information please contact Derek Maybury on  
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Coach Development Officer.



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## Overview

Over the past four seasons, Leinster Rugby have collaborated with St Mary's University, Twickenham; drawing upon evidence-based research to develop an explicit coaching and coach development strategy that is expressed in the work of all rugby department staff.

On foot of this ongoing collaboration with St Mary's University, Leinster Rugby are offering a bespoke development programme to school and club based coaches from across the Province.

The programme is designed to observe, examine and improve current and future coaching practices and will therefore be rooted in coaching best practice and backed up by acknowledged theories in coaching. It will consist of a number of key themes delivered over two full days:

- Skill acquisition theories and methodologies
- The Coach-to-Player relationship
- Game-based coaching: to enhance player creativity, resilience, confidence and team cohesion

Each theme will require coaches to complete a series of engagements including coaching practice, reflection, classwork, workshops and eLearning.

Each coach enrolled on the programme will be allocated a mentor from the Coach Development services team to support them throughout the programme requirements.

Workshops take place as below:

	Part #1	Part #2
IT Blanchardstown	<b>Sunday, November 25th 9.30am to 4.30pm</b>	<b>Sunday, February 10th 9.30am to 4.30pm</b>
Wesley College	<b>Sunday, November 25th 9.30am to 4.30pm</b>	<b>Sunday, February 10th 9.30am to 4.30pm</b>

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## Programme Title

Game-Based Coaching Practice

## Programme Aims

To introduce coaches and teachers to the practical application of contemporary game-based theories related to coaching youth rugby players.

Coaches of stage 2 and stage 3 players (i.e. coaches of players aged under-13 to under-18) are the particular focus of this development initiative.



## Programme Content

The programme will examine the key challenges to coaching youths when engaging with the practical application of these contemporary game-based theories related to coaching pedagogy and player development. The programme will encourage and promote the use of reflective practice as a key skill and coaching behaviour.

### The programme will consist of three key themes:

- Skill acquisition theories and methodologies
- The Coach-to-player relationship
- Game-based coaching pedagogy

Date	Themes of session	Topics to cover
Sunday, November 25th	Skill acquisition theories and methodologies Coaching the future player The changing coach-player relationship	Contemporary theories of skill acquisition Game-based coaching practices Observing, examining and improving current and future coaching practices
Sunday, February 10th	Coaching as an act of pedagogy The Coaches Toolbox Coaching in the grey area	Instructional methodologies & Questioning

Each theme will require coaches to complete 8 hours of engagements including classwork, workshops, eLearning, coaching practice and reflection.

Coaches enrolled on the programme will be allocated a mentor from the Coach Development services team to support them in completing the programme requirements.

## Learning Outcomes

- **Knowledge and Understanding of**
  - Contemporary theories in coaching rugby.
  - Benefits of becoming a critically reflective coach.
  - The holistic impact the rugby coach has on players.
- **Performance and Practice**
  - Ability to plan and deliver effective rugby coaching sessions in relation to contemporary theories in coaching rugby.
  - Ability to critically reflect and identify areas for development.
- **Personal and Enabling Skills**
  - Effectively use a variety of technologies to observe, examine and improve current and future coaching practices
  - Effectively work with and in support of other coaches through a community of practice.



## Cost

The programme costs just €85 for both workshops and includes course material, lunch and refreshments

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