



# RFU

# COACHING QUALIFICATIONS

There are four coaching qualifications all of which have been developed in conjunction with the Scottish & Welsh Rugby Unions and are aligned to the UK Coaching Certificate criteria.

	Level 1	Level 2	Level 3	Level 4
<b>Qualification Descriptor</b>	Deliver aspects of coaching sessions under direction,'	Plan, deliver and review coaching session's' E.g. Coach a group of players	Plan, implement, analyse and revise annual coaching programmes,'	Design, implement and evaluate the process and outcome of long-term/specialist coaching programmes,'
<b>Who is it for?</b>	Coach of a group of players working under the guidance of a Head Coach, Coaching co-ordinator or NGB scheme	Coach of a group or team of players e.g. club youth coach, club coach, teacher, representative coach, talent development coach	Head Coach of adult team, school, club youth section or programme, age grade representative coach.	Professional coach, Expert Developmental coach, Age Grade National coach.
<b>On successful completion of the course a coach will be able to:</b>	<ul style="list-style-type: none"> <li>Safely organise and supervise rugby union activities.</li> <li>Demonstrate an understanding of &amp; ability to coach: <ul style="list-style-type: none"> <li>handling skills, tackling, contact &amp; continuity, 5 'man-scrum,' and line-out throwing &amp; support techniques.</li> </ul> </li> <li>Demonstrate an understanding of: <ul style="list-style-type: none"> <li>player development</li> <li>good coaching practice</li> <li>coaching skills</li> <li>health and safety</li> <li>laws of the game of rugby union</li> </ul> </li> <li>Identify and adapt rugby union activities and sessions for a variety of different age groups</li> </ul>	<ul style="list-style-type: none"> <li>Understand the ethical coaching process, the needs of the player and related issues in sports science</li> <li>Plan, conduct and evaluate a series of rugby union coaching sessions in a systematic and progressive manner</li> <li>Coach the scrummage, line-out, back-play, defence, continuity &amp; counter-attack.</li> <li>Promote and establish positive working relationships and high standards of behaviour</li> <li>Ensure the health and safety of players</li> <li>Demonstrate responsibility for their own learning and development</li> <li>Promote the sport of rugby union in a positive and constructive manner</li> <li>Demonstrate an understanding of the principles of attack and defence</li> </ul>	<ul style="list-style-type: none"> <li>Analyse participants' current and potential performance needs and aspirations,</li> <li>Plan an annual coaching programme according to agreed goals</li> <li>Manage a safe and effective coaching environment</li> <li>Deliver a coaching programme using a range of coaching styles and interventions to meet players' needs</li> <li>Monitor and evaluate the effectiveness of coaching programmes</li> <li>Manage and develop personal coaching practice</li> <li>Coach techniques &amp; tactical concepts of rugby union</li> <li>Demonstrate an understanding of the units &amp; sub-units and their contribution to team play and the principles of rugby union</li> <li>Demonstrate an understanding of the principles of attack and defence</li> </ul>	<ul style="list-style-type: none"> <li>Develop a culture of excellence by using integrated approaches within their coaching practice</li> <li>Manage change consistently in a dynamic environment, utilising the right combination of personal attributes/skills</li> <li>Review and self reflect on their coaching planning and practice, and be aware of their impact on others.</li> <li>Use an effective combination of personal attributes and skills in order to manage change within specialist environments</li> <li>Be creative when problem-solving and decision-making within selected areas of coaching</li> </ul>
<b>Duration</b>	2 ½ days Theory & Practical	4 days Theory & Practical	12 months 5 days on course in addition to 2 x off course visits (minimum)	18 Months 14 Days on course plus 6 workplace meetings
<b>Prerequisites</b>	<ul style="list-style-type: none"> <li>Attended a "RugbyReady" Safety Course</li> <li>Aged 18 years or over</li> </ul>	<ul style="list-style-type: none"> <li>Hold a L1 Rugby Union Coaching Qualification</li> <li>Aged 18 years or over</li> <li>Attendance at a range rCPD</li> </ul>	<ul style="list-style-type: none"> <li>Hold a L2 Rugby Union Coaching Qualification</li> <li>Demonstrate attendance at CPD</li> <li>Aged over 18</li> <li>Be actively coaching a team or on an annual programme</li> </ul>	<ul style="list-style-type: none"> <li>Hold a L3 Rugby Union Coaching Qualification</li> <li>Demonstrate attendance at CPD</li> <li>Aged over 18</li> <li>Be actively coaching a team or a rugby union performance programme</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>Competency based continual assessment.</li> <li>Open book multi choice test.</li> <li>Home Study Tasks</li> </ul>	<ul style="list-style-type: none"> <li>Competency based continual assessment.</li> <li>Open book multi choice test.</li> <li>Home Study Tasks</li> </ul>	<ul style="list-style-type: none"> <li>Competency based continual assessment.</li> <li>Field-based assessments</li> <li>Home Study Tasks</li> </ul>	<ul style="list-style-type: none"> <li>Competency based continual, formative assessment</li> <li>Field-based assessment</li> <li>Written assignments</li> </ul>