



WASPS FC

Coaches Handbook 2023/2024
Twyford Sports Ground
W3 9QA

Once a Wasp, Always a Wasp!

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Welcome to Wasps FC and thank you for becoming a coach!

This handbook has been created as a guide for you to coach, it is not gospel and if you have your own style and methods that is fine, but in here are tips and tools to make your coaching job easier, if in doubt, ask! There are years of coaching experience around you. Included are suggestions for games and templates for session plans. All of these are available for download on the website;

<http://www.pitchero.com/clubs/waspsfootballclub>

If you have any new games or suggestions on how to improve this handbook please let us know at jok@waspsfc.co.uk

WASPS stands for	Welcoming
	Active
	Skilled
	Planned
	Safe

A brief History of Wasps FC

While students at University College Hospital, William Alford and other former scholars of Merchant Taylors School, decided to form Wasps Football Club. A split in the membership resulted in the formation of two different clubs: Harlequin FC and Wasps FC. The year was 1866, and Wasps held their first formal Club meeting at the Eton and Middlesex Tavern, in North London and we take 1867 to be the year of Wasps foundation. Wasps FC continues to be an amateur club and we are lucky to own our ground in Acton.

The Wasps FC code of coaching

Wasps FC is an inclusive amateur rugby club. With a Womens team, three mens teams including a Vets side, occasional sides playing in U21's, U23's, Sevens and touch competitions. We have touch rugby every Thursday and we have minis and youth, girls and boys squads from U6's to U18's training and playing most Sundays from September to April.

At all ages we follow the core values of the Rugby Football Union;

Teamwork • Respect • Enjoyment • Discipline • Sportsmanship

Code of Conduct Wasps FC Rugby

Everyone involved in rugby in England, whether you are a player, coach, referee, administrator, first aider, parent or spectator, are expected to uphold the core values of our sport.

- ‘Play to win’ - not ‘Win at all costs’ remember these are kids!
- Win with dignity, lose with grace
- Observe the Laws and regulations of the game
- Respect opponents, referees and all participants
- Reject cheating, racism, violence and drugs
- Value volunteers and paid officials alike
- Enjoy the game, its meant to be FUN!
- Performance over score, did the individuals play well as a team irrespective of the result

What will your club do for you?

- Wasps FC has undertaken to fund all RFU based coaching courses, with the expectation that you use the knowledge back at our club
- We share best practice in all age groups
- All coaches will have a DBS check carried out by the club before being allowed to coach
- The club will provide details of regular CPD’s run by the RFU including First Aid, Safeguarding, Rugby Ready, Line Out, Tag, Coaching Contact, Referee and England Rugby Coaching Award (ERCA)

Safeguarding

We all share the responsibility for safeguarding and creating safe environments in rugby union whether as a parent, coach, spectator or club official. We all should operate within an accepted ethical framework and demonstrate exemplary behaviour to both safeguard children and protect all personnel from allegations of abuse or poor practice. Children must be cared for in the correct manner, as set out in the RFU Safeguarding Policy.

The Key Principles of the RFU Safeguarding Policy are that:

- The welfare of the child is, and must always be, paramount to any other considerations.
- All participants regardless of age, gender, ability or disability, race, faith, culture, size, shape, language or sexual identity have the right to protection from abuse or harm.
- All allegations or suspicions of abuse, neglect, harm and poor practice will be taken seriously and responded to swiftly, fairly and appropriately.
- Working in partnership with other organisations, statutory agencies, parents, carers, children and young people is essential for the welfare of children.
- Children have a right to expect support, personal and social development delivered by an appropriately recruited, vetted and managed personnel in relation to their participation in rugby union, whether they are playing, volunteering or officiating in the community or professional areas of the sport.

For more information refer to the RFU website and its safeguarding policy;

<https://www.englandrugby.com/dxdam/8a/8a4d35ee-0a0a-458d-8bcc-20dba6ff3065/safeguardingpolicybooklet.pdf>

If you have any questions or feel you need to report an incident please contact our Wasps FC Safeguarding Officer; safeguarding@waspsfc.co.uk

There are Wasps FC Safeguarding guidelines found on our club website.

First Aid and Injury Prevention

Each age group should have at least one designated First Aid responder pitch side. If not then there will be others assigned to other age groups and there will be a first aid kit in the clubhouse. Wasps FC trained First Aiders will always take priority at any incidents as they will have completed a rugby specific course on responding to rugby related injuries.

ACTIVATE

Activate is an World rugby template for dynamic warm ups pre training specifically for youth and minis. It has fun examples of engaging muscle groups and has proven to reduce injury and concussions.

<https://www.englandrugby.com/participation/coaching/activate>

The majority of issues in younger age groups will be minor bumps, bruises and blisters. However all coaches must complete the online concussion awareness;

'Don't be a Headcase'

<http://www.englandrugbyfiles.com/concussion/courses/youth-coaches>

You will also find online head injury courses for parents and players on the RFU website

<https://www.englandrugby.com/participation/playing/headcase/general-information>

Concussion

Head injuries are a serious issue in all contact sports with much debate on player safety and how to prevent concussion. Most important is coaching safe tackling technique from the outset but also ensuring the tackle, scrum, ruck and maul techniques are reviewed at every age group. Do not hesitate to remove a player that you feel is endangering themselves or others around them with poor technique, help them, coach them and ensure they can continue safely. If in doubt, sit them out!

Protective clothing

Wearing head guards is a personal choice, in spite of many articles written on the subject there is no proven evidence either way that head guards prevent concussion. Wasps FC insists on a properly fitted mouthguard and preferably metal studded boots. Please check all players boots periodically for sharpened or missing studs.

Wearing of Spectacles is prohibited, however prescription glasses are permitted for non contact activities such as touch rugby and U6, U7 and U8s Tag rugby. Goggles may be worn to provide protection for a medical condition or to enhance vision where contact lenses cannot be worn.

Please ensure all jewellery, watches etc are removed and that the players are wearing suitable clothing for the weather conditions, absolutely no Zips or hooded tops.

Training

The key to a successful session is preparation. Just because you've planned the perfect session does not mean it will go perfectly; learn to adapt your session to the group you are teaching. If it's not working STOP and try something else.

Is your session APES?

Active – players are learning by doing rather than watching i.e. no bus stop queues

Purposeful – is there an outcome to be achieved

Enjoyable – are the players engaged and having FUN

Safe – speaks for itself

Positive Reinforcements

No one ever dropped the ball on purpose, so let's praise the effort and try and rectify the problem. Luck has nothing to do with dropping the ball so let's not say 'Unlucky'! Remember to give affirmative commands i.e. 'stand still' vs 'stop running'

Player Development

A skills wheel is a useful tool for older players i.e. U13's and up, to reflect on their individual skill development. It's not an exam and remember rugby is made up of players with different skill sets. Ask the players to fill them in at the beginning of the season then again halfway or at the end of the season and see how they feel they have developed as players.

Selection

We do not stream at Wasps FC however it is perfectly acceptable to focus extra skill sessions for those that need it with individual skill development sessions. Our goal is to develop all our players and all have the same opportunities to train and play. Reward those that show the effort each week not just because they are natural athletes. Consider using the three A's for team selections,

Attendance

Attitude

Ability

Fixtures

Make contact before the fixture and inform your opposite numbers of car parking and facilities, ensure we welcome all our teams and their parents. Encourage engagement and socialising after the games, especially the youth age groups and ensure our players host the post match teas, sitting with the opposition.

Parent Engagement

Encourage support and rewarding good play but remember this is not the world cup, the players are not professionals, the referees are human and this is meant to be fun!

Festivals and Tournaments

There is clear guidance from Middlesex rugby on running and participating in festivals and links to this can be found on our website. Please ask our Minis or Youth Chair if you need further help

Share best practice

Talk to the coaches from other age groups and share ideas that work or don't, we have over 100 coaches with years of experience and life skills from an amazing variety of backgrounds. Don't be afraid to ask how to achieve or plan a session differently, you don't need to reinvent the wheel.

Share with the parents

Imagine the benefits if our parents have an understanding of what we are coaching and how they could reinforce the training session with conversations before or after the session the car journey home.

Remember...

Rugby at Wasps FC is more than just Sunday morning games, it's an introduction to a sporting environment that a player can enjoy for years to come.

There are so many proven benefits to the habits formed through regular exercise, social interaction, supporting each other, success through achievement and competition, critical thinking, injury prevention, the list goes on.

We have a great history of players going on to play high level rugby at County, Divisional, Premiership and even National levels. Most importantly for us as coaches is to give our players a love of the game, will they still be involved in ten, twenty or forty years. Hard to measure but let's not be the coaches that put them off.

Getting Organised

On the following pages are some templates to aid you in planning, preparing and assessing your sessions and individual players. All of these are available as downloads on the Wasps FC website.

Share your session plan with your fellow coaches and keep a record of what principles you have covered. We will provide a suggested framework for each age group but it is flexible. Take ownership of your age groups and run them as you wish within the framework, you all have had experience playing, coaching and being coached; bring your experience to the game, we are all still learning and there is no definitive way.

Session planning is **vital!** In your absence another coach can take the session whilst ensuring consistency in delivering the curriculum, coaches, players and parents can all understand the objectives. It will also help you reflect back on what works well and what could be improved. Remember we are all looking to improve and better our coaching, so share!

Please avoid the use of tackle bags, they rarely get used properly and we've yet to see stationary yellow objects on the pitch that you have to run at, rugby is an evasion game.

Registers

It is Important to know who is turning up each week, this will help with team selection rewarding the regular attendees. It is also vital to track paid subscriptions, injuries and fair selection. Each age group should have a team manager, that can take the register, liaise with parents, answer sideline questions so you can concentrate on coaching, ensure subs have been paid and RFU forms have been filled in.

In line with GDPR we need to ensure email addresses are not shared club wide but using Pitchero will improve efficiency. There are other apps available such as Teamer, Spond etc but please ensure your players and parents are registered on our club site so we can ensure subs are paid etc and on GMS so we can track player affiliation, game time etc

1st Name	Surname	Subs paid	POW	DOB	RFU id	Email	Mobile number	Parent name	Attendance	Wk 1	Wk 2
Charlie	Sting										

Season Planner

This season is going to challenge your coaching. We propose the any or all of the four 'Principals of Play' are supported each week.

Plan your sessions and communicate your plans in advance with coaches, players and parents. If we all know what to expect before the Sunday imagine the supportive conversations that could be had on the way to training.

WASPS FC

Yearly Planner 2019/20

September			January		
30th			3rd		
6th			10th	Old Grammerians	Home
13th			17th		
20th			24th		
27th	Ealing & Ruislip	Home	31st	Chiswick & Kilburn	Home

October		Principle	February		Principle
4th			7th	Grasshoppers	Home
11th	London Scottish Dev	Away	14th	London Scottish	Home
18th			21st		
25th	Teddington	U7-U9 Away U10-U11 Home	28th	Premiership festival	Home

November		Principle	March		Principle
1st			7th	Middx U7/U8	Away
7th	Ealing Festival	Away	14th	Middx U9/U10	Away
8th	Ealing Festival	Away	21st	Middx U11	Home
15th	Regents Park Royals	Home		London Welsh U7/U10	Away
22nd			28th	AWARDS	ALL
29th	Hillingdon Abbots	Home			

December		Principle	April		Principle
6th	Ham'smith & Fulham	Home	4th	Easter	Closed
13th			11th		
20th			18th	Harlequins Festival	Away
27th	Christmas	Closed	25th		

Session Planner

Planning each week will let coaches, players and parents know what to expect. It doesn't have to be complicated or rigid, but it is always good to have a shared starting point each Sunday. You can reinforce learning each week and won't repeat objectives unnecessarily, you can include different key teaching points to help focus the session.

This should be discussed, agreed and shared at the beginning of the week to allow your age group coaches to review and feedback. There is a simple template below covering three aspects of the game, these can change or repeat each week as age appropriate to include tackle technique, catch and pass, decision making, attack and defence formations, pods, kicking, evasion, running lines, contact work, jackling, positioning, scrum technique, line outs etc



Date	Age Group
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	Intensity & Duration	Description of SSG or Drill	Coaches
Warm Up - Activate			
Possession			
Go Forward			
Support			

Skills Wheel

The Skills wheel is a tool to use for the players own self reflection, give it to them at half way through a season to see how they feel about their progression, ask them to reflect on where they started and where they are now and don't forget to ask their superpower

Wasps FC - Skills Wheel



Name

Preferred Position

SUPERPOWER

Principals of Play

Using the RFU principles of play is a really good starting point for planning our Season Framework at all age groups. Each week the session can be planned around one of the principles and all the games reflect the principle for that day.



Half Game Rule

The rule ensures that everyone in the match day squad gets to play at least half the game time available.

- Think about squad numbers to maximise playing
- Agree a plan with the other coaches and referee
- Make sure everyone gets equal playing time
- Keep a record of the changes you've made
- Always take an injured player off
- Share with the parents what you're doing and why

Age Grade Variations

BOYS		
U6's 4 a side - Size 3 - 20 x 12 Intro to catch and pass Small sided games Ball in two hands Evasion games tagging	U10's 8 a side - Size 4 - 60 x 35 60 mins per day 15 mins per half Nearest 3 player uncontested scrum Tackle not hold Ruck and Maul - 1 support player Scrum half	U14's 15 a side - Size 4 - 100x70 80 Mins per Day 25 mins per half 8 player scrum - No 8 Pick and Run Kicking at goal Uncontested line out, NO Lift
U7's 4 a side - Size 3 - 20 x 12 50 mins per day 10 mins per half Catch and pass Evasion games tagging	U11's 9 a side - Size 4 - 60 x 43 70 Mins per Day 20 mins per half 3 players scrum - Strike no push Ruck and Maul - 2 Support players Kicking - Apply or relieve pressure	U15's 15 a side - Size 5 - 100 x 70 90 Mins per Day 30 mins per half Uncontested line out with Lift
U8's 6 a side - Size 3 - 45 x 22 50 mins per day 10 mins per half 6 Tags to score Catch and pass at speed	U12's 12 a side - Size 4 - 60 x 43 70 Mins per Day 20 mins per half 5 Player scrum - Strike no push Ruck and Maul - unlimited Fending off below armpits	U16's 15 a side - Size 5 - 100 x 70 90 Mins per Day 35 Mins per half Contested Line out with Lift
U9's 7 a side - Size 3 - 60 x 30 60 mins per day 15 mins per half Contact game starts Tower of Power Tackle technique and hold	U13's 13 a side - Size 4 - 90 x 60 80 Mins per Day 25 mins per half 6 player scrum - strike and push Fly Hack	U17's/U18's or Colts 15 a side - Size 5 - 100 x 70 90 Mins per Day 35 Mins per half Contested Line out Age groups can merge to be a Colts team
GIRLS		
U12's (Single Age Band) 12 a side - Size 4 - 60 x 43 70 Mins per Day 20 mins per half 5 Player scrum - Strike no push Ruck and Maul - unlimited Fending off below armpits	U13's & U14's (Dual Age Band) 15 a side - Size 4 - 100x70 80 Mins per Day 25 mins per half 8 player scrum - No 8 Pick and Run Kicking at goal Uncontested line out	U15's & U16's (Dual) 15 a side - Size 5 - 100 x 70 90 Mins per Day 35 Mins per half Uncontested line out with Lift Contested for U16's
U17's & U18's 15 a side - Size 5 - 100 x 70 90 Mins per Day 35 Mins per half Contested Line out with Lift		

Top Tips

When giving instruction, make sure the sun/rain/wind/snow is at the players backs so they don't squint, keep the chat to two or three points. 1-2 minute chatter per 10-15 min activity!

Keep them moving but vary the intensity, doesn't have to be 100mph or full contact all the time!

Don't try to move them on too quick. Repetition gives them practice which makes them better, maintain variety in different games with similar outcomes.

They may enjoy one game more than others so don't be afraid to ask the players if they want to play an old favourite again.

Use hand gestures to emphasise your instructions. Motion down when telling them to sit, motion up for standing up, arms out if they need space.

Vary your tone and volume of voice to instruct, prepare, command and praise.

Keep control but don't focus too much time on misbehaviour. Catch them doing something good. Vicarious rewards go a long way!

Wasp Catch - make a W with your hands and provide a target!

'Two Hands!' Emphasise holding the ball in two hands all the time, early catch and late release, avoid the tuck and run. Play a game of one hand only and see how tricky it is. Encourage passing off both sides, reinforce positive behaviours for progression through each age group, prevents fending at younger ages and encourages decision making.

Decision Making in attack and defence, 'What other options did you have?'

Remember children, young ones especially, copy what they see. Get them to show each other what you want them to achieve, as well as telling them they are more likely to achieve it first time.

Encouraging the following habits will prevent long term injury

- Dynamic warm ups, games of touch or tag with stretches
- Bend the knees when picking up the ball
- Step over a stationary ball to pick it up
- Tower or Power even in Tag
- Warm down

Warm Ups

Animal Crackers

Imitating different animals as they run, hop, skip and jump from one end of the pitch to the other; Kangaroo Hop, Lion Stalk, Leopard Run, Elephant Stomp, Mouse Scuttle, Crab Walk

Netball Rugby (Football, Frisbee, Nerf)

Any direction pass over head height, must stand still when passing and score in the zone.

Rollerball (use a football)

Any direction pass but ball must be rolled only, must be still when passing and score in the zone

Small sided games of Conditioned touch to create an outcome;

- Straight running - Only pass left or only pass right, encourages running north to south,
- Support Play - Two players much touch the ball down for a try OR Fiji Touch - first touch they can continue to run but second touch by another player is immediate turnover, choice of pass or run.
- Finding gaps - Drop out touch, defender drops back to try line after making touch
- Overload Touch - more defenders or more attackers
- Reorganising - Turn and Burn continuous game, try scored defending team go again
- Superpower Touch - one player can have a magic rule, i.e can be offside, can't be tackled, is allowed to kick, gets double points

Praise

During the sessions the children will build in confidence as they start converting the skills being shown them in the games into abilities. As they progress it is important to recognise and reward those abilities as the players achieve and master them.

Physical ability	Running, placing, picking up, catching, passing, kicking, evading
Technical ability	Listening to instruction, calling for the ball, communicating, mixing the physical abilities
Sportsmanship	Cheering each other on, accepting winning and losing, respect for the game and its officials

Conduct	Positive behaviour towards each other, cheering for each other, taking turns, showing respect for each other, respect to the coaches and the parents
Commitment	Interest in rugby and sport in general, playing and practising outside the lessons

Age Grade Rugby

Develop the Whole Player

It's not just the fastest runner or top try scorer.

Adopt a Player-Centred Approach to Playing and Training

Let them find the solution or adaptation to play

Grouping of Players

Mixing players with differing skills, abilities and sizes has proven long term improvement for the squad.

Off Field Activities

Encourage self practice, watch the premiership/world cup games, come and watch a Mens or Ladies home game.

Tours

Best way of bonding players and parents, ask other groups for ideas and check with Adrian and Aleks as all tours need to be authorised by the executive committee. All tours, at any age group, need to be authorised by Middlesex Rugby and foreign tours need to be authorised by the RFU

Playing up or down

Playing up or down at any age must be discussed with the Wasps FC safeguarding officer and signed off by a Level 2 Coach, there needs to be compelling evidence why a child can play in a different age group especially when playing full contact.

Coaches Kitbag

Below is a suggested list of contents for your kit bag, if you have any other must haves let us know.

- Ball Pump
- Pen & Paper
- All Weather Clipboard
- Sandwich bags for keeping mobiles dry
- Whistle
- Box of spare boot studs and stud keys
- Electrical tape
- Spare mouldable mouthguard
- Water Bottle

Coaches Stash

We place an order for Coaches Stash early each season, check with the office when this be happening next.

First Aid Kitbag

- | | |
|--|---|
| 1 x Accident book | 1 x Tuffkut scissors |
| 1 x Pen | 1 x Foil blanket |
| 1 x Antibac hand gel | 2 x Pair first aid gloves |
| 2 x Large first aid dressings | 10 x Sterile saline wipes |
| 2 x Medium first aid dressings | 1 x Sterile swabs 10 x 10cm, 5 pack |
| 1 x Small first aid dressing | 1 x Sterile swabs 7.5 x 7.5cm, 5 pack |
| 1 x Low adherent dressing pad
10 x 10cm | 1 x Sterile swabs 5 x 5cm, 5 pack |
| 2 x Low adherent dressing pad
7.5 x 7.5cm | 1 x Conforming bandage 10cm |
| 2 x Low adherent dressing pad 5 x 5cm | 1 x Conforming bandage 7.5cm |
| 10 x Washproof plasters, assorted | 1 x Conforming bandage 5cm |
| 2 x Big plasters 8 x 6cm | 1 x Cohesive bandage 5cm |
| 2 x Big plasters 10 x 7cm | 1 x Elastic adhesive bandage 2.5cm |
| 2 x Big plasters 10 x 9cm | 1 x Assorted wound closure strips, 8 pack |
| 2 x Triangular bandages, non-woven | 2 x Sterile saline pods |
| 2 x Sterile eye pads | 1 x Mouth-to-mouth shield |
| 1 x Pocket Mask | 6 x Safety pins |
| 1 x Microporous tape | 2 x Clinical waste bags |
| | 1 x Sterile saline bottle, 250ml |
| | 3 x Instant ice packs |

Face masks and/or Face shield

Club Contacts

President	Sol N'Jie	sn_jie@hotmail.com
Club Chairman	Richard Green	richard.green@waspsfc.co.uk
Senior Women's Coach	Chris Bryant	TBC
Senior Mens Coach	Hugo Lewis	TBC
Mens Team Manager	Paddy Doyle	paddyrdoyle@gmail.com
Club Manager	Kate Hallet	kate@waspsfc.co.uk
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Catering Manager	TBC	office@wasps.co.uk
Chair of Ladies	Leah Horan	leah.d.horan@gmail.com
Chair of Youth	Aleks Habdank	aleks.habdank@gmail.com
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Media & Sponsorship	Waheed Aslam	waheed.aslam@waspsfc.co.uk
Governance	Graeme Alfie-Cook	ghbac@icloud.com
Disciplinary Secretary	Richard Green	richard.green@waspsfc.co.uk
Safeguarding Officer	Andrew Bull	safeguarding@waspsfc.co.uk
Minis Fixtures Secretary	Stacey Reyes	reyes_sh@yahoo.co.uk
DBS Minis & Youth	Jok Dunbar	jok@waspsfc.co.uk
DBS Mens & Ladies	Bryony Cleall	rugby@waspsfc.co.uk
Club Coach Coordinator	Bryony Cleall	rugby@waspsfc.co.uk
First Aid Coordinator	Mark Wan	markwan@mac.com



WASPS FC

**Wasps FC Rugby
2023/24 Season**

Player of the Week

Awarded to

**For an outstanding
contribution to the team**

(As nominated by the Coaches)

Signed:.....

Date:.....