

Chinnor Rugby Club - Youth Coaching Philosophy

Chinnor is a family sports club with a commitment to the community it serves. It is an inclusive club where youth rugby players can develop in an enjoyable and safe environment.

As coaches we have a major role to play in delivering this vision. We follow the RFU core values of teamwork, respect, enjoyment, discipline and sportsmanship.

We want everyone to learn how to play and also enjoy their rugby in the youth section of the club.

To achieve this we have four principles which form our youth coaching philosophy. These principles are:

- To create an active, purposeful enjoyable and safe environment where all players may develop to the best of their ability
- To adopt the long term player development model as the template to retain and develop young players and to encourage their continued adult participation
- To place the needs of the player first and encourage an atmosphere and environment where winning matches is neither the sole nor most important measure of success
- To provide coaches with a structure within which they can develop players

We aim to coach and play in an environment where our players want to continue to play and support rugby into adult life.

Coaching at Chinnor Rugby Club

As a volunteer coach, you will very likely have joined the club at some point either as a parent or responsible adult of a child who is playing the game.

Before committing to coaching, every volunteer coach should understand what a commitment it can be.

It is not just an opportunity to coach your own child in isolation, but it is a commitment to between 20 to 40 children of all abilities.

Your role as a volunteer coach is to develop every one of these youth players on an equal and fair basis.

Coaches universally say that coaching rugby at Chinnor is extremely rewarding.



**CHINNOR
RUGBY CLUB
THAME**

Club Expectations

To be a volunteer coach at the club, you will need to:

- 1) be a paid up member of the club
- 2) have a valid Disclosure and Barring Service (DBS) check
- 3) subscribe to the club's youth coaching philosophy
- 4) become suitably qualified and maintain your coaching skills
- 5) adhere to RFU regulations and guidance with regard to coaching



It can seem a daunting requirement when listed, but coaching young players is an absolute privilege and we owe it to each of them to be as good as we can be.

As we believe good coaching will develop our players, then it follows that we need to be develop our coaching skills and techniques.

Adhering to the RFU coaching guidelines provides a framework for best practice in the sport and supports our principles of long term player development.

Welfare, Membership & Compliance

Being a club member is a mandatory requirement and the club's insurance will cover you as a volunteer so long as you are undertake your role in accordance with any training you have received and following good practice.

Having a valid DBS check is also mandatory to coach or volunteer working with young people. This has to be a DBS check made to the RFU through the club (unfortunately an alternative DBS from another sporting body or employment is not acceptable). This service is free to all volunteers. Certificates are valid for 3 years and need to be renewed to continue coaching. A DBS application needs to be made via by the Club Safeguarding Officer or their designated deputy.

The welfare of children is of paramount importance and to that end, part of any coach volunteer's coaching certification will include a child welfare component. Any welfare concerns must be raised. The club has a Safeguarding Policy and Safeguarding Guidelines for Coaches available on the club website.

The club may ask any volunteer to undergo additional training, request references or require a volunteer to cease coaching in the event of not meeting the club's expectations.

Coaching Pathway

We are committed to raising the standard of rugby coaching within the club and are supported by the RFU who provide a coaching pathway for new and established coaches to follow. This is essentially a series of courses that are applicable to the age range of those players you are coaching.

Firstly, there are courses that are recommended for all coaches. These courses are accessible online or are generally run annually at the club (and also at several local clubs). The club would expect all coaches to complete the HEADCASE Online Concussion Module and the Play it Safe course every three years. The club would expect some coaches to complete the Emergency First Aid Course.

Secondly there are coaching (and refereeing) award courses. These have replaced the previous level 1 and level 2 courses. Achieving the *England Rugby Coaching Award* should be the target for all coaches and is the club's expectation for all lead coaches and all coaches of players U13 and above.

Thirdly, there are short courses such as Scrum Factory and Refereeing Children which are valuable and are generally pre-cursors to undertaking the England Rugby Coaching Award. All coaches should aim to undertake these short courses, appropriate to the age of the players they are coaching.

Finally, there are Continuous Professional Development (CPD) courses. These are crucial for learning and re-learning the coaching techniques for specific age grades and specific parts of the 15-a-side game. A selection of these courses are run each year at the club.

Extract from RFU:

Recommended for all



Headcase Online Concussion Module
Play It Safe
Emergency First Aid in Rugby Union

Who do you work with?



U7	U8	U9	U10	U11	U12	U13
		England Rugby Coaching Award				
Age Group Specific Quilter Kids First CPD Courses						
		Quilter Kids First Refereeing Children				
			Scrum Factory			

U14	U15	U16	U18	Adult
England Rugby Coaching Award				
England Rugby Refereeing Award				
Scrum Factory				
Continuous Match Official Development Courses				
Coaching U14 Rugby, CARDS, Principles of Attack, Principles of Defence, Coaching GameChangers				
Director of Rugby Course				
Level 3 Coaching Course				
Level 4 Coaching Course				

Coaching courses are booked by the individual via the RFU website (which requires an account). The club will generally reimburse course fees for completed courses (subject to the course need being identified and pre-agreed). There is a lot of useful coaching information on the RFU website.

By the time a coach evolves into taking the lead for an age group or rises to coach the 15-a-side game, they should have undertaken an appropriate level of learning and self-improvement that enables them to plan and deliver purposeful player-centered coaching.

Refereeing

Critical to the game of rugby is discipline. Respect for officials is paramount and Chinnor will not tolerate any disrespect of officials at any time no matter how their officiating may have been. The approach is always the same *“The referee is always right, even when they are wrong”*.

Refereeing games also provides a coach with a different perspective on the game rather than always from the sidelines and this is a very useful tool indeed in helping to develop your squad’s abilities. Coaches are expected to referee their age group and will be encouraged to attend the relevant refereeing course.

Coaches must keep up to date with the Laws of the Game and the RFU Regulations pertaining to Age Grade Rugby. There is now an official World Rugby / IRB app which is very useful for the Laws of the Game and other information is available on the England Rugby (RFU) website.

First Aid

The requirement for First Aid is mitigated in part by good quality coaching – especially in the tackle and the scrum. However, every coach must be able to identify when first aid is required and when players must be removed from the field of play. To this end, the HEADCASE Online Concussion Module is a must for all coaches.

First aid should always be administered by a qualified first aider and the club encourages volunteers, coaches or otherwise, to become qualified in order to support a team / age group. Courses are run at the club and other local clubs throughout the season. Having first aid cover (including a fully stocked first aid kit) is a coaching responsibility, though the first aider may be a parent volunteer who is not a coach.

Conclusion

This is a basic introduction to what’s required and expected of you as a volunteer coach. It is a real privilege to coach, second only to playing rugby. We ask you to undertake your coaching role with enthusiasm and in line with our coaching philosophy. In return we will support you on your journey.

As your Club Coach Coordinator (CCC), my role is to help coaches, age group leads, section chairs and the club as a whole by providing the framework for coaching, arranging courses and supporting individuals who volunteer. Please contact me if you have questions about what course to book, training objectives, or simply to discuss a coaching topic.

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