

## Coach

The Coach has the potential to be a highly influential figure in players' lives. You're responsible for training the team in preparation for matches. It's an exciting, rewarding and active way of staying in the game and lets you have a direct influence on performance.

### **Ideally you'll need to be:**

- Knowledgeable about the game
- Enthusiastic and willing to earn an RFU Coaching Award
- Confident and good at communicating
- Committed to fair play
- Well-organised and a good timekeeper
- Approachable and good with people

### **What you'll do:**

- Plan and run safe, effective training sessions
- Retain players and work with relevant volunteers to recruit players
- Build team spirit and encourage participation
- Develop individuals' skill, confidence and fitness
- Select the team and set the tactics
- Work with the Club Coaching Coordinator to continue learning and developing
- Promote fair play, team standards and codes of conduct

### **How much time it will take up:**

Around 5-8 hours a week during the season, depending on the level you're coaching at.

### **What you'll get out of it:**

Coaching is a great way to stay fit and pass on your knowledge of the game. Acting as a role model and inspiration to a group of young people and seeing them grow and develop is one of the most rewarding things you can do with your spare time. It's a highly respected role in the community and above all, it's really good fun.

**Teamwork Respect Enjoyment Discipline Sportsmanship**

**Rugby Football Development Limited**

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