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| Module Title: | Coach Education 4 - Rugby |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 7 |
| Module Delivered In | 2 programme(s) |
| Teaching & Learning Strategies: | <ul style="list-style-type: none"> • Practical – Students will take part in lecturer (Coach) lead practical rugby specific practical coaching sessions on the pitch • Lectures - communication of knowledge and ideas from the lecturer to the student. • Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by the rugby coach. |
| Module Aim: | The aim of this module is to provide students with the skills to coach 15-a-side (Stage 3 LTPD; Learn to Compete Stage). |

| Learning Outcomes | |
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| On successful completion of this module the learner should be able to: | |
| LO1 | Demonstrate knowledge of the components of the Technical Model and Principles of General Movement & 1st Phase play characteristics of the Game, Player & Coach at stage 3 rugby. |
| LO2 | Appraise a phased Season plan highlighting dates of fixtures, training sessions and important events; and Will be able to extrapolate from the season plan, various phases and training session themes reflecting the 'reality of the game'. |
| LO3 | Describe the key stages of adolescent & teenager growth and development & the implications in boys (Stage 3 Rugby) for: - Exercise - Motor skills - Social development Exercise - Motor skills - Social development and understand the IRFU WLTPD Model and its implications/challenges for coaching & developing the Women's Game in Irish Rugby |
| LO4 | Demonstrate knowledge of the Coaching process & implications for Stage 3 Rugby the difference between technique & skill, able to apply the Model of a Skill Performance to rugby skills, how to develop technique & Skill, the Key Factor Analysis Model, Team, Unit & Individual Skills. |
| LO5 | Demonstrate knowledge of the Principles of General Movement (including the Principle of Usefulness) – Attack. Will be able to identify the 4 Groups/Families and their roles. Will be able to coach General Movement - Attack: Collective Skills Groups (Families) Skills Understand the characteristics & properties of 1st Phase Attack and Defence opportunities from Lineout & Scrum, Backline Attack, Restarts |
| LO6 | Identify different types of motivation – Extrinsic-Intrinsic; Primary-Secondary; Animate-Inanimate Will understand types and advantages of utilising Goals & Goal-setting Will be able to set SMART Goals to achieve Outcome & Performance Goals |
| LO7 | Demonstrate knowledge the components of fitness and the principles of training. Understand the importance and basic physiological underpinnings of the warm-up Demonstrate an ability to plan warm-ups for rugby training and games which incorporate work on movement competency. Be able to produce a basic weekly plan which incorporates rugby and S&C content in a complementary manner. |

| Pre-requisite learning |
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| Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i> |
| No recommendations listed |
| Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> |
| No incompatible modules listed |
| Co-requisite Modules |
| No Co-requisite modules listed |
| Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i> |
| No requirements listed |

Module Content & Assessment

| Indicative Content |
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| 1. Long Term Player Development Model Focus on Stage 3 – Train to Train stage |
| 2. Principles of Play Attack & Defence |
| 3. Team Play 1 General Movement |
| 4. Individual skills Passing & receiving, Decision making*, Evasion – side-step/swerve, Running in support, Continuity*, Tackling – side/front/rear, Falling in tackle, Picking up the ball. |
| 5. Unit Skills Scrum, L-O, kick-offs, Attack, Defence. |
| 6. Mini-unit skills Ruck, Maul, Support play (Attack & Defence), Restarts - kicking/receiving |
| 7. Skill Development Coaching process, Model of skill performance, Establishing technique |
| 8. The Young Player Development & growth, Exercise, Motor skills, Social development, Stage 3 – Player capacities |
| 9. Practice session Planning, Preparation, Managing a practice, Principles of good practices, Stage 3 – Training session model. |
| 10. Role of the Coach Philosophy, coaching style, responsibilities, requirements, Stage 3 – Coach as Facilitator |
| 11. Mental Fitness Motivation, Goals & Goal- Setting, (S.M.A.R.T). |
| 12. Physical Fitness Warm-up, Cool down, Recovery, Principles & Components, Phasing a programme |
| 13. Team Play 2 Linking principles of attack |
| 14. Injury prevention Prevention, Common types of injury, Injury Assessment TOTAPS, Emergency Plan |

| Assessment Breakdown | % |
|----------------------------------|--------|
| Continuous Assessment | 30.00% |
| Practical | 35.00% |
| End of Module Formal Examination | 35.00% |

| Continuous Assessment | | | | |
|------------------------|--|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Performance Evaluation | Pre Task Planning for Workshops Participation in coaching workshops Reflective practice of Learnings | 1,2,3,4,5,6,7 | 30.00 | n/a |

No Project

| Practical | | | | |
|-----------------------------|--------------------------------------|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Practical/Skills Evaluation | Coaching Diary/Coach Behaviour Video | 1,2,4,5,7 | 35.00 | Sem 2 End |

| End of Module Formal Examination | | | | |
|----------------------------------|------------------------|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Formal Exam | 2.5hr exam | 1,2,3,4,5,6,7 | 35.00 | End-of-Semester |

Module Workload

| Workload: Full Time | | |
|----------------------------|--------------------|--|
| <i>Workload Type</i> | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| Lecture | 12 Weeks per Stage | 1.00 |
| Practicals | 12 Weeks per Stage | 1.00 |
| Independent Learning | 15 Weeks per Stage | 5.07 |
| Total Hours | | 100.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|--|----------|----------|
| CW_BBSMC_B | Bachelor of Arts (Honours) in Sport Management and Coaching | 5 | Elective |
| CW_BBRUG_D | Bachelor of Arts in Sport Coaching and Business Management (Rugby) | 5 | Elective |