

<b>Module Title:</b>	Coach Education 2 - Rugby
<b>Language of Instruction:</b>	English
<b>Credits:</b>	10
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	No Programmes
<b>Teaching &amp; Learning Strategies:</b>	<ul style="list-style-type: none"> <li>• Practical – Students will take part in lecturer (Coach) lead practical rugby specific practical coaching sessions on the pitch and in the gym</li> <li>• Lectures - communication of knowledge and ideas from the lecturer to the student</li> <li>• 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.</li> </ul>
<b>Module Aim:</b>	The aim of this module is to provide students with the skills to coach 15-a-side (Stage 2 LTPD; Learn to Train Stage).
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Discuss the characteristics & essences of Stage 2 rugby players, coaches and the game.
LO2	Describe the role of the coach (appropriate to Stage 2 LTPD) and understand the different Effective Coaching elements within the IRFU Process Continuum (Technical Model) relevant to Stage 2 rugby
LO3	Will have the ability to plan individual training session themes & learning outcomes
LO4	Demonstrate the necessary teaching skills and appropriate coaching style of 'guiding' and Coaching Philosophy
LO5	Understanding of key principles & key factors for: Collective General Movement (Players near the ball & Players in the space) Unit Skills (backline attack; scrum; lineout) Reduced / Individual Skills (emphasis on safety re. contact skills)
LO6	Will understand the key tasks and principles for Scrum and Lineout and Restart, Defending and Backline attack
LO7	Discuss the Principles of Fitness training for young players, Injury prevention & First Aid and concussion management.
LO8	Will have appropriate* knowledge of the current laws (Laws Test – IRFU age grade regulations) and Will understand current regulations & law interpretations
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b>	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b>	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b>	
<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

#### Long Term Player Development Model

Focus on Stage 2 The Young Player: Outline of Physical Literacy: Physical, emotional, psychological, social development. The Charter: Basic introduction to the ethos and principles of rugby union

#### Planning a session:

Planning, considerations, time, equipment, objectives, playing area Organisation & Management of a session: Layout, use of grids, organisation, management Practice session: Planning, considerations, organisation, management, conclusion/ conditioning, warm-up, playing area.

#### Teaching Skills:

Introduction, demonstration, practice, correction

#### Role of the Coach:

(including coach as referee) Philosophy, coaching style, responsibilities, requirements

#### Skill Development

• Individual skills: Passing (including decision making 2 v 1), catching, kicking, running, tackling (X3), falling in the tackle • Mini-unit skills: Ruck, Maul • Unit Skills: Scrum, L-O, kick-offs, Attack, Defence. • Team Skills: General Movement

#### Fitness for the young player - Including common injuries and first aid

n/a

#### Refereeing & Laws: Youth / schools Rugby refereeing

n/a

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

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Participation in coaching workshops	1,2,3,4,5,6,7,8	35.00	Every Week

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Player log book including 20 hours of coaching + assigned referee hours	1,2,3,4,5,6,7,8	35.00	Sem 2 End

### End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	No Description	1,2,3,4,5,6,7,8	30.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	30 Weeks per Stage	1.00
Practicals	30 Weeks per Stage	1.00
Estimated Learner Hours	30 Weeks per Stage	4.67
Total Hours		200.00

