

Module Title:	Coach Education 1 - Rugby
Language of Instruction:	English
Credits:	10
NFQ Level:	6
Module Delivered In	No Programmes
Teaching & Learning Strategies:	<ul style="list-style-type: none"> • Practical – Students will take part in lecture (Coach) lead practical rugby specific practical sessions on the pitch and in the gym • 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 and referee Mini rugby to young participants (Stage 1 LTPD; FUNdamental Stage).

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Understand the Principles of the Game of rugby, including knowledge of a. Individual skills b. Unit Skills c. Team skills Will be able to list the various components of the Technical Model and Principles of General Movement & 1st Phase play appropriate to Stage 1 rugby AND outline the characteristics of the Game, Player & Coach at stage 1 rugby.
LO2	Will understand the key elements for planning, organising and managing productive, safe and enjoyable training sessions appropriate for stage 1 rugby.
LO3	Describe the role of the coach (appropriate to Stage 1 LTPD), Coaching Philosophy, responsibilities and requirements and the need to adhere to IRFU Child Welfare policies for Stage 1 Rugby Coaches
LO4	Will understand the 4 step process of teaching skills (IDEA) AND Will understand some key methods of managing effective communication, progression & discipline.
LO5	Will understand the effects of the 'Windows of trainability' and understand the importance & some methods of developing young players' ABCs
LO6	Understand Injury prevention & Injury Management AND Will complete the WorldRugby 'Return to Play' concussion online programme.
LO7	Will understand how to referee Stage 1 Mini rugby – reflecting the appropriate player perspective and will have appropriate* knowledge of the current laws (Laws Test – IRFU Mini rugby regulations) and understand current regulations & law interpretations
LO8	Will be able to list General Movement (Attack & Defence) and understand the key tasks for Players 'in the space' i.e. Early & Late groups Will demonstrate an understanding of the key factors for Evasion Lateral pass Decision Making (lateral) Will understand the key tasks for Players 'near the ball' i.e. 'life' of the ball group and Will demonstrate an understanding of the key factors for Continuity around the tackle Picking up the ball Mini-ruck/Mini-maul

Pre-requisite learning
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

Long Term Player Development Model:

Focus on Stage 1 The Young Player: Outline of Physical Literacy: Physical, emotional, psychological, social development

Planning a session:

Planning, considerations, time, equipment, objectives, playing area Organisation & Management of a session: Layout, use of grids, organisation, management

Teaching Skills:

Introduction, demonstration, explanation, application (IDEA) Feedback & Progression

Role of the Coach:

Ethics, coaching styles, requirements, responsibilities

Skill Development

• Individual skills: Passing & receiving, catching, kicking, running & evasion, tackling (X3), falling in the tackle, picking up the ball, continuity in the tackle • Mini-unit skills: Ruck, Maul • Unit Skills: Scrum, L-O, Restarts, Backline attack. • Team Skills: General Movement

Physical Literacy:

developing fundamental movement skills (ABC's)

Refereeing & Laws:

Mini Rugby refereeing

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	Sem 2 End

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Player log book including 12 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

Workload: Full Time		
<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

