

SPRT H3321: Coach Education 3 - Rugby

| Module Title: Coach Education 3 - Rugby Language of Instruction: English Credits: 1 Tred Lavel: 7 Module Delivered International Programmes No Programmes Table International Programmes ************************************ | | | XX | University | | | | | |
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| | No incompati | ible module | es liste | d | | | | | |
| Co-requisite Modules | Co-requisite | Modules | | | | | | | |
| No Co-requisite modules listed | No Co-requis | site module | s listed | | | | | | |
| Requirements This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed. | | | a prac | tical skill) that is mandatory before enrolment in this module is allowed. | | | | | |
| No requirements listed | No requireme | ents listed | | | | | | | |



SPRT H3321: Coach Education 3 - Rugby

Module Content & Assessment

| Indicative Content | | | | | | | | | |
|--|------------------------|--|----------------------|--------|--------------------------|-----------------|--------------------|--------------------|--|
| 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 | of skill pe | erformance, 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 | , respon | sibilities, requirements, Stage 3 – Coach a | 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 | s of injury | y, Injury Assessment TOTAPS, Emergend | y Plan | | | | | | |
| Assessment Breakdown % | | | | | | | | | |
| Continuous Assessment | | | | 35.00% | | | | | |
| Practical | | | | | | | 35.00% | | |
| End of Module Formal Exa | | | | | | 30.00% | | | |
| Continuous Assessment | : | | | | | | | | |
| Assessment Type | | Assessment Description | Outcome addressed | | | % of total | Assessment Date | | |
| Performance Evaluation | | Participation in coaching workshops 1,2 | | | ,3,4,5,6,7,8,9 35.00 n/a | | | | |
| No Project | | | | | | | | | |
| Practical | | | | | | | | | |
| Assessment Type | Assessn | ssment Description | | | ne ssed | | % of total | Assessment Date | |
| | Player lo referee h | log book including 40 hours of coaching + assigned 1,2,3,4,5,6,7,8,9 hours | | | | | 35.00 | Sem 2 End | |
| End of Module Formal Ex | kaminati | on | | | | | | | |
| Assessment Type | | ssessment Description | Outcome addressed | | % of total | Assessment Date | | | |
| Formal Exam | | lo Description | tion 1,2,3,4,5,6, | | 7,8,9 30.00 | | End-of-Semester | | |

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



SPRT H3321: Coach Education 3 - Rugby

Module Workload

| Workload: Full Time | | | | | | |
|----------------------|-----------------------|---------------------------------------|--|--|--|--|
| Workload Type | Frequency | Average Weekly Learner Workload | | | | |
| Lecture | 30 Weeks per Stage | 1.00 | | | | |
| Practicals | 30 Weeks per Stage | 1.00 | | | | |
| Independent Learning | 30 Weeks per Stage | 3.67 | | | | |
| | Total Hours | 170.00 | | | | |