

Module Title:	Coach Education 3 - Rugby
Language of Instruction:	English
Credits:	10
NFQ Level:	7
Module Delivered In	No Programmes
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 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 15-a-side (Stage 2 LTPD; Learn to Train Stage).

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Understand 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	Understand 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	Ability to make detailed session plan reflecting the theme of the session throughout – highlighting key learning outcomes and be able to apply a session review template to review each training session – key learning outcomes and effective coaching principles and be able to understand and apply the 'process continuum' to training sessions to facilitate more effective training sessions
LO4	understand 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
LO5	Understand 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.
LO6	Understand 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
LO7	Understand and 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
LO8	Understand the key responsibilities of Injury prevention & Management Will be able to list & identify the common types of injuries Will be able to explain the TOTAPS Injury Assessment protocol Will be able to produce a suitable Emergency plan Will raise awareness of Concussion in players – symptoms and intervention through completing the IRB Concussion Awareness Certificate Will be able to diagnose & administrate CPR (including AED)
LO9	Understand 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
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
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	35.00%
Practical	35.00%
End of Module Formal Examination	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	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Player log book including 40 hours of coaching + assigned referee hours	1,2,3,4,5,6,7,8,9	35.00	Sem 2 End

End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	No Description	1,2,3,4,5,6,7,8,9	30.00	End-of-Semester

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
Independent Learning	30 Weeks per Stage	3.67
Total Hours		170.00

