

Module Title:	Coach Education 3 Practical - Rugby
Language of Instruction:	English
Credits:	5
NFQ Level:	6
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 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	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Discuss the practical characteristics & essences of Stage 2 rugby players, coaches and the game.
LO2	Will have the ability to plan individual training session themes & learning outcomes
LO3	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)
LO4	Will understand the key tasks and principles for Scrum and Lineout and Restart, Defending and Backline attack
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 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

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
Other	Pre Task Planning for Workshops Participation in coaching workshops Reflective practice of Learnings	1,2,3,4	30.00	Every Week

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Coaching log book including practical coaching & reflection + assigned referee hours	1,2,3,4	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	35.00	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	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	4	Mandatory
CW_BBRUG_D	Bachelor of Arts in Sport Coaching and Business Management (Rugby)	4	Mandatory