

Coaching Children Rugby Union

“Children learn what they live”

“Coaches facilitate a significant part of this learning and have a big responsibility to develop an environment that enriches the lives of our young people”

(Kidman)

This two-and a half hour course has been designed to help coaches have a better understanding of the competitive make up of children and be aware of the appropriate physical and emotional demands to place on young people.

The course challenges and informs through workshop activities and explores the issues around clubs and player’s needs, individual and team, development and success. Through this course individuals and clubs will be better equipped to develop an approach which keeps young players in the game.

Rugby is a late specialisation sport. The prop of today maybe the scrum-half of tomorrow. What do children want from their sport?

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