



# RFU

## CONTINUOUS PERSONAL DEVELOPMENT FOR COACHES

### Performance Analysis

Analysis is intended to give the team or individual, factual evidence that may assist them in developing a tactical and technical edge over the opposition.

This course will increase the coach's understanding as to the benefits of effective analysis. The course will highlight the issues that may result from poor or inaccurate analysis and the effect this may have on relationships between coaches and players. The course will use varied tools that will provide useful information and some tips on how to use them effectively.

By the end of the course, the coach will have a better understanding of:

- Basic methods of providing analysis for a community coach from a paper template to a video recording and transfer to computer via appropriate software.
- That not all players within the community game wish to be involved in personal analysis but most will be interested in some team development from analysis. The relationship of coaches and players will be discussed and how this relationship can be managed.
- Observation and interpretation of information. The workshop will offer tips for identifying issues that may not at first be evident but may be a considerable, contributing factor in the break down of skill.
- The process of action planning as a result of the analysis. The course will workshop action planning to enable the coach to work with the players in a constructive and accurate manner.
- Equipment, Location, Shooting and Practicalities of gathering video information and how to convey this information to the parties concerned.



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SCOTTISH RUGBY



WRU

3 UNIONS COACHING