

Planning & Periodisation

This two hour workshop will provide the coach with a model of periodisation for a one year rugby season. It will enable the coach to demonstrate an understanding of planning an annual programme that builds on the coaching and playing philosophy and the strengths and weaknesses of the players and team.

Coaches of Children

There is no Planning and Periodisation course for coaches of mini players. The RFU publish a Structured Season document each year. This publication is the result of extensive research into the effect of over playing and under developing young players in rugby union.

Coaches of Youth Players (13-18)

By the end of this course the coaches will be able to:

- Understand the relevance of periodisation planning and how the year can be split into phases.
- Be able to appreciate the planned ratio of intensity to volume according to the demands of the phase.
- Be able to fully understand the terminology of periodisation planning and programming.
- Be accomplished in the use of process, performance and outcome goals.
- Be able to plan, do and review an annual coaching programme and formulate with support staff.
- Motivate and re-motivate the players with revised and shared goal setting according to the season plan.

Coaches of Adult Players

By the end of this course the coaches will be able to:

- Understand the relevance of periodisation planning and how the year can be split into phases.
- Be able to appreciate the planned ratio of intensity to volume according to the demands of the phase.
- Be able to fully understand the terminology of periodisation planning and programming.
- Be accomplished in the use of process, performance and outcome goals.
- Be able to plan, do and review an annual coaching programme and formulate with support staff.
- Motivate and re-motivate the players with revised and shared goal setting according to the season plan.

