CONTINUOUS PERSONAL DEVELOPMENT FOR COACHES

Half-back Play

By the end of this course, coaches will have a better understanding of and material to coach, the skills required by the half-backs and be able to deliver innovative half-back session in a game-related environment.

Coaches of Children

The module for children is based on development games directed at all players, encouraging the coach to develop basic skills and responsibility for the ball and continuity of possession when attacking.

- Develop two handed passing across the body – hands pointing to the target.
- Progress difficulty level by increasing time / speed / pressure as required within game-related practices
- Develop early hand catch – reach for ball (**T-Rex position).**
- Introduction of specific passes (clearing pass) – pass and follow.
- Kicking - Introduction to kicking and fielding familiarisation through fun activities.
- Develop an understanding of spatial awareness.
- Recognise and encourage innovation from players.

Coaches of Youth Players (13-18)

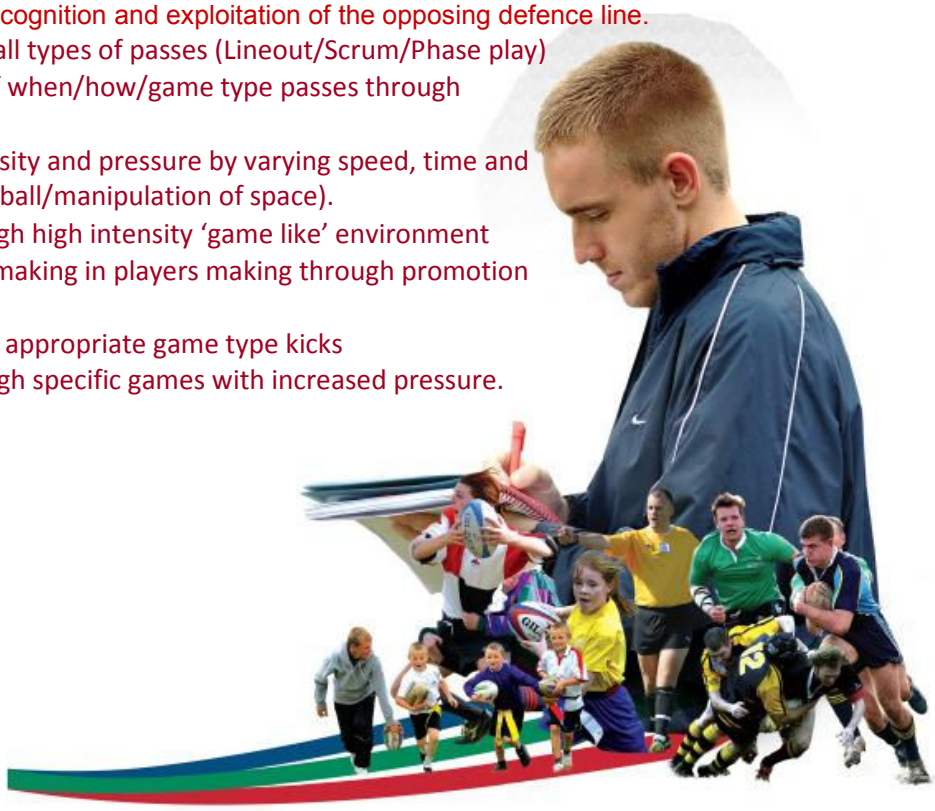
The module for youth players begins to work on the specialist skills of the scrum half and fly half but retaining the elements of responsibility for the ball from all players particularly at the break down.

- Promote and develop early hand catch, particularly for outside half to move ball effectively.
- Develop appropriate game type passes (short, medium, wide).
- Understanding and implications of body position upon choice and outcome of pass.
- Develop understanding of when/how/game type passes through specific conditioned games.
- Increase pressure by varying time and space (defenders/slow ball/quick ball).
- Challenge players through the development of position specific passes (Scrum half, Fly half).
- Develop understanding of appropriate game type kicks (box/ punt/up & under etc) through specific games

Coaches of Adult Players

The adult module looks at the specialist skills of the scrum half and the fly half, refining balance, vision and transfer of the ball. The module will also explore recognition and exploitation of the opposing defence line.

- Progression and development of all types of passes (Lineout/Scrum/Phase play)
- Further develop understanding of when/how/game type passes through specific conditioned games.
- Progress through increasing intensity and pressure by varying speed, time and space (defenders/slow ball/quick ball/manipulation of space).
- Refined application of skills through high intensity 'game like' environment
- Develop more effective decision-making in players making through promotion of scanning skills
- Develop further understanding of appropriate game type kicks (box/ punt/up & under etc) through specific games with increased pressure.



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