



## **IVEL BARBARIANS – COACHING NEWSLETTER – WINTER 2009/10**

Welcome to the second Coaching Newsletter for Ivel Barbarians!

It has been a busy first part of the season for all our teams and I never fail to be impressed every Sunday morning with the activity levels and the enthusiasm from Coaches and Players alike whatever the weather. As a club we have tried to embrace the concept of the RFU's Continuous Personal Development (CPD) coaching courses. Two different CPD courses have been run at the club and both were well received – if you are interested in attending one of these events, the programme for Somerset is promulgated on the Coaching Noticeboard in the foyer of the club and also on the website. We have also fostered a great relationship with Nevil Jeffery from the RFU who is the gentleman who actually writes and designs these CPD courses. In fact, a lot of the video footage used in the classroom delivery of the CPD courses features video footage of Ivel Barbarians teams – both senior and junior! CPD will become more important with the introduction of Coach Licensing and will be a mandatory element in maintaining your licence. If you would like the club to try and run another CPD event, please contact me and I'll see what I can do! More details of what CPD courses are available are on the RFU website:

[www.rfu.com/TakingPart/Coach/CoachDevelopmentProgrammes/ContinuousPersonalDevelopment](http://www.rfu.com/TakingPart/Coach/CoachDevelopmentProgrammes/ContinuousPersonalDevelopment)

On a similar theme, we have also run a "Rugby Ready" course at the club which also included coaches from other clubs and Yeovil College students. Completion of the "Rugby Ready" course is now mandatory before coaches can attend the RFU Level 1 course.

I hope the second half of the season goes well for you all.

Yours in sport,

Ian Smith

---

## Coaching Resources

In the last newsletter I listed some of the free websites covering rugby coaching. There are also literally thousands of rugby coaching sites that you have to pay for. Some cover the coaching requirements of grass roots coaches whilst others are aimed at the more elite end of the spectrum. The following sites are the ones that have been recommended to me.

[www.coachingrugby.com](http://www.coachingrugby.com)

[www.rugbytactics.com](http://www.rugbytactics.com)

[www.rugbycoaching.net](http://www.rugbycoaching.net)

And for the more up to date and trendy coaches who are of the Facebook generation, there is a coaching group on Facebook **rugbycoach.co.nz** . The good thing about this coaching resource is that most of it shows the actual skills practices on video – a picture paints a thousand words!

## SAFE AND ETHICAL COACHING

I know I included this in the last newsletter but I can't stress how important it is for us all to be coaching in a safe and ethical manner.

Sport, and coaching in particular, must be guided by professional and ethical values; all practices must be inclusive and positive; coaches are central to increasing and sustaining participation in sport, achieving success, enhancing the health and quality of life of individuals. Some guidelines:

- Under no circumstances should coaches participate in practices with, or against, players under the age of 18.
- Demonstrations, especially those involving contact (tackle, scrum, ruck etc) should be carried out safely and adults should avoid holding shields etc.
- Even in non-contact games (tag/touch) it is strongly advised that adults do not play with or against children.

In the last couple of years there has been an avoidable increase in the number of cases of poor coaching practice and behaviour being dealt with by the RFU's Referral Group. In the main these cases fall into three categories:

- Unqualified coaches delivering poor coaching sessions.
- Qualified coaches (who have not kept themselves current) not acquainting themselves with current technical, tactical, safe and ethical practice.
- Children injured due to poor coaching or coaches playing with/against the children.

## Coach Development Aims

- Each squad (U7 to U16) to have a Lead Coach (minimum Level 1 qualified) supported by 1-2 coaches already at Level 1 or committed to undertake Level 1.
- Access to coaching resources, coaching course dates etc.
- Encourage attendance at Continuous Personal Development (CPD) events.
- Hold “in house” coach education events.
- Encourage unqualified coaches to become qualified.
- Effectively manage the Coach Licensing scheme when introduced.
- Adopt a common coaching culture and ethos throughout the club.

As I stated in the last newsletter, we have already made good progress in some of the above areas. However the two areas I am really keen to progress are the first and last. The aspiration to have at least one Level 1 qualified coach in each age group from U9's upwards will also shortly be reflected in the Somerset Coaching Development Plan and clubs that are seen to be actively pursuing this aim will receive back up from the County which could include financial assistance in the area of Coach Development. With regard to adopting a common coaching culture, I think this will evolve within the club, particularly with coaches undertaking the “Rugby Ready”, Level 1 and CPD courses, where the RFU's “how to coach” philosophy is evident.

## Richie McCaw Visit to RNAS Yeovilton

Once again I was lucky enough to be able to organise a visit to Yeovilton by Richie McCaw, All Blacks Captain and 2009's iRB World Player of the Year. Richie is a true gentleman and very down to earth and loves to be able to give something back to the game. One of the problems I had was to get a group of players for Richie to coach! Fortunately the boys and girls from the Yeovil College Rugby Academy (many of whom are Ivel players) made up the majority of the player resources. However I also took the opportunity to invite the Ivel Barbarians U16s to the event. The event was filmed by the British Forces Broadcasting Service and is now on Youtube on the following link

[www.youtube.com/watch?v=0JmjgALv8YA](http://www.youtube.com/watch?v=0JmjgALv8YA)

