

Course: Performance Profiling for Youth (U13 – U18) and Adult Rugby Coaches (Two hour indoor Workshop)

Coaches will be made aware of the benefits of effective profiling and devise templates to assist accurate information gathering.

Outcomes:

- Understand why Performance Profiling is a valuable tool.
- Establish dangers of inaccurate profiling.
- Devise own ways to gather information.
- Produce data that is accurate and specific and produce action plans.
- Establish ways to measure progress in technical, tactical, mental and physical elements.
- Devise methods to develop mental performance.
- Understand why some performers may resist developing through profiling

Date and Time:

Venue:

Cost: £15.00 (cheques payable to Rugby Football Development Ltd)

Booking: Please use the attached booking form and return it to:

Email: RFUADMIN@hartpury.ac.uk

Address: South West Region Coach development Centre, Hartpury College,
Hartpury, Gloucestershire, GL19 3BE