

LEVEL 3 COACHING RUGBY UNION – 2015/2016 COURSE

The Level 3 course demands very high standards of applicants. Level 3 looks to develop future leaders within the game who are equipped with the skills to inspire. In order to benefit fully from the course and achieve the qualification, the coach should have a full range of experiences in a wide range of disciplines relating to coaching the game. This can be achieved through a combination of appropriate CPD attendance coupled with well-developed reflective skills and application of learning to practical coaching as outlined in the RFU Coaching Development Model.

Unlike the Level 1 and 2 qualifications, which are designed to assist the coach to reach the required standard of coaching, the Level 3 is a real test of your ability as both a coach and manager of playing programmes and personnel. Although there are development opportunities on the course, it is very much an endorsement that you are working at Level 3, rather than a means to get you there. It is important therefore that prior to applying you use the information below to assess your competence and confidence in all areas.

COURSE DESCRIPTOR

On successful completion of the Level 3 all coaches should be able to:

- ☐ Analyse participants' current and potential performance needs and aspirations
- ☐ Articulate clear Coaching and Playing philosophies
- ☐ Plan a coaching programme according to agreed goals
- ☐ Manage a safe and effective coaching environment
- ☐ Deliver a coaching programme using a range of coaching styles and interventions to meet participants' needs
- ☐ Manage and develop personal coaching practice
- ☐ Manage and develop those around them
- ☐ Coach techniques & tactical concepts of rugby union
- ☐ Demonstrate an understanding of the units & sub-units and their contribution to team play and the principles of rugby union
- ☐ Demonstrate an understanding of the principles of attack and defence

The course consists of 3 modules, 2 of which are delivered face-to-face, and one as development in the coaching workplace, supported by a trained RFU mentor. The course lasts one year and applicants should make themselves available for all modules. The course is a mixture of practical and classroom-based activities.

Assessment is competency-based, allowing you to be continually assessed & receive support & action planning throughout the course.

Applicants must be aged 18 years of age or over and hold a Level 2 or equivalent Rugby Coaching Qualification. Applicants must demonstrate evidence of regularly attending recent coach development courses, seminars or coaching conferences & must have significant experience of coaching within the XV-a-side game.