

Counties Manukau Rugby Football Union

Coaching Courses 2010

Coaching rugby is all about enjoyment, friendship, participation, and the step-by-step development of both team and individuals. Your contribution as a coach is vital to the continued growth of our game in the Counties Manukau province and to ensure its long term future strength and wellbeing.

To assist in your development as a coach the Counties Manukau Rugby Football Union offers a range of NZRU recognised coaching courses and modules which are facilitated by Counties Manukau Rugby staff and resource coaches. These are designed to meet the specific development needs of the players and coaches at each level of the game.

Please note the following:

All coaching resources used on each course are supplied free of charge to coaches who attend and complete the course and are coaching within the Counties Manukau province.

To ensure you are registered for courses please contact our RDO's or your Club or School Administrator.

In selecting the appropriate course to attend, coaches should take careful note of the heading "Target/Group"

NZRU Accredited Courses 2010

Rugby Smart

All coaches and assistant coaches who are involved with teams from Secondary School rugby (U14) upwards are required to attend the **Rugby Smart** presentation every season. NZRU policy makes this course compulsory for all **Coaches** and **Assistant Coaches**.

For coaches who are coaching at **Under 13 grades and below, you will be qualified with RugbySmart principles by attending a Small Blacks Beginning, Learning or Playing Rugby Module.**

NB: All sessions will be run at Clubs, Secondary Schools and Growers Stadium. Please check with your Club or School Administrator for further information.

Small Blacks Coaching Modules

1. Introduction to the Small Blacks Coaching Process

There are three Small Blacks grade levels:

- Beginning Rugby (Under 6 and Under 7) – In 2010 all non competition U6 & U7 grade teams will play Rippa Rugby.
- Learning Rugby (Under 8, 9, and 10)
- Playing Rugby (Under 11, 12, and 13)

It is compulsory for all Small Blacks coaches (U6 – U13) to have an NZRU Small Blacks accreditation applicable to the grade level they will be coaching each year.

To gain the required Small Blacks accreditation, all new coaches **must** attend a **Coaching Small Blacks Module ("Survival Guide - Theory")** **and** a **Small Blacks Beginning Rugby, Learning Rugby or Playing Rugby Module (Practical)** facilitated by their provincial union in 2010, depending on the grade level they will be coaching.

The **Coaching Small Blacks Module ("Survival Guide - Theory")** only needs to be attended once, but we recommend coaches attend these where practicably possible. E.g. Coaches who attended this module in 2009 will not be required to attend this module in 2010, however all Small Blacks Coaches must attend a **Small Blacks Beginning Rugby, Learning Rugby or Playing Rugby Module (Practical)** applicable to the grade they are coaching every year.

The **Small Blacks Beginning Rugby, Learning Rugby or Playing Rugby Module (Practical)** is valid for only one year. The accreditation certifies a coach to coach a specific Small Blacks grade level and qualifies them with **Rugby Smart principles** and **Small Blacks Rugby Refereeing** for that level during the validation period.

If a coach moves up or down a grade level, at any given time, they will be required to attend the Small Blacks Beginning, Learning and Playing Rugby Module applicable to the new level they will be coaching. For example, movement from an Under 13 grade to an Under 10 grade will require the participant to attend the Small Blacks Learning Rugby coaching module.

If a coach coaches more than one team and each team is in a different grade level, the coach is required to attend a separate Small Blacks Beginning, Learning or Playing Rugby module for each grade level.

2. Small Blacks Accreditations

Coaches who have attended and completed the requirements of the Small Blacks modules will be awarded a **NZRU Small Black accreditation card**.

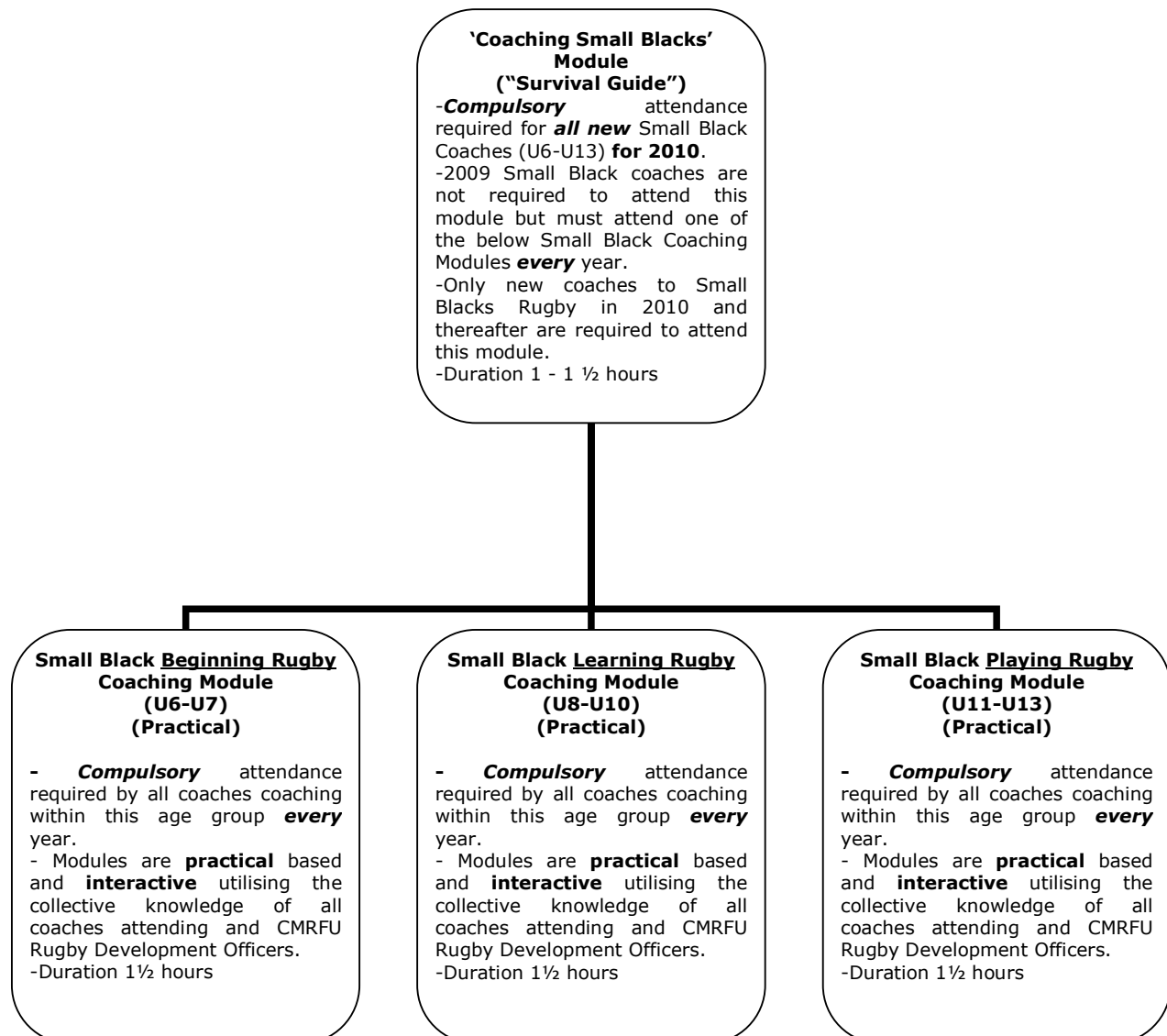
3. Small Black Module Outcomes

The modules cover topics that will give coaches the knowledge and skills required to coach at their particular level. At the conclusion of these modules coaches will be able to understand the role of an effective coach and the codes of conduct that are expected in rugby, apply the Principles of Play to rugby as a method of understanding the game, plan and run an effective rugby practice, and understand the basic principles of refereeing a game of rugby in 2010.

Please refer to the 2010 Counties Manukau Rugby Football Union Junior Coaching Course programme for course dates and venues.

NB: Coaches MUST enrol for these courses as venues may change.

Small Blacks Coaching Modules



Secondary School Rugby Coaching

The Secondary Schools Coaching Course has been developed to provide coaches with a basic understanding of facets of the game of Rugby Union. The course covers key components such as the Principles of Play, Skill Analysis and Coaching a Skill, and how to run an effective training. Rugby Smart is also included. We strongly recommend that SS coaches attend this session

Coaches who attend will receive a comprehensive manual as well as other coaching resource. **The Secondary Schools Coaching Course is designed for all Secondary School Grade coaches (up to and including 1st XV).**

Rep Coaches Planning Workshop

“By design not by default”

A season planning workshop with all appointed Representative Coaches. This workshop will look at planning your rep season in its entirety. This includes profiling, selection process, game planning, patterns of play and coaching methodology.

Also will be a time to share visions, values and protocols that would be required to be consistent across the Province.

Coach Development Modules

(Dates and venues – TBC)

These modules are for the purpose of Coach Development within the province.

These dates and venues will be communicated to the clubs/coaches when Resource coaches are confirmed for the modules.

The modules will be available to Rep Coaches, 1st XV Secondary School Coaches, Senior Club Coaches and invited coaches from within the Province.

The modules will be for the coaches who are looking to develop and progress their coaching to higher levels. These modules will be aligned to the NZRU Developing Rugby Coaches Course (IRB Level II). Coaches must attend all modules scheduled in which to fulfil the practical requirements of the Developing Rugby Coaches Course accreditation process.

Greater Auckland Coaching Unit (GACU)

ABOUT GACU

The Auckland regional coaching approach consists of the formation of a regional governance unit (Greater Auckland Coaching Unit) whose function will be two fold:

- The first, to deliver the SPARC lead Coach Force program in a singular consistent model across targeted NSOs & RSOs of greater Auckland;
- The second, to provide coach development services to non-Coach Force codes and the wider coaching community.

GACU will lead the development of an Auckland regional coaching strategy that:

- Supports sporting codes to create improved pathways to recruit, retain and up skill coaches at all levels;
- Develop a regional funding plan to streamline funding for coaches in the greater Auckland region and
- Transfer skills, knowledge and best practice initiatives across the region.

GACU provide a series of coaching workshops throughout the year including Skill Development, Developing Decision Makers, Leadership, Planning and Programme Management, and more. A small registration fee is required for these workshops.

For more information visit gacu.co.nz or contact Jeremy Wara on (09) 237 0089

Club Referee Course

The Club Referee Course is a Counties Manukau Rugby initiative, presenting club members with an opportunity to represent their club as an official.

COURSE

1. 2 hour theory section (Associate Referee course) covering Scrum Safety, Referee Positioning, Referee Running lines plus the Rugby Smart safety course.
2. 3 hour Practical session, in which members will learn refereeing processes at the breakdown area, whistling and signalling, plus the primary duties of a touch judge.

Preferably the club referee is not to be a team coach.

Once qualified, club referees will be called upon to officiate home under 11 – under 13 matches, when such fixtures do not have a referee appointed by the Counties Manukau Referees Association (CMRRA) and to operate as a touch-judges for any matches (including senior games) at their home club where again such roles are not appointed by the CMRRA.

NOTE:

- Club Referees will become affiliated to the CMRRA but will not be under any expectation to become an active Association member.
- For all U11 – U13 matches in 2010, the refereeing seniority order will be;
 - (1) CMRRA referee
 - (2) Club Referee
 - (3) Playing Rugby Referee

If you would like more information on the club referee program, please contact Kerry Petrie (0274) 390-456.

All the best for the 2010 rugby season

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CMRFU Junior Coaching Modules (U6 – U7) Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
NZRU - <u>Coaching Small Blacks Module</u> ("Survival Guide - Theory") (U'6/U'7 Coaches)	A 1-1½ hour "survival guide" or theory module which provides coaches with the knowledge and skills required to coach at the U6-U7 level. The module will also allow coaches to identify the importance they play in the development of the player and team through game development and skill acquisition.	Compulsory for <u>all new</u> Coaches and Assistant Coaches of Under 6 and Under 7 teams for 2010.	Saturday, 27 March	9.30am-11am	Papakura Rugby Club
			Saturday, 10 April	9.30am – 11am	Bayer Growers Stadium, Pukekohe
			Saturday, 17 April	9.30am –11am	Bayer Growers Stadium, Pukekohe
			Sunday, 2 May	9.30am – 11am	Manurewa Rugby Club
NZRU - <u>Beginning Rugby Module</u> ("Practical") (U'6/U'7 Coaches)	A 1½ hour practical module which provides coaches with the basic skills and activities for coaching and helping players to play the game of Ripa Rugby with satisfaction and enjoyment in the U6 – U7 age grade level. This module is an interactive module facilitated by CMRFU staff where coaching methods and activities will be shared from experienced Small Black Coaches and those attending the module.	Compulsory for <u>all</u> Coaches and Assistant Coaches of Under 6 and Under 7 teams for 2010.	Saturday, 27 March	11am – 12.00pm	Papakura Rugby Club
			Saturday, 10 April	11am – 12.00pm	Bayer Growers Stadium, Pukekohe
			Saturday, 17 April	11am – 12.00pm	Bayer Growers Stadium, Pukekohe
			Sunday, 2 May	11am – 12.00pm	Manurewa Rugby Club

CMRFU Junior Coaching Modules (U8 – U10) Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
NZRU - <u>Coaching Small Blacks Module</u> ("Survival Guide - Theory") (U'8 - U'10 Coaches)	A 1-1½ hour "survival guide" module which provides coaches with the knowledge and skills required to coach at the U8-U10 level. The module will also allow coaches to identify the importance they play in the development of the player and team through game development and skill acquisition.	Compulsory for <u>all new</u> coaches and Assistant Coaches of Under 8 to Under 10 teams for 2010.	Saturday, 27 March	9.30am-11am	Papakura Rugby Club
			Saturday, 10 April	9.30am – 11am	Bayer Growers Stadium, Pukekohe
			Saturday, 17 April	9.30am –11am	Bayer Growers Stadium, Pukekohe
			Sunday, 2 May	9.30am – 11am	Manurewa Rugby Club

NZRU – Learning Rugby Module (U'8 - U'10 Coaches) (“Practical”)	A 1½ hour practical module covering topics that will give coaches the knowledge, basic skills and activities required to coach at the Under 8 to Under 10 age grade level. This module is an interactive module facilitated by CMRFU staff where coaching methods and activities will be shared from experienced Small Black Coaches and those coaches attending the module.	Compulsory for <i>all</i> Coaches and Assistant Coaches of Under 8 to Under 10 teams for 2010.	Saturday, 27 March	11 am – 12.00pm	Papakura Rugby Club
			Saturday, 10 April	11 am – 12.00pm	Bayer Growers Stadium, Pukekohe
			Saturday, 17 April	11 am – 12.00pm	Bayer Growers Stadium, Pukekohe
			Sunday, 2 May	11 am – 12.00pm	Manurewa Rugby Club

CMRFU Junior Coaching Modules (U11 - U13) Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
NZRU - Coaching Small Blacks Module (“Survival Guide - Theory”) (U'11 - U'12 Coaches)	A 1-1½ hour “survival guide” module which provides coaches with the knowledge and skills required to coach at the U11-U13 level. The module will also allow coaches to identify the importance they play in the development of the player and team through game development and skill acquisition.	Compulsory for <i>all new</i> Coaches and Assistant Coaches of Under 11 to Under 13 teams for 2010	Saturday, 27 March	9.30am-11am	Papakura Rugby Club
			Saturday, 10 April	9.30am – 11 am	Bayer Growers Stadium, Pukekohe
			Saturday, 17 April	9.30am –11am	Bayer Growers Stadium, Pukekohe
			Sunday, 2 May	9.30am – 11 am	Manurewa Rugby Club
NZRU – Playing Rugby Module (U'11/U'13 Coaches) (“Practical”)	A 1½ hour practical module covering topics that will give coaches the knowledge, basic skills and activities required to coach at the Under 11 to Under 13 age grade level. This module is an interactive module facilitated by CMRFU staff where coaching methods and activities will be shared from experienced Small Black Coaches and those coaches attending the module.	Compulsory for <i>all</i> Coaches and Assistant Coaches of Under 11 to Under 13 teams for 2010.	Saturday, 27 March	11am – 12.00pm	Papakura Rugby Club
			Saturday, 10 April	11am – 12.00pm	Bayer Growers Stadium, Pukekohe
			Saturday, 17 April	11am – 12.00pm	Bayer Growers Stadium, Pukekohe
			Sunday, 2 May	11am – 12.00pm	Manurewa Rugby Club

CMRFU Senior Coaching Module Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
Coach Development Modules (IRB Level II)	<p>Modules to include Role of the Coach, Planning a Session/Season, The Selection Process, Skill Analysis and Coaching a Skill, Growth and Development, Mental Skills Training, Scrum, Lineout, Continuity Skills, Attack, Defence and more. Facilitated by various Resource Coaches.</p> <p>These modules will be directly linked to the practical section of the Developing Rugby Coaches Course (IRB Level II). Attendance of all modules is required to complete the practical section of DRC.</p>	Rep Coaches, 1 st XV Coaches, Senior Club Coaches	TBC	TBC	<p><i>Please refer to the website for information on coming modules</i></p> <p><i>http://www.steelers.co.nz/community-rugby/28/</i></p>
Rugby Smart	A 1 hour presentation concentrating on injury prevention and peak performance in rugby union. All Coaches and Assistant Coaches must attend regardless of whether or not they have attended a Rugby Smart presentation in previous years.	Compulsory for all Coaches and Assistant Coaches from Under 14 level upwards	<p>Wednesday, 10 March</p> <p>Monday, 15 March</p> <p>Wednesday, 17 March</p> <p>Monday, 22 March</p> <p>Wednesday, 24 March</p> <p>Monday, 29 March</p> <p>Wednesday, 31 March</p>	<p>6pm</p> <p>6pm</p> <p>6pm</p> <p>6pm</p> <p>6pm</p> <p>6pm</p> <p>6pm</p>	<p>Bayer Growers Stadium, Pukekohe</p> <p>Ardmore Marist Rugby Club</p> <p>Onewhero Rugby Club</p> <p>Bayer Growers Stadium, Pukekohe</p> <p>Manurewa Rugby Club</p> <p>Papakura Rugby Club</p> <p>Bayer Growers Stadium, Pukekohe</p>

CMRFU Secondary School Coaching Course Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
Secondary School Coaching Course including Rugby Smart	The session will begin with a Rugby Smart presentation. This is compulsory for all coaches and assistant coaches from U14 and upwards. The Secondary School coaching course (non compulsory) will commence on completion of the Rugby Smart presentation. The course covers key aspects of rugby such as the Principles of Play, Skill Analysis, coaching a skill, and how to run an effective training.	All Secondary School Grade Coaches from 1st XV teams down.	Wednesday 21 April	6pm	Wesley College tbc

CMRFU Club Referee Course Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
Club Referee Practicums	Associate Referee Qualification: Scrum Safety, Referee Positioning, Referee Running Lines, Rugby Smart	New 2010 members	Wednesday, 31 March Wednesday, 14 April Wednesday, 28 April	7.00pm 7.00pm 7.00pm	CM Referee Rooms Ardmore Marist RFC CM Referee Rooms
Club Referee Practical Training	Refereeing the Breakdown, Whistling and Signalling, Touch-Judging, New Law	New 2010 members. (Current members optional)	Sunday, 16 May	10.00am – 1.00pm	CM Referee Rooms, Growers. Stadium, Pukekohe
Referee Association Training	IRB Directives, New Law, Referee Abuse Practical Training – Training Quad Rugby Smart	Current Club Referees Current Club Referees Current Club Referees	Monday, 1 March Monday, 8 March Monday, 29 March	7.30pm 6.30pm 7.30pm	CM Referee Rooms CM Referee Rooms CM Referee Rooms
	Managing Incidents of Foul Play Applying Advantage Managing Pressure	New (2010) & current Club Refs New (2010) & current Club Refs New (2010) & current Club Refs	Monday, 3 May Monday, 14 June Monday, 12 July	7.30pm 7.30pm 7.30pm	CM Referee Rooms CM Referee Rooms CM Referee Rooms

CMRFU Strapping, and Registration Course Programme 2010

Course	Course Content	Target/Group	Date	Time	Venue
Strapping Workshop	Come and learn Strapping techniques from a Physiotherapist. And help keep your team injury free this season! Attendee's by registration only. Admission: Free!	Coaches, Trainers, and team Management	Tuesday, 16 March	7:00pm – 9:00pm	Bayer Growers Stadium, Pukekohe Registrations to: annette.smith@steelers.co.nz
Registration Workshop (NZRU - Staying In Front System)	Workshop is designed to assist with training Club and School Registrars on using the NZRU SIF data base system registering players, volunteers, and coaches on line.	Club and Secondary School Registrars	Sunday, 7 March Wednesday, 7 April	11:00am 5:30pm	Wesley College Wesley College

CMRFU Coaching Course Programme Overview 2010

Date	Course	Time	Venue
<p>March</p> <p>Sunday, 7 March Wednesday, 10 March Monday, 15 March Tuesday, 16 March Wednesday, 17 March Monday, 22 March Wednesday, 24 March Monday, 29 March Saturday, 27 March Wednesday, 31 March Wednesday, 31 March</p>	<p>Registration NZRU SIF Workshop Rugby Smart Rugby Smart Strapping Workshop Rugby Smart Rugby Smart Rugby Smart Rugby Smart Rugby Smart Small Blacks Coaching Modules Rugby Smart Club Referee Course</p>	<p>11am 6pm 6pm 7pm – 9pm 6pm 6pm 6pm 6pm 9.30am – 12.00pm 6pm 7pm</p>	<p>Wesley College Bayer Growers Stadium, Pukekohe Ardmore Marist Rugby Club Bayer Growers Stadium, Pukekohe Onewhero Rugby Club Bayer Growers Stadium, Pukekohe Manurewa Rugby Club Papakura Rugby Club Papakura Rugby Club Bayer Growers Stadium, Pukekohe Bayer Growers Stadium, Pukekohe</p>
<p>April</p> <p>Wednesday, 7 April Saturday, 10 April Wednesday, 14 April Saturday, 17 April Wednesday, 21 April Wednesday, 28 April</p>	<p>Registration NZRU SIF Workshop Small Blacks Coaching Modules Club Referee Course Small Blacks Coaching Modules Secondary School Coaching Course Club Referee Course</p>	<p>5:30pm 9.30am – 12.00pm 7pm 9.30am – 12.00pm 6.00pm- 8.30pm 7pm</p>	<p>Wesley College Bayer Growers Stadium, Pukekohe Ardmore Marist RFC Bayer Growers Stadium, Pukekohe</p>
<p>May</p> <p>Sunday, 2 May</p>	<p>Small Blacks Coaching Modules</p>	<p>9.30am – 12.00pm</p>	<p>Manurewa Rugby Club</p>

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