

Coaching Rugby: PLAY

PLAY is designed to support our coaches to create environments that allow all players to explore, learn and develop through game-based activity.

Focusing on the coach's role to guide, challenge and support learning based on the needs of the player.

- **Person**
Coach the person, not the sport
- **Learning**
Create the environment
- **Activity**
Coach through the game
- **You**
Skills and behaviours

For more info, visit:
ulster.rugby

Playground

Free Play

- Unstructured
- Spontaneous & Imaginative
- Autonomous
- Enjoyment

Big Game

- Looks like the game
- Multiple skills
- Lots of transition
- Manipulate conditions

Skills Zones

- Isolated skills in safe space
- Varied pressure
- Short & sweet
- Small coaching points
- Repetition

Beyond the Gates

- Don't stop at the pitch
- Set challenges
- Prime & extend
- Use technology

Wee Games

- Skills within context of game
- Fast paced & dynamic
- Lots of touches

Tactical Genius

- Game understanding
- Opportunities to be creative
- Problem solving

Plan-Do-Review

- ☒ Player is the star
- ☒ Mostly games
- ☒ Good fun
- ☒ Connections
- ☒ Mistakes are ok

Learning Principles

- Stretch & Challenge
- Risk Taking
- Shared Language
- Problem Solving

Coaching Superpowers

 Noticing	 Pause	 Replay	 2nd Ball	 Freeze
 Reflection	 Scoring System	 Analogies	 Challenges	 Feedback
 Co-coaching	 Peer-to-peer	 Priming	 Old way/new way	 Questioning