

# ENGLAND RUGBY TRAINING COURSES

# 2020 /21



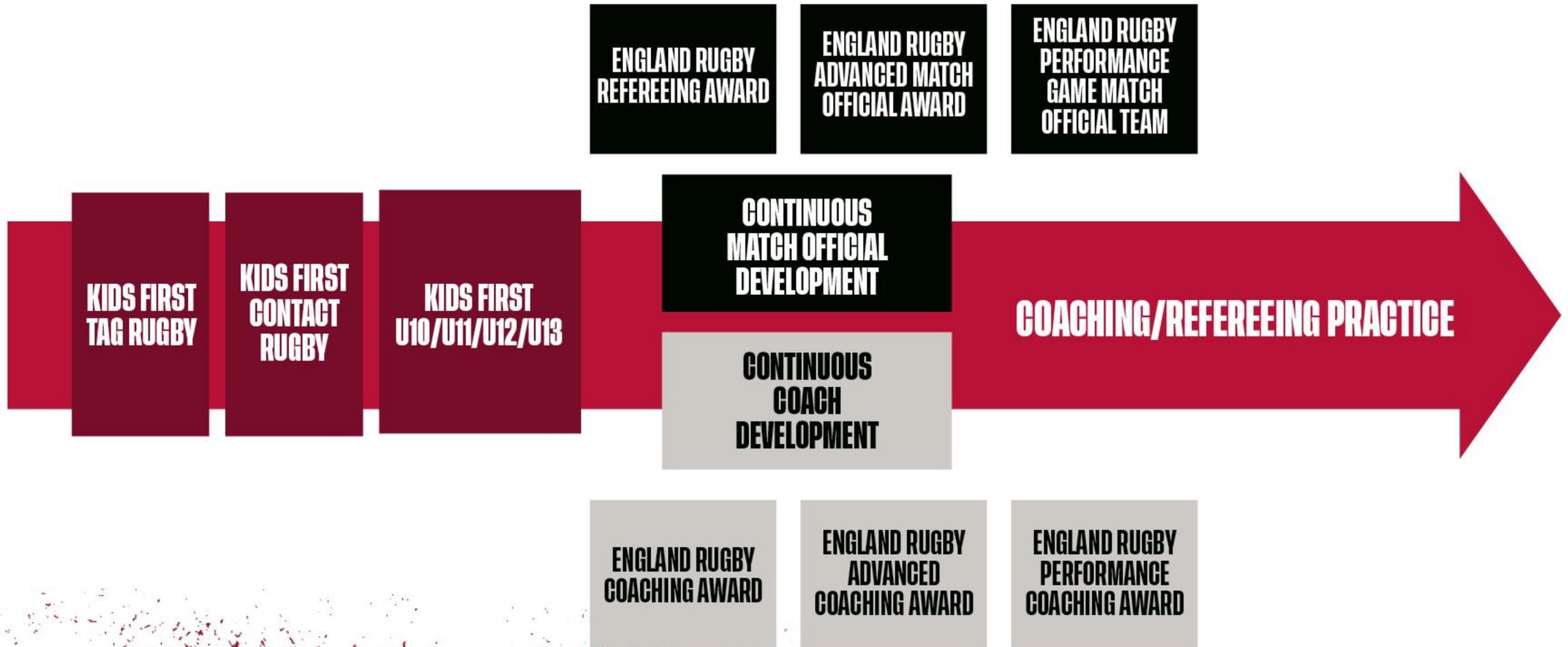
England  
Rugby



England  
Rugby



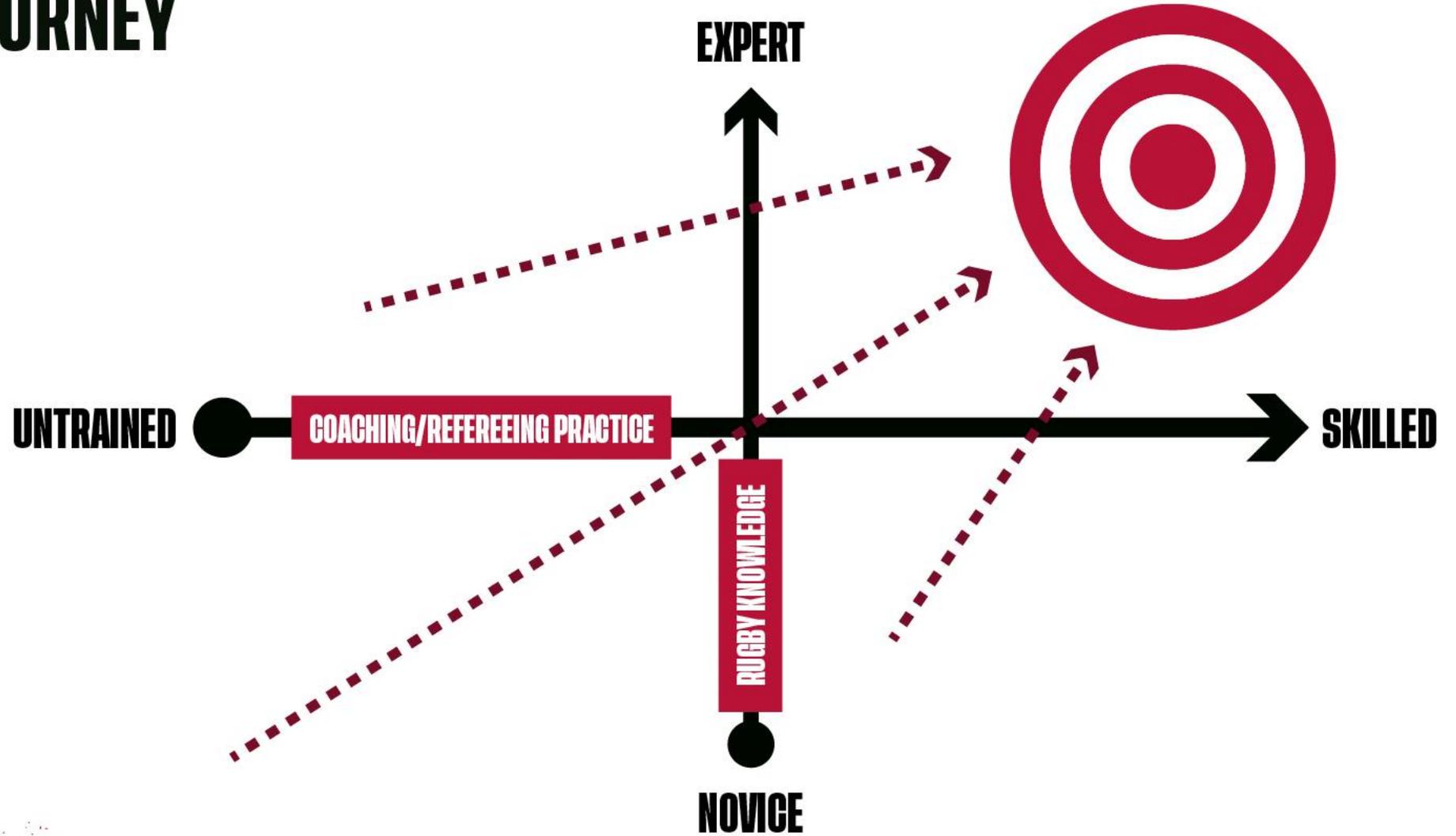
# ENGLAND RUGBY TRAINING JOURNEY



# MY TRAINING JOURNEY

If you want to give your players a great rugby experience you should be aiming to get on the journey to 'skilled expert.' This will be achieved through a combination of applied coaching and/or refereeing practice and developing your rugby knowledge.

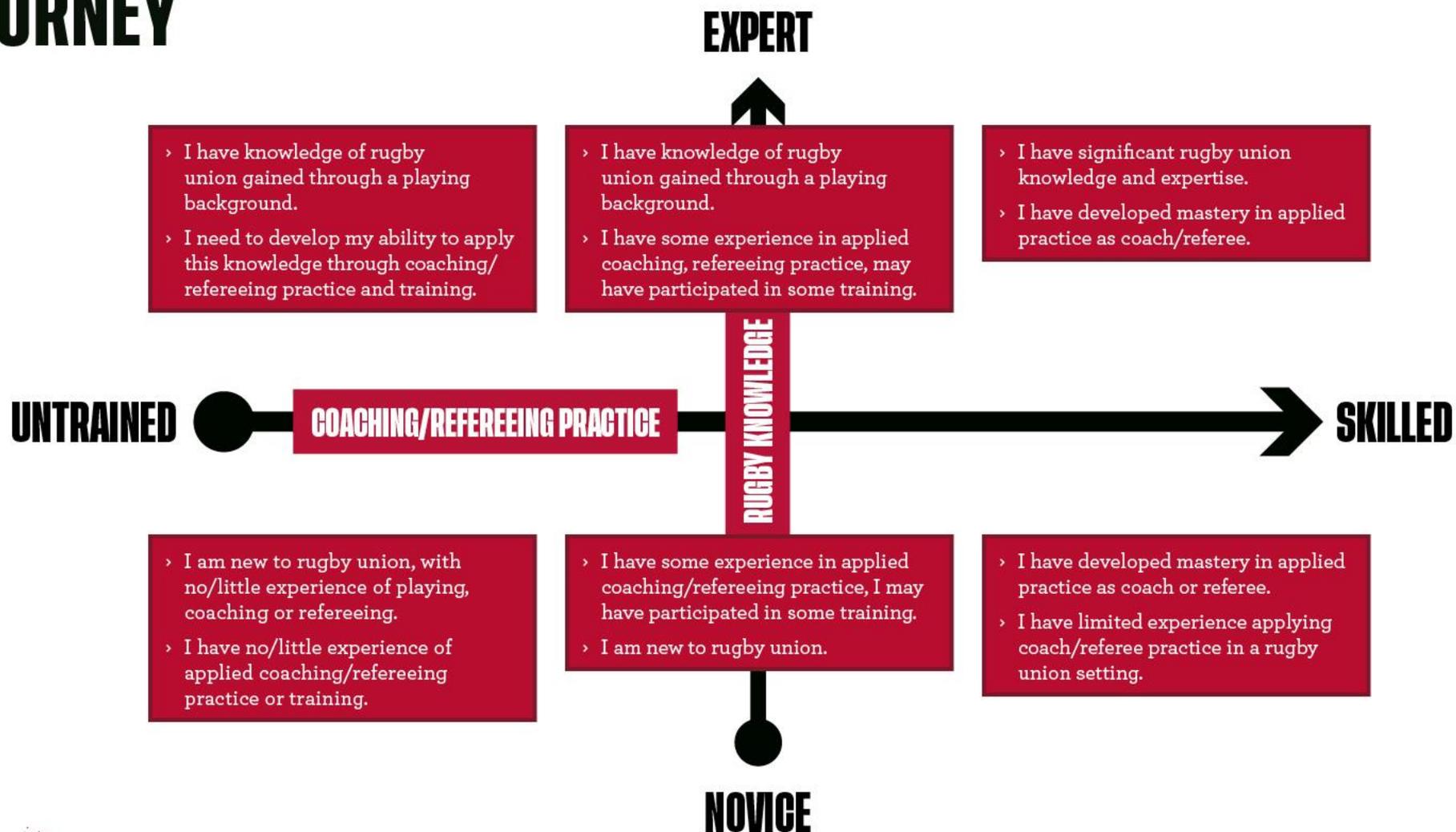
Everyone should be trained in best practice around player safety and safeguarding to reduce the risk of injury or harm to players. This should include concussion awareness training and an understanding of how to safely coach and referee the contact areas of rugby union.



# MY TRAINING JOURNEY

These generic descriptors might help you to plot your starting point on the diagram.

Look at the training courses on offer on the following pages to identify which can best support your journey to develop your rugby knowledge and coaching & refereeing practice.



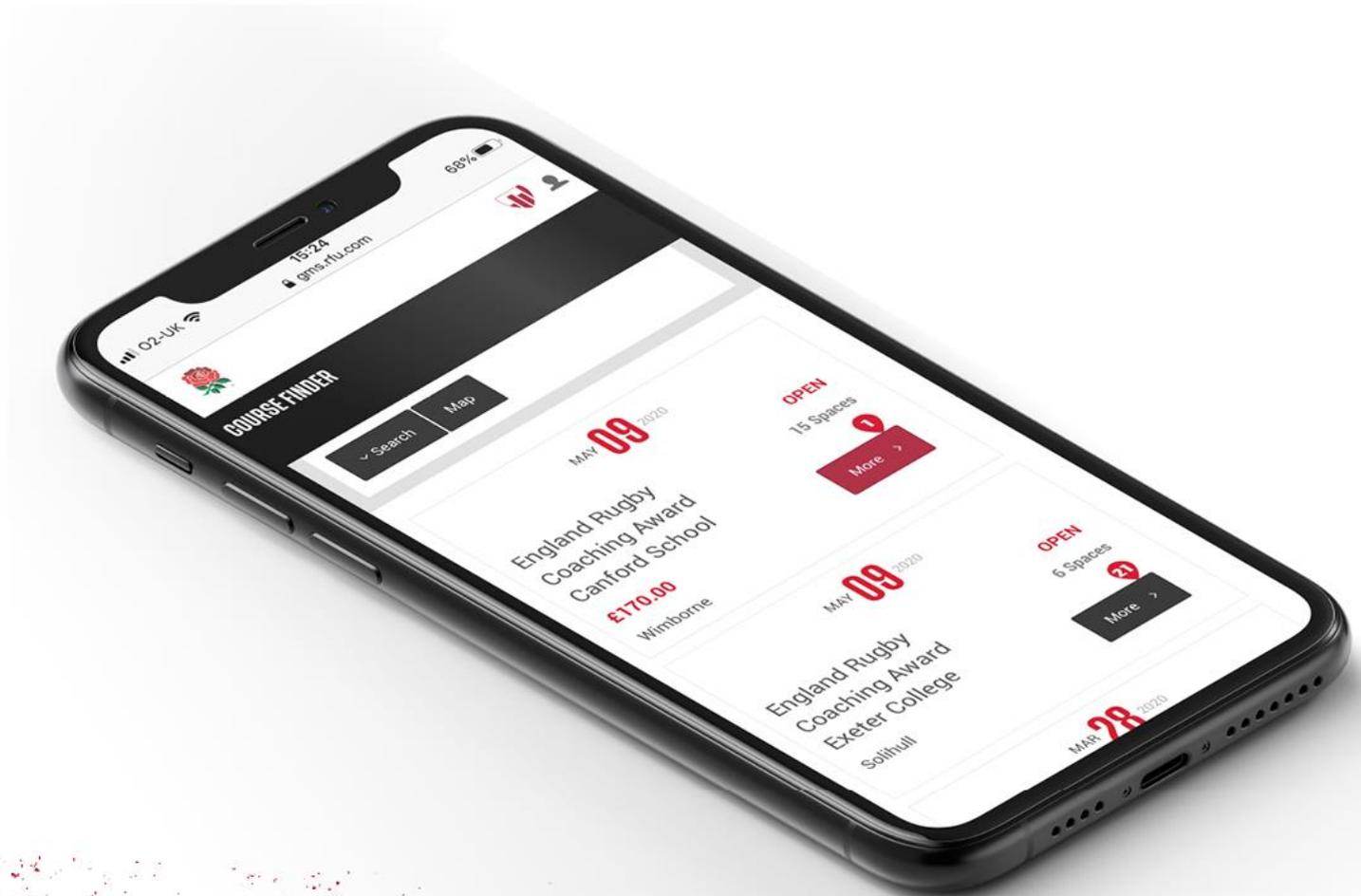
# HOW TO FIND AND BOOK A COURSE

## What do I need to book?

You will require your RFU Game Management System (GMS) login details to book onto any training course. Your club can help you with these if you do not know them.

## Where do I search for a course?

[gms.rfu.com/GMS/coursefinder](https://gms.rfu.com/GMS/coursefinder)



# PLAYER WELFARE

COURSE	MIN AGE	DESCRIPTION	COST
Emergency First Aid in Rugby Union	16	<p><b>1 day</b></p> <p>The EFARU course provides learners with the skills, knowledge and understanding to give care and manage minor injuries, focusing on those occurring in a rugby setting.</p> <p>The course sits on the national qualification framework (Level 3 Emergency First Aid at Work) and is transferable into the workplace.</p>	£75
Play it Safe	16	<p><b>2.5 hours</b></p> <p>For any volunteer, coach or match official who is working with or has responsibility for children and vulnerable adults.</p>	£20
<p>Headcase Concussion Awareness</p> <p><a href="#"><u>Access the course here</u></a></p>	15	<p><b>eLearning – 30 minutes</b></p> <p>This course explains what concussion is, how it happens and what individuals can do to help players avoid injury and return safely to play following a concussion.</p>	FREE
<p>Introduction to Safeguarding</p> <p><a href="#"><u>Access the course here</u></a></p>	16	<p><b>eLearning – 30 minutes</b></p> <p>For everyone working in rugby union who is providing supervised or unsupervised instruction to have a basic understanding of what safeguarding and protecting young people means.</p>	FREE
<p>TackleSafe</p> <p><a href="#"><u>Access the course here</u></a></p>	14	<p><b>eLearning – 30 minutes</b></p> <p>Competence in tackling and taking a tackle is critical in developing a safer and more enjoyable game. This course helps to support safe, effective coaching and officiating of the tackle.</p>	FREE

Courses prices are inclusive of VAT and subject to change during the year

# ACTIVATE

## Activate is the RFU's Injury Prevention Exercise Programme

It can be integrated into training and pre-match sessions. Exercises are designed to improve functional and core strength, balance and agility, helping players with the game's physical demands.



The Activate eLearning course (see page 12), gives you access to a range of digital resources to enhance your understanding and help your coaching.

This can also be shared with players so they can practice these exercises on their own.



Research conducted with schoolboy and adult male players found that when completed 3 times a week (twice before training and on a match day) the programme led to a reduction in injuries, including concussion.

## RESEARCH FINDINGS

### SCHOOL BOY STUDY

**72% ↓**

IN OVERALL MATCH INJURIES \*

**59% ↓**

IN CONCUSSION \*

### ADULT MALE COMMUNITY STUDY

**40% ↓**

IN LOWER LIMB INJURIES \*

**59% ↓**

IN CONCUSSION \*

\* When players were highly compliant with the programme (3 times per week)

COURSE	MIN AGE	DESCRIPTION	COST
Kids First Tag Rugby	14	<b>2 hours</b> For those coaching and refereeing U6-U8 players. This course supports the development of active, purposeful, enjoyable and safe tag rugby environments for children. Participants will also learn the rules and practice refereeing tag rugby.	£20
Kids First Contact Rugby	14	<b>2 x 3 hour sessions</b> This course is for Coaches, Referees and Teachers new to contact rugby. It will help participants to safely coach and referee the contact areas of the game and it is <b>recommended that everyone coaching or refereeing contact rugby has completed this course.</b>	£50

Kids First Rugby training upskills adults to create a great rugby environment so everyone stays in the game for longer. Adults working in the Kids First age range typically coach and referee so all training is designed to include elements of both, supporting you to provide a high quality safe and enjoyable experience for your children.

COURSE	DESCRIPTION
Kids First Rugby U10	These FREE On Demand webinars can be accessed at any time of the season. Building on the lessons of the Kids First Contact Rugby course they help participants understand the progressions of coaching and refereeing these age groups.
Kids First Rugby U11	
Kids First Rugby U12	
Kids First Rugby U13	

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# ENGLAND RUGBY AWARD COURSES

*It is highly recommended that anyone coaching or refereeing 15 a side rugby has completed an England Rugby Award course*

COURSE	MIN AGE	DESCRIPTION	COST
England Rugby Coaching Award	16	<b>2 days + monthly webinars and online community of practice</b> Entry point for those coaching U12 and above. Provide coaches with the knowledge, skills and attributes to safely and effectively coach young players and adults.	£100
England Rugby Refereeing Award	14	<b>2 days + monthly webinars and online community of practice</b> Entry point for those refereeing U12 and above. Provide coaches with the knowledge, skills and attributes to safely and effectively referee young players and adults.	£75
England Rugby Advanced Coaching Award <i>Previously Level 3 Coaching</i>	18	<b>12 month programme: 4 face to face days, webinars, practical observations and community of practice events</b> Applicants must have a minimum of 3 years experience as an England Rugby Coaching Award/Level 2 coach before applying.	£1100
England Rugby Advanced Match Official Award	18	<b>12 month programme: 4 face to face days, webinars, practical observations and community of practice events</b> The course is by invitation only and is aimed at panel referees with the potential to officiate in the high performance game.	N/A
England Rugby Performance Coaching Award <i>Previously Level 4 Coaching</i>	18	<b>18 month programme: 4 face to face days, webinars, practical observations and community of practice events</b> This is course is by application only and for coaches operating in high performance environments only.	£3300

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COURSE	MIN AGE	DESCRIPTION	COST
Director of Rugby	18	<p><b>4 days (2 x 2 day residential)</b></p> <p>The Director of Rugby course is designed to develop and support a generation of dynamic and inspirational leaders for the game. It is aimed at those leading rugby programmes in clubs, schools, colleges and universities. The course develops leadership and management themes set in an applied rugby context.</p>	£600
England Rugby Mentoring Award	18	<p><b>1 day + series of in season webinars</b></p> <p>This course is designed to develop the mentoring skills of anyone working to develop coaches, match officials or volunteers within their own environment.</p>	£50



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# CONTINUOUS COACH DEVELOPMENT

COURSE	MIN AGE	DESCRIPTION	COST
Principles of Scrummaging	14	<b>2 hours</b> This course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching.	£20
Principles of Lineout <i>Coming Spring 2021</i>	14	<b>2 hours</b> This course explores the England Rugby principles of line out and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	£20
GameChangers	14	<b>2 hours</b> This workshop focuses on developing meaningful games based practices to effectively facilitate player development in a fun and inclusive environment. Participants will be helped to understand the key principles of effective game zone design.	£20
Advanced Coaching Workshop	18	<b>These courses are pre requisites for participating in the England Rugby Advance Coaching Award</b> <b>Part 1</b> is a free of charge webinar. It is designed to inform best practice for coaching at this level and outline the requirements of the Advanced Coaching Award.  <b>Part 2</b> is a 2.5 hour face to face workshop in which participants are required to bring a video of their own coaching which is peer and self reviewed.	Part 1: FREE  Part 2: £30

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# eLEARNING COURSES

These FREE to access eLearning modules for coaches, match officials and volunteers are designed to support learning on face to face courses and can also act as stand-alone updates or refreshers.

Just click on the image to access the course.



**Kids First  
Tag Rugby**



**Kids First  
Contact Rugby**



**Principles of  
Scrumming**



**GameChangers  
Masterclass: Breakdown**



**Activate**



**Emergency First Aid  
in Rugby Union**



**Inside 7s**

# ON DEMAND WEBINARS

These FREE to access on demand webinars for coaches and match officials support their development, can be accessed at a time suitable for the participants and can be uploaded to your RFU Game Management System personal profile through the self-service function upon completion.

COACH DEVELOPMENT	RELEASE DATE	MATCH OFFICIAL DEVELOPMENT	RELEASE DATE
<p><b>Principles of Attack</b> Gain knowledge on how to develop players understanding of attack, identify key skills and principles and how to coach them.</p>	October 2020	<p><b>Game Values</b> Candidates will understand what good Games Values look like and how the quality of communication between match officials, players and coaches can improve the rugby experience for everyone.</p>	October 2020
<p><b>Principles of Defence</b> Gain knowledge on how to develop players understanding of defence, identify key skills and principles and how to coach them.</p>	December 2020	<p><b>Match Preparation</b> Prepares candidates to recognise and understand the importance of pre-match preparation (mental and physical) and provides a framework for developing and completing a Personal Development Plan.</p>	December 2020
<p><b>CARDS</b> This course explores how coaches can use challenges and create problems for their players to enable them to become more creative, aware, resilient, better decision makers and self organisers.</p>	February 2021	<p><b>Communication and Management</b> How to prepare strategies for which to avoid and deal with conflict between themselves and Coaches &amp; Captains. Develop an awareness of how to receive and benefit from feedback with the opportunity to develop practice.</p>	February 2021



England  
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**TEAMWORK. RESPECT. ENJOYMENT. DISCIPLINE. SPORTSMANSHIP.**