



The National Player Pathway

Curriculum for Rugby Excellence

Rationale

Scottish Rugby aims to develop and enhance basic education and 'life skill' foundations for all rugby players and squads, through the use of the Curriculum for Rugby Excellence. By providing Scottish rugby players with the foundations; it is hoped that participants will strive not only to make themselves better rugby players but also better people.

The Curriculum for Rugby Excellence is an addition to the Key National Themes program, which is based around the technical and tactical aspects of the game. The Curriculum for Rugby Excellence addresses the long term quest to develop rugby players into the following;

- Responsible athletes
- Successful learners
- Effective performers

The aim is for Scottish rugby players to have a positive impact within the National player pathway, community rugby and the wider community as a whole. This will be achieved by empowering rugby players to take individual responsibility and address key areas including;

- Self improvement
- Social and team development
- Communication
- Rugby education





The National Player Pathway

Quest for Rugby Excellence

Successful learners

With

1. Enthusiasm and motivation for learning
2. Determination to reach high standards of achievement
3. Awareness of Player Pathway Program
4. The ability to learn & perform Key National Rugby themes/core skills consistently

and able to

1. Think creatively, independently and as part of a group
2. Make reasoned evaluations / decisions on & off the field
3. Self analyse and be responsible for your own development
4. Create a determined work ethic

Responsible Athletes

With

1. Ability to contribute in a Squad Environment
2. A responsibility for your own Performance including preparation, recovery and time management.
3. Respect for Self & others
4. Open & honest communication

and able to

1. Develop a knowledge of game play & tactics
2. Develop understanding of Team & Individual role within it
3. Manage all injuries and rehab
4. Engage appropriately with available support services

Continuous Self Development

Effective Performers

With

1. High and Effective Work Rate
2. Desire, Drive and Determination to meet challenging goals
3. Ability to Perform consistently & confidently under pressure

and able to

1. Be creative & innovative
2. Work in partnership with coaches and team mates
3. Use your own initiative
4. Understand and carry out a game plan

