

Scottish Rugby Training & Education

Coach Development – CPD Workshop Request Process

2017-18

CPD	What does the workshop cover?	Who is it for?	Format	What is required to host the workshop?
Coaching – Mini Rugby				
Mini Rugby P4-5 workshop	Developing players' basic skills of attack play, including the pass, catch, offload, support play, communication and evasion. This workshop will provide coaches with an understanding of how to coach these basic skills through fun game related activities linked to the Technical Blueprint.	Mini rugby coaches (P4-5)	2-3 hrs – mixture of indoor and practical	Indoor room for up to 20 people Half a floodlit pitch Min 20 mini players for demo use.
Mini Rugby P6-7 workshop	In the later stages of mini rugby, it is important for players to continue their development of the foundations of attack, most importantly the pass and catch. The workshop will focus on the importance of how to further develop attacking skills, as well and introducing the concepts of attacking space and staying connected in reference to the Technical Blueprint.	Mini rugby coaches (P6-7)	2-3 hrs – mixture of indoor and practical	Indoor room for up to 20 people Half a floodlit pitch Min 20 mini players for demo use.
Coaching - Technical Blueprint				
Attack & Breakdown – Creating rugby speed	By the end of the workshop, coaches will have a clearer picture of how to coach the Technical Blueprint attack principles, including rugby speed, staying connected, staying squad and go forward. The workshop will explore how to attack space through playing through 9 & 10, and keeping the ball alive. Coaches will also develop an understanding of how to maintain continuity into attack through effective breakdown skills (ABCD).	Youth & Adult coaches (S1-Adult)	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people Full size floodlit pitch Min 20 players for demo use
Defence – Regaining possession	By the end of the workshop, coaches will have a clearer picture of how to coach the Technical Blueprint defence principles including rugby speed, staying connected, staying square and go forward. The workshop will explore how to coach individual tackle technique, and develop the key principles of filling the field, linespeed and resetting the defensive line.	Youth & Adult coaches (S1-Adult)	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people Full size floodlit pitch Min 20 players for demo use
Scrum – Developing the core skills	By the end of the workshop, coaches will have a clear picture of how to coach the fundamental principle of the scrum. This will	Youth & Adult coaches (S1-Adult)	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people 10m x 10m floodlit area, with scrum-sled available

	include individual body position, bindings, scrum half put in and the hooker strike.			Min 10 players for demo use (min 6 front row)
Lineout – Developing the core skills	By the end of the workshop, coaches will be able to effectively coach the core components of the lineout including the throw, jump, and support. The workshop will also look at aspects of tactical play including lineout options, and building the maul.	Youth & Adult coaches (S1-Adult)	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people 10m x 10m floodlit area Min 10 players (forwards) for demo use (min 2 hooker)
Strength & Conditioning (S&C) Coaching				
Speed and agility	This workshop is designed to help coaches understand the importance of developing speed & agility to improve rugby performance. The workshop will cover the core components of speed and agility, and provide coaches with some useful hints and tips.	Youth & Adult coaches (S1-Adult)	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people Half a floodlit pitch Min 20 players for demo use.
Resistance training	This workshop is designed to help coaches improve their ability and confidence in coaching basic resistance training exercises and progressions. The workshop will support coaches in how to safely and confidently coach the core lifts (e.g. squat).	U16, U18 & Adult coaches	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people Gym with min. 2 squat racks and Olympic bars/weights. Min. 4 players for demo use.
Conditioning through games	This workshop is designed to help coaches develop their knowledge of games and activities which can improve players conditioning levels as well as technical and tactical skill execution.	Youth & Adult coaches (S1-Adult)	2-3hr – mixture of indoor and practical	Indoor room for up to 20 people Half a floodlit pitch Min 20 players for demo use.
Other				
Understanding Talent	By the end of this workshop coaches will have a better understanding of the theory and research surrounding Talent. In particular, the workshop will focus on the key areas of Nature v Nurture, Maturity v Ability, Deliberate Practice, Mindset, Pressure & more.	Youth & Adult coaches (S1-Adult)	2-3hr – indoor	Indoor room for up to 20 people