**DB Pirates Coach Development**

**Coach Behaviour and Quality**

High standard of Behaviour i.e. Early arrival, Correct Kits, Tidy up after training

• Positive Coaching – Create an enjoyable and challenging environment

• Responsible & Committed

• Energetic, Passionate, Proactive & Creative

• Promotes teamwork & is willing to get better

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| **Coaching Process** | **Technical and Tactical** |  **Mental / Flex** | **Collaboration / Communication** |
| Aim or OutcomeExpectation – Intensity,Visual – Realistic Demo.Zoom in and Zoom out•Use “what if” Scenarios in training | • Differential habits and activationgames (Explicitly Vs Implicitly to educate players)• Pulling vs Pushing – ask more questions • Play conditioned games to aid development• High speed games to test technical and tactical decision – making understanding underpressure.  | • Ability to adjust the session based on the group to still achieve the aim• Progress or Regress quickly• Use simple measures to identify rate of improvement• Identify own strength and weakness. Strive to improve on weakness  | • Clarify of experience of players and coaches before, during, and after the session• Providing Assistant Coaches clear roles and responsibilities, outcome and expectations. • Enforce the above with a range of inter-personal Skill |
| **TIME** |  | **ACTIVITIES** | **ROLES** |
| 1830 |  | Briefing / Organization  | Team |
| 1845–1900 | 15 mins | Players ArrivalSession Briefing to players (if needed) | Team ManagementPlayers |
| **Training Begins** |
| 1900-1915 | 15 mins | Warm upInjury Prevention + Movement Preparation | Led by head coachAssisted by coaches |
| 1915-2015 | 60 mins | Rugby TrainingMaximize Participation, play conditioning games training; provide optimal Physical & Mental challenge | Led by Coaches |
| 2015-2030 | 15 mins | Cool Down Static Stretching + lowering hear rate | Led Coaches |

Please note that each session must start with a proper warm-up and cool down. DO NOT cut down the warmup/cool down time during sessions. Warmups and cool downs aid significantly in injury prevention and recovery and must be adhered to **STRICTLY**

**Technical and Tactical Development**

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| **INDIVIDUAL CORE SKILLS** | **UNIT SKILLS** |
| **Running** | **Handling** | **Tackle & Contact** | **Kicking** |  |
| • Evasive – Side stepping & Hand off• Running in attack - recognizing andattacking space;• support the ball carrier• Running in defence -Identify how the attack is set up and move into space | • Passing & receiving the ball• Base passing• Offload• Picking up the ball• Catching high ball | • Tackle Front on, side, chokor strip• Ball Carry &Presentation• Clearing out defenders• Contesting atbreakdown Jackling orDriving over the ball | • Punt• Grubber• Drop• Place | • Rucking• Mauling• Continuity – keeping the ball alive• Back line attack• Back line defense• Scrumming• Line out• Kick off and restarts➢Kicking team &receiving team• Counter-attack |

Do not attempt to use all the above development skills in one session, instead pick one in line of the player’s needs for that session. The above is just to give you an idea of how you can plan your session.

**Warm-Up Checklist**

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| **Mobility**  | **Options**  | **Exercises**  |
| **Mobility of the Spine**  | **Choose 1**  | **Crucifix**  |
| **15 - 20s or 6-8reps each side** |  | **Scorpion**  |
| **Calves**  | **Choose 1**  | **Calf Pumps**  |
| **15 - 20s or 6-8reps each side** |  | **Calf pump to hip flexor open up** |
| **Hamstring**  | **choose 2**  | **Roll Outs**  |
| **15 - 20s or 6-8reps each side** |  | **Single Leg Neural stretch**  |
|  |  | **Inch Worms**  |
| **Activation**  |  |  |
| **Neck Isometrics**  | **Choose 1**  | **Neck holds**  |
| **10-15s** |  | **Quad plank/plank with partner resistance**  |
| **Shoulder stabilizers** | **Choose 1**  | **90/90 Isometric hold & push**  |
| **Partner resisted** |  | **Wrist hold - face slaps**  |
|  |  | **Fist holds - fist punch**  |
| **Hamstring**  | **Choose 1**  | **Glute Bridges**  |
|  |  | **Single leg hamstring raises**  |
|  |  | **Hamstring Walk outs**  |
| **Quadriceps**  | **Choose 1**  | **Lunges -forward, back side to side**  |
|  |  | **Squats**  |
|  |  | **Sumo Squats**  |
| **Upper Body**  | **Choose 1**  | **Knee press ups**  |
|  |  | **Full press up**  |
|  |  | **Hand release Press up**  |
| **Landing Mechanics**  |  | **Zig zag line hops & stick the landing**  |
|  |  | **Forward hops & stick the landing**  |
|  |  | **Squat jump and stick the landing**  |
| **Movement preparation**  | **Complete all**  | **20m jog** |
|  |  | **20m Kareoka pattern**  |
|  |  | **20m Explosive high skips** |
|  |  | **2x80% sprints - walk back recovery**  |
|  |  | **2x5-10m Acceleratoin & deceleration sprints**  |
|  |  | **Change of direction work or game**  |