

Introduction

The Advanced Coaching programme aims to equip coaches with practical coaching skills and tools to enhance their coaching abilities and the player experience. The course has been designed to cater for coaches delivering across the Adult Male, Adult Female, Youth Male and Youth Female areas of the game in order to effectively tailor the learning for each coaching environment. Successful applicants will be allocated a Scottish Rugby Educator for the duration of the programme who will undertake practical and video observations, provide 1 to 1 support and develop coaches with open dialog throughout the course.

Assessment

This is a competence-based award. Assessment during the course will be carried out via a range of methods. You will be observed through your practical coaching, the evidence in this portfolio and via a series of conversational assessments with your Coach Educator. You will receive visits from your Educator observing you deliver a series of pre-planned coaching sessions along with set tasks which will be required to be submitted prior to arranged deadlines.

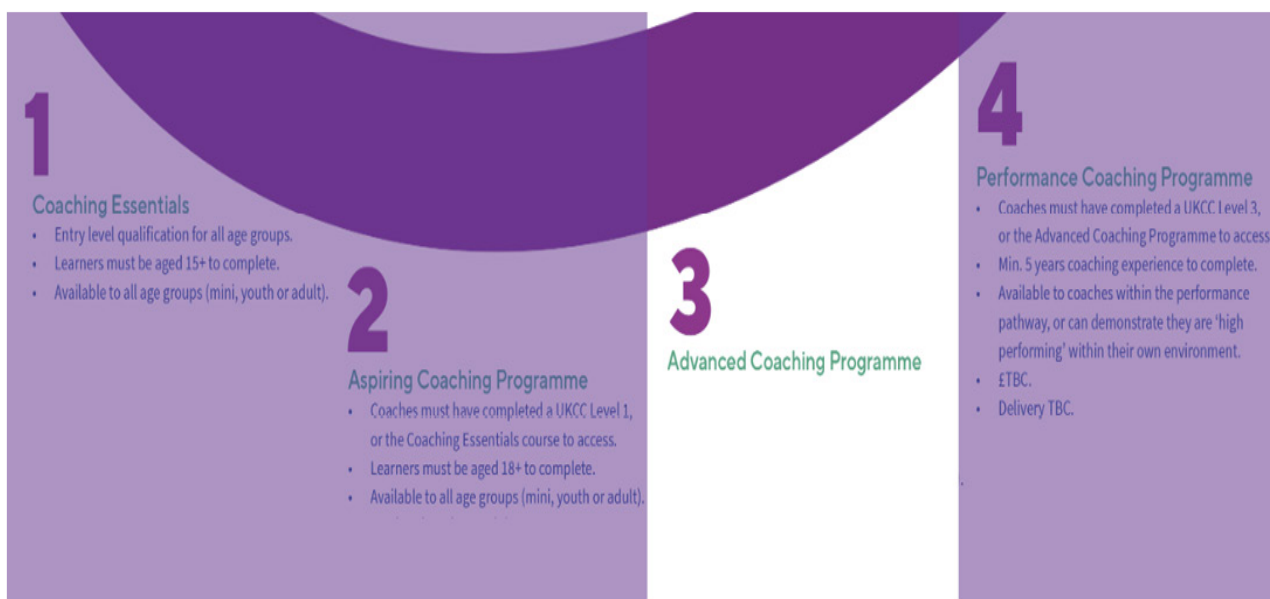


Coach Logic

This year's candidates will receive access to Coach Logic to support your journey through the Advanced Coaches Programme. All candidates will receive training on how to effectively use the platform on the first day of the course. The Coach Logic platform will be the main site for all individuals work products as well as allowing the candidates to interact on an individual basis with their allocated Coach Educators.



Coaching Pathway



Modules

The Advanced Coaches Programme will consist of six 'On-course' modules delivered on the first three days of the programme as well as the practical based observations. The modules consist of key competencies that will be linked to tasks that the candidates will work through over the duration of the programme.

Coaching Approach

Learning Outcomes:

1. Have a knowledge and understanding of why it is important to 'know yourself/others/coaching'
2. Have an appreciation of 'reflective practice' as a tool, and 'experiential learning' as a concept, both of which can aid your development as a coach.
3. Demonstrate the ability, and commitment, to reflect upon actions, assess their impact, and respond/adapt appropriately. (Reflection in action/Reflection on action)
4. Have the ability to create a working document, which articulates your current coaching approach, and how/why this has been developed/adapted over time.

Craft of Coaching

Learning Outcomes:

1. The use of Coaching through Games to explore tactical problems and refine rugby actions and skills
2. Design and deliver appropriate skill practices allowing best transfer back to the game
3. Producing Effective and Adaptive Sessions using a range of delivery methods
4. Display appropriate match day coaching behaviours and be able to show technical and tactical changes to the games when required

Leadership, Management and Coaching

Learning Outcomes:

1. Understand the differences between leadership, management & coaching in a rugby context
2. Appreciation of the three circle model (John Adair) and how this applies to leadership, management & coaching. How this interrelates with the Golden Circle concept (Simon Sinek)

Learning Environments

Learning Outcomes:

1. Appreciation of the key elements in the learning process
2. Implement learning strategies and recognising individual or group needs
3. Deliver sessions which are reflective of an effective learning environment and meet the wants and needs of the group
4. Understanding that learning isn't a linear activity, embracing the value of failure as part of this process

Planning

Learning Outcomes:

1. Be able to utilise Player, Unit and Team Profiling as appropriate with their group to create a SWOT analysis of their group
2. Have an appreciation of what impacts and effects a Game Plan and be able to prepare a Game Plan for their own team
3. Understand how to Set and Review Goals across the season and include these in the Seasonal Plan
4. Have an understanding of Internal and External factors involved in Seasonal Planning and use these to produce a Seasonal Plan
5. Be able to adapt Planning to the specific needs of their own Coaching Domain around the wants and needs of the group

Player Welfare

Learning Outcomes:

1. Demonstrate knowledge and understanding of what quantifies player welfare, both in general, and within your specific domain
2. Demonstate knowledge and understanding of relevant Player Welfare programmes and policies. (RugbyRight/AYRTPR/FAIR/Injury Reporting/Data Protection/PVG/Social Media/Anti Doping)
3. Demonstrate knowledge and understanding of how to safeguard both yourself and others. (Health and Safety/Risk Assessment)

Practical Observations

Learning outcomes:

1. Demonstrates an appropriate understanding and application of the coaching principles
2. Applies appropriate technical and tactical information to sessions and can modify and amend when required.
3. Applies appropriate styles of communication, questioning and feedback to engage and develop players understanding
4. Shows commitment to development through session reflection and discussion with other coaches. Sessions are modified appropriately for future delivery

Course Breakdown & Dates

The Advanced Coaches Programme 2023-24 will run from January 2023 through to April 2024 with a breakdown of the dates listed below. Coaches who are accepted onto the programme must be able to attend all the on-course days, along with the stand specific webinars and Advanced Coaching Days.

Topic	Date/Time	Venue
Day 1	19 January (9:30am-5pm)	BT Murrayfield
Day 2	20 January (9:30am -5pm)	BT Murrayfield
Day 3	17 February (9:30am-5pm)	BT Murrayfield
Day 4	24 March (9:30am-5pm)	BT Murrayfield
Day 5	19 May (timings TBC)	TBC
Day 6	TBC (Successful candidates will be notified once a date is confirmed)	TBC

COURSE COST

Candidate course cost will be set at £800. Each Candidate will be able to apply for sportscotland subsidy support.

Application Process

- A Personal Statement (200 words max) as to how the Advanced Coaching Program will aid their development.
- Upload a maximum **10 minute** video of you coaching your team through a **technical/tactical** activity to YouTube and attach the hyperlink in the specified section.

Upload steps:

- Sign into or create a YouTube Studio Account
- In the top right corner click CREATE UPLOAD Video
- Select your 10 minute video
- When your video is up please copy the link and paste into the section on SCRUMS
- Applications will close at midnight on the 15 December 2022.