|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Rugby Leaders 2** |  |  |
| **Time** | **Detail** | **Activity Type & Assessment** | **Responsible** | **Resources** |
| 45 mins | **Module 1**Whole Coach RefresherModule outcomesOpportunity to plan for the sessions running below. | Theory presentationNo Assessment | HUB Officer or PE Staff | Laptop, projector, room layout, poster/rollers, flipcharts, marker pens, resources packs & workbooks |
| 30 mins  | Practical Delivery – Good practice come and watch Hub officer deliver a session  |  Practical  | HO | Rugby Equipment  |
| 3x15mins | Planned sessions of below 15mins on eachCatch/PassDecision MakingConstruction of games | Each topic must be delivered and assessed | candidate supervised by HO and signed off against competencies | Workbooks  |
| 45 mins 15 min  | **Module 2** Coaching BehavioursLet us Play, Half a game, Pass it on.Nutrition & Well beingCandidates deliver one of the following - Nutrition, Well Being, Hydration | ClassroomCandidates assessed on presentation skills. | HOCandidate supervised by HO and signed off against competencies | Laptop, projector & workbooks Laptop, projector & workbooks  |
| 90 mins30min | **Module 3**Scrum Ready/Crouch, Bind, SetWatch Videos Plan and deliver Profiling & The Scrum Assembly & the binding on a 5 man scrum | ClassroomPitch or Sports hall. | HOCandidate supervised by HO and signed off against competencies  | Laptop, projector & workbooks Rugby Equipment |
| 50 mins | **Module 4** Introduction to contact Watch videosPresent back key factors ofThe Tackle, Regain Feet, The TurnoverPlan & Deliver a session on the tackle & create a game. | ClassroomCandidate assessment | HOCandidate supervised by HO and signed off against competencies | Laptop, projector & workbooks Rugby Equipment |
| 6 Hours | Module 5OfficiatingHalf day Education Refereeing Course | pitch, sports hall and classroom | Refs Dept if possible or Ref Educator or Hub officers if they can be trained up | Rugby EquipmentLaptop, projector & workbooks  |
| 10 Hours | Module 6 VolunteeringEach Candidate to complete 10hrs of logged sessions coaching and 5 fixture refereeing | Pitch or Sports Hall | Candidate supervised by HO or PE Staff | Rugby EquipmentLaptop, projector & workbooks  |