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**CPD Title: Keeping it alive - Introduction | Timings: 15 minutes | Resources: Classroom Session - PPT, Speakers, flip chart and pen**

Learning Outcomes:

* 1. Understand the fundamentals of options in contact
  2. Develop understanding of the key coaching points when a player takes the ball into contact

Assessment Method:

* Allow coaches to discuss and feedback responses
* Allow coaches to discuss and feedback responses

| Title | Key Learning / Delivery Point (s) | Timing | Resources | Task Method | Delivery Focus |
| --- | --- | --- | --- | --- | --- |
| Off The Top | * Welcome coaches and players to the venue and thank them for their support of the regional coach development programme | 1 | * PPT |  | CDO lecture |
| Introductions | * Introduce yourself and the guest deliver (if applicable) | 1 | * PPT |  | CDO lecture |
| House Keeping | * Ensure you have carried out a H&S check and established the relevant detail relating to the venue to cover the House Keeping points * Run through slide informing detail as appropriate | 1 | * PPT * H&S form |  | CDO lecture |
| Video | * Show video in PPT if available | 1 | * PPT |  | CDO lecture |
| Workshop Running Order  The Why | * Q&A the importance of having correct technique * Get Learners to shout out answers * CDO to flipchart responses * Safety elements * Starting position | 1 | * PPT | Question and  Answer | CDO facilitate |
| The What | * Options available to players * On the feet * Off the feet | 1 | * PPT | Coach Discussion | Guest facilitate |
| Resources | * Coaching Locker * Coaching resource * PDF | 1 | * PPT | Coach Discussion | Guest facilitate |

**Title: Coaching Practical | Timings: 75 minutes (delivery) | Resources: Balls, Cones and shields**

Learning Outcomes:

1. Engage in practical coaching of continuity activities with live players

Assessment Method:

* Allow coaches opportunity to coach demonstrated exercises and provide feedback where appropriate

| Title | Key Learning / Delivery Point (s) | Timing | Resources | Task Method | Delivery Focus |
| --- | --- | --- | --- | --- | --- |
| Coaching Practical | * CDO instruct coaches to move to the outside location using the onscreen points   Allow time in programme for location transition   * Start off by questioning the coaches –   QUEST- Why would we want to keep the ball alive?  ANS – Speed up play, keep possession & ability to get behind defences  QUEST – How do we coach this?  ANS – ON Feet and OFF Feet. | 75  5 | Balls  cones |  | CDO lecture |
| On feet | * In a 10x10 grid 3 attackers 2 defenders – objective the 3 to keep the ball. Attackers to take on the defender by performing ABC’s Agility before contact to run at arms not body. * Defenders try to touch attacker with 2 hands on waist simulating tackle. As defenders bend to get to waist attackers punch their arms through and off load to supporting players * Supporting players to get themselves behind attackers   Let coaches have a go at coaching this in groups challenge them to come up with progressions or regressions   * Same set up – attacker to pull defender into him with one hand whilst having the ball in the other. He is the dominant one in contact and passes around the back of the defender- make sure we practice off both hands   Let coaches have a go at coaching this in groups challenge them to come up with progressions or regressions | 5  5  2  3 | Balls  cones | Demonstrations & Practical Coaching  Demonstrations & Practical Coaching | Guest lecture  Or  CDO  Guest lecture  Or  CDO |
| Role of 1st supporting player | So we have taken the ball into contact. We cant free our arms to offload.  QUEST – What do we need to do?  ANS – Fight to stay on Feet and keep ball away from tackler  Key coaching points   * Try to get to the side of the tackler * Maintain a strong base * Ball on hip/away from the tackler   QUEST – What does the first support player need to do  ANS – Secure possession  QUEST – How  ANS - Opposite shoulder to make contact, at the same time hand to be driven between ball and attacker and use shoulder to rip down on the ball to secure it.   * 3 attackers 1 defender - As demonstration – attacker to take contact (remain on feet) * First support player to go in and rip (make sure again practice is completed off both shoulders)   Let coaches have a go at coaching this in groups challenge them to come up with progressions or regressions  QUEST – What are the next options?  ANS - Rip and roll out and continue running  Rip and pass  Rip and drive  Let coaches have a go at coaching this in groups challenge them to come up with progressions or regressions  Add another supporting and defending player – Condition must remain on feet (4v2)  Let coaches have a go at coaching this in groups challenge them to come up with a scoring system for their players e.g If you get taken to the floor you loose a point or if you loose possession  QUEST- How could they make this more game related?  ANS – Game of touch or introduce Fiji touch (1 touch must offload if you are touched twice you have to set up maul) | 5  5  1  5  10 | Balls  cones | Demonstrations & Practical Coaching  Demonstrations & Practical Coaching  Demonstrations & Practical Coaching | Guest lecture  Or  CDO  Guest lecture  Or  CDO  Guest lecture  Or  CDO |
| On the floor  The Present  Role of the first support player | Back to original drill of 3v2   * On touch of defender attacker to fall to ground and pop to supporting player as falling – build this up to tackling * Progress this on to popping off floor   + Key points   + Roll onto back   + Elbows in   + Ball just off chest   + Sympathy on pop for player to run onto pass   Let coaches have a go at coaching this in groups challenge them to come up with progressions or regressions  QUEST – How do we present the ball after tackle?  ANS – Long Arm  Place the ball back from the direction the player came from (two hands if possible)  Upper hand to remain on top of ball to stop it bouncing around.  1v1 Let coaches have a go at coaching this in groups challenge them to come up with progressions or regressions  QUEST –What other presenting options are there?  ANS – Pencil or Long  Player to work his body around so that they face downwards body facing the direction they came from.  QUEST – What are the advantages of this method?  ANS – Ball further away from opposition and reduces the gate so narrows the defenders options  Show N/S/E/W drill and get players to have a go  Introduce a game of Touch and modify the rules to   1. pop off when falling 2. Pop up when on back 3. Long arm present 4. Pencil present   Make sure you either have more attackers than defenders or manipulate defenders eg drop to knee or go around a cone.  QUEST – What can the first support player do  ANS – Play the ball, eg pass or pick and run or seal  Go through mechanics of seal  Player must place hands on player on ground or the ball  Player cannot place hand on floor  Player must have shoulders above hips Eg Plane taking off  Put all this back into game of touch or tackle game where there is no contest for ball by defenders  Building up the different options and in the end letting the players choose which one they want | 2  5  2  3  2  3  10  5  10 | Balls  Cones  Balls  cones | Demonstrations & Practical Coaching  Demonstrations & Practical Coaching  Demonstrations & Practical Coaching  Demonstrations & Practical Coaching | Guest lecture  Or  CDO  Guest lecture  Or  CDO  Guest lecture  Or  CDO  Guest lecture  Or  CDO |
| www.wrucoaching.co.uk | * Explain that the exercises that have been observed are the starting point for development practices * In order to develop players, they have to be challenged in different ways * These are some examples of how players can be challenged * Run through each point one at a time and explain how it can challenge the player to develop * CDO to refer coaches to WRU Coaching Locker for more information on Clearing Pass and other relevant topics |  |  |  |  |
| Contact the Team | * Q&A * CDO to refer coaches to their Regional CDO for further opportunities * Thank you and good night |  |  |  |  |