**CPD Title: Off The Top - Introduction | Timings: 15 minutes | Resources: Classroom Session - PPT, Speakers, flip chart and pen**

Learning Outcomes:

* 1. Understand the fundamentals of the lineout
  2. Develop understanding of the key coaching points in the lineout Process

Assessment Method:

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

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| Slide 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 | 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 | * The Stance * Movement * Jump * Lift * Catch/delivery | 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 the lineout activities with live players

Assessment Method:

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

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| Slide 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 | 75 | * PPT |  | CDO lecture |
| Stance | * Deliverer to establish the importance of the stance * Introduce the stance for the lifter   + Shoulders facing in 90 degrees   + Half crouch/profile position   + Hands shoulder width apart * Introduce the stance for the jumper   + 45 degree turn   + kink knees   + Hands up shoulder with apart   + Heel /toe shoulder width apart * Coaches to have a go at coaching the above. | 5  5 | * Balls * Cones * Pads | Demonstrations & Practical Coaching | Guest facilitate and demonstrate  CDO facilitate coaching how skills |
| Movement | * Deliverer to establish the importance of movement * Introduce the movement for the lifter.   + Push off appropriate foot depending if you’re accepting or delivering the lift and pivot off other   + Don’t loose profile shape   + Stay low * Introduce the movement for the Jumper   + Again push off appropriate foot whether you are going forward or back.   + Feet to end up together (ready for the jump)   + Short steps to increase speed across the ground   + On balls of feet – not flat footed * Cone drill – lifters – 3 different coloured cones coach to call colour player to move to that colour. * Cone drill – jumpers – same as above just different starting position. * Repeat process with all 3 – consider mirroring foot pattern * Coaches to have a go at coaching the above | 10  10 | * Balls * Cones * Pads | Demonstrations & Practical Coaching | Guest lecture  Or  CDO |

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| Jump | * Deliverer to establish the importance of the jump * Re cap - Start position   + Toes pointing to touchline   + Feet parallel   + bend knees * Have a go first without arms   + Introduce arm position   + Hands chest high   + Elbows cock but no drop of hand * Drive – coaching points   + Jump off 2 feet – triple extension   + Drive through balls of feet - ankles   + Straighten legs - knees   + Push hips forward - hips   + Elbows in   + Thumbs together   + Hands close to chest and extend upwards giving a target * Finishing position   + Toes pointing down - to aid stability   + Quad/ hamstrings/ glutes – activate core   + Full extension of arms   + Head in neutral * Cone drill to reinforce * Mirror completion to test technique   + Emphasis on jumping up not forward or back. * Coaches to have a go at coaching the above | 10  10 | * Balls * Cones * Pads | Demonstrations & Practical Coaching | Guest lecture  Or  CDO |
| Lift | * Deliverer to establish the importance of the lift * Front lifter – starting position   + Profile position   + Hands tear drop of quad   + Elbows in   + Keep jumper close to chest * Back lifter – starting position   + Profile position   + Hands crease of glutes (natures nitch)   + Elbows in   + Keep jumper close to chest * The drive process is the same for both   + Starts in the legs (triple extension)   + Drive through the hips   + Extend arms fully   + Snap in the drive * The finishing position the same for both.   + Engage core (No Sitting in air)   + Head position in neutral   + Raise on to toes * Demonstration with 2 tackle shields   + Triggers (set) * 4 man lift   + go through land process   + supporters to aid lifters * 2 man lift * 2 man lift with movement * Coaches to have a go at coaching the above | 15  15 | * Balls * Cones * Pads * Balls * Cones * Pads | Demonstrations & Practical Coaching  Demonstrations & Practical Coaching | Guest lecture  Or  CDO  Guest lecture  Or  CDO |
| Catch & Delivery | * Deliver to explain the importance of the catch and delivery. * The catch   + Hand position (diamond)   + In front of head   + Eyes tracking the path of the ball into hands   + Hands to cushion on impact (soft hands) * Options of delivery * Off the top   + Half turn (from hips)   + Sympathetic pass down to scrum half   + Lifters have a responsibility to keep player facing forward * Down and pop   + Ball remains in 2 hands   + Once the jumper returns to the ground then pops to scrum half * Down and drive   + Ball remains in 2 hands   + Once the jumper returns to the ground prepares to receive a supporting player * One player on knees – catch and feed drill * Coaches have a go at coaching the above | 15  15 | * Balls * Cones * Pads | Demonstrations & Practical Coaching | 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 |  |  |  | CDO |