**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 OrderThe 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 andAnswer | 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.
 | 55 | * Balls
* Cones
* Pads
 | Demonstrations & Practical Coaching | Guest facilitate and demonstrateCDO 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
 | 1010 | * Balls
* Cones
* Pads
 | Demonstrations & Practical Coaching | Guest lectureOrCDO |

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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
 | 1010 | * Balls
* Cones
* Pads
 | Demonstrations & Practical Coaching | Guest lectureOrCDO |
| 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
 | 1515 | * Balls
* Cones
* Pads
* Balls
* Cones
* Pads
 | Demonstrations & Practical CoachingDemonstrations & Practical Coaching | Guest lectureOrCDOGuest lectureOrCDO |
| 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
 | 1515 | * Balls
* Cones
* Pads
 | Demonstrations & Practical Coaching | Guest lectureOrCDO |
| 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  |