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

Learning Outcomes:

* 1. Understand the fundamentals of the tackle and jackle
	2. Develop understanding of the key coaching points needed to coach the above fundamentals

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 if have one
 | 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 Correct technique for the tackle
* The jackle
* The laws associated with both
 | 1 | * PPT
 | Coach Discussion | Guest facilitate |
| Resources | * Coaching Locker
* Coaching resource.
 | 1 | * PPT
 | Coach Discussion | Guest facilitate |

 **Title: Coaching Practical | Timings: 75 minutes (delivery) | Resources: Balls, Cones, Shields, Tackle tubes**

Learning Outcomes:

1. Engage in practical coaching of the tackle and jackle

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 |
| Warm up  | * Warm up the players first by a series of core activation exercises
* In Pairs - Player 1 kneels arms outstretched while player 2 performs a standing plank and leans on the hands of player 1. P1 then removes one hand while P2 activates core. He replaces his hand and takes the other one away and repeats this process 10 times, Swap both have a go
* In 3’s both end players on knees arms outstretched facing each other while middle player performs a standing plank. The end players push the middleman back and forth (element of trust) while keeping feet in same spot and activating core. Repeat the process 10 times
* In Pairs - P1 on knees P2 facing P1 places hands on shoulders and applies pressure, P1 then raises off their knees at same time not stepping forward or using arms to support getting off floor. Repeat the process with P2 placing hands on the forehead. Repeat the process 10 times
* In Pairs – P1 on all fours (profile position) P2 binds under P1’s arms and has their chest tight on P1’s back. P2 rotates right leg up and over back twisting the trunk till stretch then returns to 2 feet. Repeat with other leg and repeat the process 10 times on each leg.
 | 20 | * Balls
* Cones
 | Demonstrations & Practical Coaching | Guest facilitate and demonstrate |
| Introduction to the tackleTackle technique  | * Introduce the power circle
* Have half the circle one colour the other another colour
* Express we are trying to make a dominant tackle moving from your colour into the opposition colour.
* In Pairs players stand opposite each other – P1 moves around his sector of the circle staying within his colour with ball in 2 hands
* P2 mirrors P1 but adopting the loaded tackle position no crossing of feet when shadowing

QUEST – Deliverer to question the coaches what is the loaded tackle position to look like?ANS – Player on balls of feet, weight slightly forward, square to the opposing player, head up and hands out in front with thumbs up close to chest.Show demonstration – identify all key points then let the players have a go with the coaches in coaching – each player to have 5 goes each, use progressions to get through all points.* In pairs same drill set up P1 with ball P2 shadows P1 steps into circle P2 lunges same foot same shoulder and sticks shoulder on to players thigh, creating a flat back, cheek behind, head up looking past the player. Repeat the process with players having 5 goes each
* Progression – Once P2 sticks with shoulders he then punches arms through and claps behind the legs of player P1 coaches reinforcing key points of flat back and head up. Each player to have another 5 goes.

Show demonstration – identify all key points then let the players have a go with the coaches in coaching – each player to have 5 goes each, use progressions to get through all points.* In Pairs same drill P1 steps in and Sticks shoulder to P2 Arms punch around back of legs this time clasping together, pulling both legs towards chest. P1 also chases legs and completes the tackle ending on top of P2.
* Key points – Drive legs through not diving and remaining long.

Show demonstration – identify all key points then let the players have a go with the coaches in coaching – each player to have 5 goes each, use progressions to get through all points | 55555 |  | Demonstrations & Practical CoachingDemonstrations & Practical CoachingDemonstrations & Practical Coaching | Guest facilitate and demonstrateGuest facilitate and demonstrate |

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|  | More of a live version of the previous drill. Deliverer to demonstrate the following examples:* In Pairs movement mirror drill P1 with ball works his way down a channel with P2 mirroring his movements. Keeping square and in a loaded position ready to tackle.
* As above but using the stick and clap method
* As above Complete tackle (chase)

Coaches to have a go at coaching all 3 methods progressing when they see that the players can complete competently Players to have 3 goes on each progression.Final Tackle drill* P1 with ball, P2 defends a 5m area by moving from side to side on P2’s Clap he moves forward and defends the try line behind.
* P1 moves forward and tries to beat P2 and score a try.
* P2 tackles P1 by closing his space and completing a tackle.

Coaches to set up drill and reinforce key points. Players to have 3 goes each at tackling . | 10 |  | Demonstrations & Practical Coaching |  |
| Tackle Technique Cont | Player Tackles tackle tube and remains long * Deliverer to ask how this can be improved

ANS – Chase feet to get back up quicker to get back in the game.* What can he use to aid him in this

ANS – The tackled player (To complete a tackle the knee must make contact with the floor)* What is the Referee looking for?

ANS – The tackler must release the player and the ball get to feet then he can attempt to play the ball again.(they must go for the ball and not the space beyond it)Demonstrate some good practice- with a good chase a release and the player going back onto ball.* Drill 1 – Player tackles bag – chases legs and gets back to feet. (Players to have 5 goes each)
* Drill 2 – Player tackles bag – chases legs and gets back to feet then plays the ball which has been added by coach after the tackle has been made. (Players to have 5 goes each)
* Drill 3 – Player tackles bag – chases legs and gets back to feet then plays the ball which has been added by coach after the tackle has been made. Another player uses shield to place over the ball to test the strength of the jackle. He counts to 3 seconds and shouts release player has to complete jackle or release

Quest – Once Player has been told to release what are his options.ANS – 1. Mess up ball with feet 2. Blast and drive through 3.Organise ruck chain.Finally Decision making exercise – Pad makes a choice player then which of the above he chooses to perform.Coach to set up drills on the above and have a go at coaching their players let them have 3 goes of each. |  |  |  |  |
| 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
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| Contact the Team | * Q&A
* CDO to refer coaches to their Regional CDO for further opportunities
* Thank you and good night
 |  |  |  | CDO  |