



# East Retford Rugby Union Football Club

## Good Coach Guide

### **Teamwork, Respect, Enjoyment, Discipline, Sportsmanship.**

Young people come into Rugby Union for a variety of reasons, it is the duty of the coach to recognise this and stimulate continued participation. Coaches have a responsibility to ensure that all youngsters are given the opportunity to fulfil their aspirations in a caring environment where the emphasis is on:

- Recognise the importance of fun and enjoyment when coaching young players. Most learning is achieved through 'doing'.
- Appreciate the needs of the players before the needs of the sport. Be a positive role model.
- Keep winning and losing in perspective - encourage young players to behave with dignity in all circumstances.
- Respect all referees and the decisions they make (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same.
- Provide positive verbal feedback in a constructive and encouraging manner, to all young players both during coaching sessions and games.
- Provide experiences and sessions that are matched to the young players' age and ability, as well as their physical and mental development.
- Ensure all youngsters are coached in a safe environment - adequate equipment, facilities and first aid equipment readily at hand.
- Avoid overplaying training - use the squad system to avoid overplaying the best players. Give everybody satisfactory amount of playing time.
- Never allow a player to train or play when injured.
- Ensure good supervision of young players, both on and off the pitch.
- Recognise that young players should never be exposed to extremes of heat, cold or unacceptable risk of injury.
- Develop an awareness of nutrition as part of an overall education in lifestyle management.
- Recognise that it is illegal for young players under 18 to drink alcohol.
- Ensure that your knowledge and coaching strategies are up to date and in line with RFU philosophy.
- Be aware of, and abide by, the RFU recommended procedures for taking young people on residential tours at home and abroad.
- Be aware of, and abide by, the policies and procedures outlined in the RFU Child Protection Guidance Booklet. Coaches working with young players up to the age of 12 must follow the guidelines laid down by the RFU Continuum. Coaches working with young players at age 13+ must be aware of the Under 19 and Under 15 law variations, including those that apply to cross boarder matches.