



## Level 3 Coaching Award 2019/20

### Information for applicants – February 2019

The RFU will be opening the Level 3 course to any coaches who meet the pre-requisites below and welcome applications from those coaching children, schools and youth, player pathway and adult rugby in both the male and female game.

The course cost is £1000 (inc VAT)<sup>1</sup> and applications will be **via the online course booking system only** on a first come first served basis. Full payment must be made at the point of booking.

**Course booking will open on 18<sup>th</sup> March at 9.00am.**

#### Dates/Venue:

Venue	Date	Date	Date
Bristol area	27th & 28th July 2019	15th December 2019	29th March 2020
Twickenham area	6th & 7th July 2019	8th December 2019	5th April 2020
Manchester area	13th & 14th July 2019	12th January 2020	1st March 2020

You must be able to attend all four days to complete the course. It also involves a season long programme of mentoring support involving 5 observations of your practical coaching<sup>2</sup>, so you need to be actively coaching to enable you to complete the work.

This is a competency based course and you will be assessed through observation of your coaching, small group work, eLearning, video evidence and the maintenance of an evidence portfolio. Ahead of and during the course you will be required to film your coaching as part of the self-reflection and action planning process. We advise you to film your first session as soon as possible to ensure that you have access to your players before this season finishes.

For your first videoed session please prepare a 15 - 20 minute clip (maximum) which shows you coaching "Go Forward and Support" from phase play. It is expected that you will deliver using a games based approach, employing a Game Zone to identify issues in player understanding and skill, and a related Skill Zone where you will help players find solutions if unable to find them in the Game Zone. You will need to ensure that the video submitted is of sufficient audio and visual quality so that it can be viewed on course and so that coaching process, style and interventions are clear upon viewing.

Within the video you should:

- Explain clear objectives for your session

<sup>1</sup> If you do not meet all of the qualification competencies, miss any of the face to face learning, fail to complete your coaching observations by the set deadlines or not complete your evidence portfolio by the end of the 12 month programme of study you will be required to pay an additional fee of up to £250 to complete the course. You will have a further 12 months to complete any outstanding work.

<sup>2</sup> If the team you wish to be observed coaching is based outside of England you will be required to meet all costs associated with sending a mentor to observe you.



- Demonstrate your preferred style of delivery
- Evidence innovative practice designs to improve individual, unit and team skills/game understanding, promoting problem solving amongst your players
- Evidence coaching interventions or constraints to improve individual, unit and team skills/game understanding – technical & tactical

You will be sharing these video clips with your mentor and fellow course participants. **Note:** if you are coaching players aged 18 or under it is your responsibility to gain consent from the parents/guardians of all players before filming and sharing the footage. You should also notify them that you may be required to upload this footage to a file sharing service.

You may not meet all of the course competencies on completion of the 12 month study programme. If this is the case you will have a further 12 months to demonstrate your outstanding competencies. Should you wish to do this you will be allocated a mentor to support your work towards completion, but this will incur an additional cost of up to £250 depending on the level of support required.

To be considered for this course you must meet the following pre-requisites, and **it is your responsibility to ensure that your RFU GMS profile shows them.** If they do not appear on your RFU record when you attempt to book this may prevent your booking being accepted.

### Checking Your GMS Profile

- You can check your RFU GMS profile here: <https://gms.rfu.com/GMS/Account/Login>
- Your club will be able to provide you with your login details. If you have forgotten your password or username you can use the 'Forgot Password' function.
- If your GMS profile is inaccurate you should contact the GMS help desk by email: [gms@rfu.com](mailto:gms@rfu.com)
- Other RFU staff will not be able to help you to amend your profile so please ensure that if there are any issues with your profile you have allowed enough time for GMS support to deal with your enquiry before trying to book.<sup>3</sup>

### Course Pre Requisites

- Completed RFU level 2 coaching qualification (or UKCC equivalent)
- Actively coaching for the 2019/20 season (you will be assessed coaching your own players)
- Completed RFU Headcase online concussion awareness within the last 12 months
- Attended one of the following CPD courses in the previous 12 months:
  - CARDS
  - GameChangers
  - Principles of Attack
  - Principles of Defence
  - ERFUSU Teachers Days 2018

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<sup>3</sup> If you contact the GMS help desk later than 3 weeks before course booking opens there is no guarantee that they will be able to help you to resolve your issue in time for your booking to be accepted.