



Old Laurentian Rugby Football Club

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Old Laurentian RFC – Good Coaches' Guide

Young people come into Rugby Union for a variety of reasons. It is the duty of the coach to recognise this and stimulate their continued participation.

Old Laurentian RFC 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:

- Fun
- Enjoyment
- Skill Development

In Rugby Union coaches should:

- Be a positive role model - think what this implies.
- **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 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.
- 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.

In Rugby Union coaches of young players must:

- Provide experiences 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 - is there adequate first aid and drinking water readily to hand?
- **Avoid the overplaying of the best players by using a squad system which gives everybody a satisfactory amount of playing time.**
- Never allow a player to train or play if injured. Ensure good supervision of young players, both on and off the field.
- 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 their 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.