



COACHING COACHES
SUNDAY 21 MARCH 2010

8.00 am at Alleygators

The Academy and Junior Committee have united in a program to assist our coaches in all manners of coaching .. On Sunday we will, with the assistance of our Directors and Heads of the various sections of the Academy run a “Coaching Coaches” day at the club starting at 8.00 am.

Although not compulsory we believe it is in the best interest of the players if all turn up.

The day will start with an opening address from;

Steve Anderson-HPU and Development. Steve was the HPU and development “guru” of the Irish Rugby Union for several years and was responsible for setting up the Academies that now dot Ireland.

Hopefully we will be able to cover most of the following;

What to coach

Why coach skills and how to analyse them

How to coach skills

Planning and preparation

Working on the individual

Motivating young people

Role of a coach, what makes a good coach

Developing a coaching philosophy

Ways to deal with parents

Providing feedback and instruction

Where did it go wrong and how to fix it.

Practical ;on field coaching

ALL COACHES AND MANAGERS WELCOME INCLUDING SENIOR COACHES AND SENIOR PLAYERS WHO MAY WANT TO COACH IN THE FUTURE

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