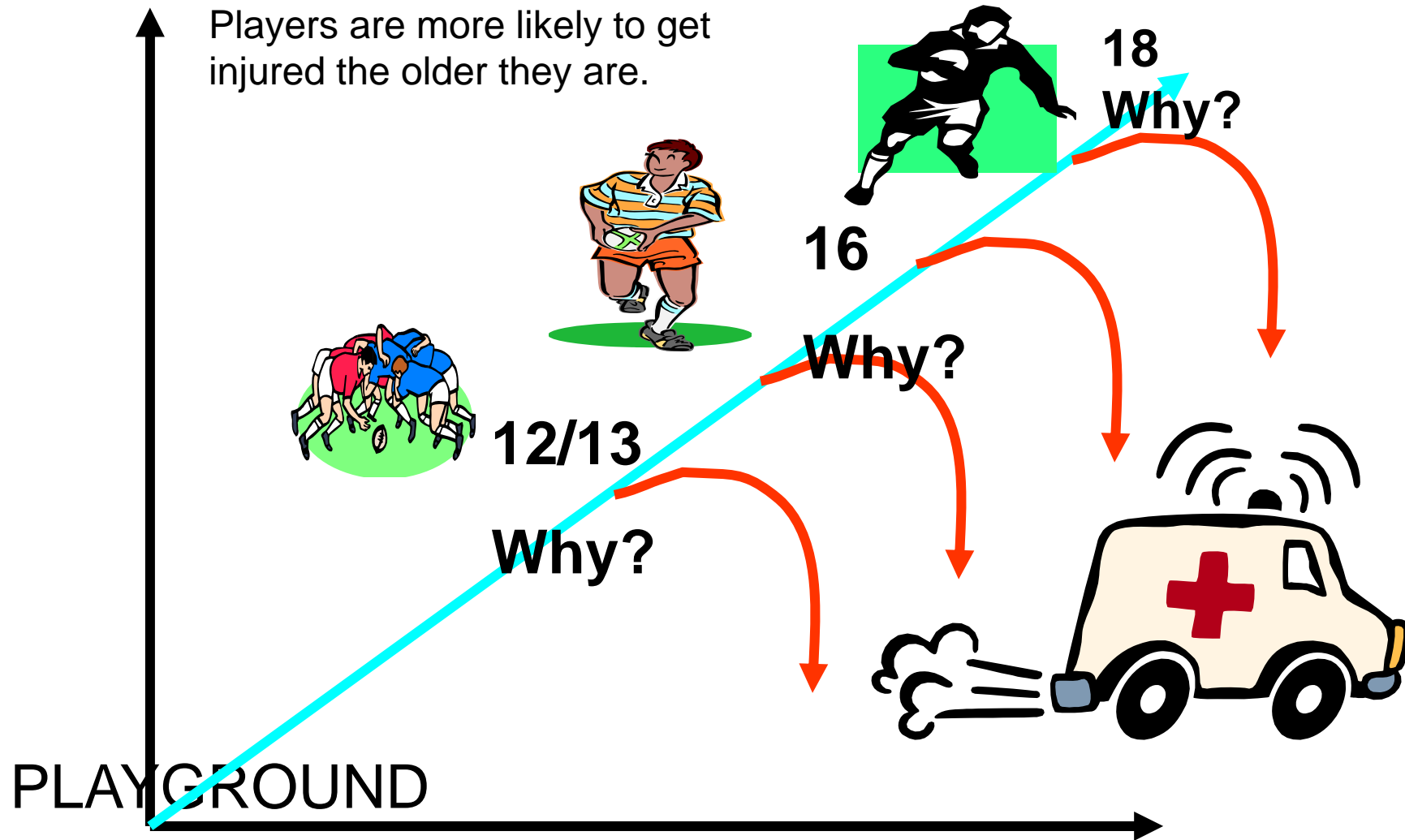


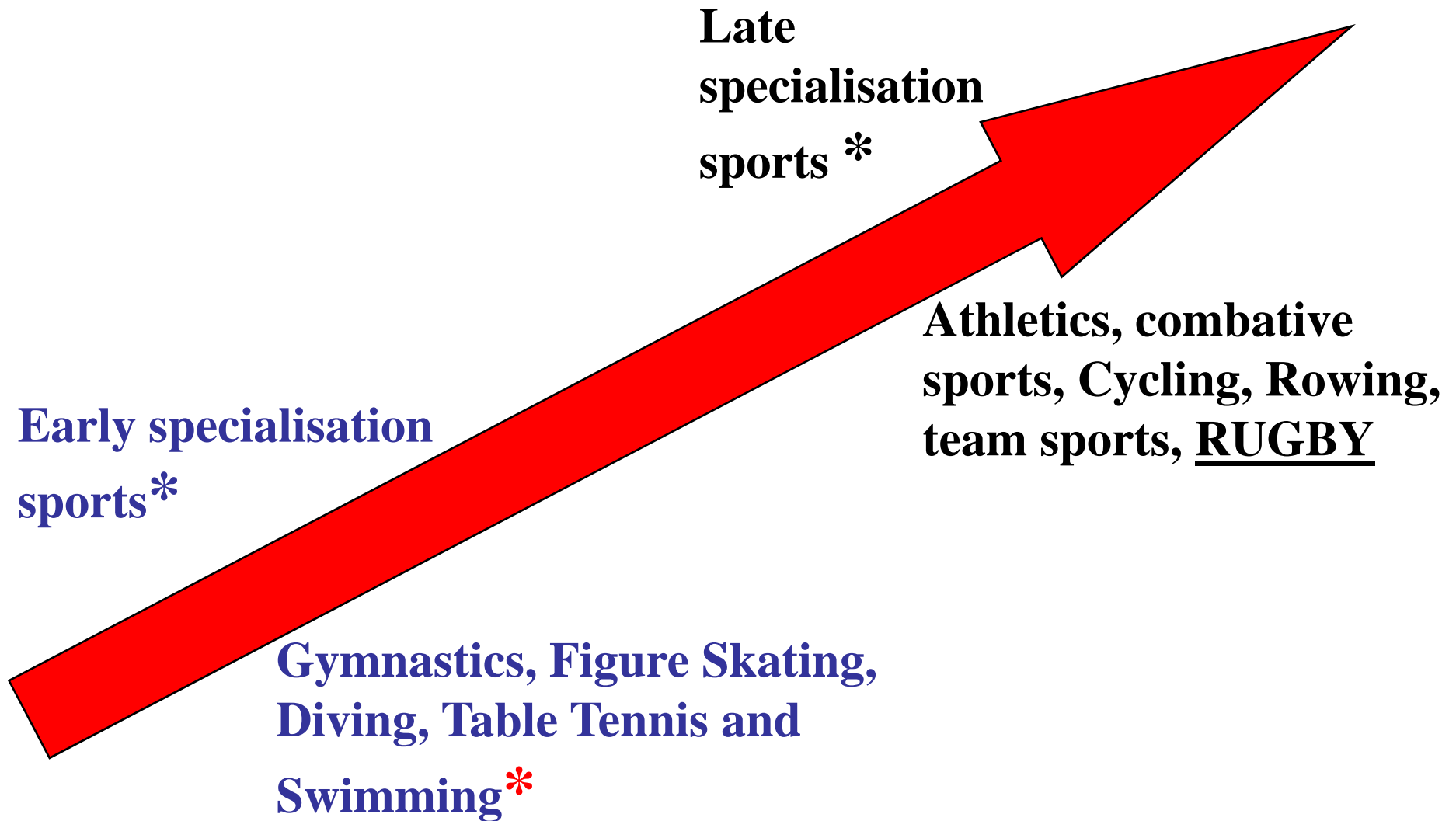
Long Term Player Development & Skill Development



Are we achieving “MASS PARTICIPATION”?



LTPD Principles – Sport Categories



*4 stage model

*5/6 stage model * Cusp of early specialisation

Player Development

How many sessions are based on

- Last weeks performance?
- Next weeks game?

What is the prime focus of the coach?

- Team development?
- Player development?

What should it be?



Physical literacy in Rugby

- Agility
- Balance
- Coordination
- Speed
- Running
- Throwing
- Jumping
- Catching
- Kicking

How many do you coach?

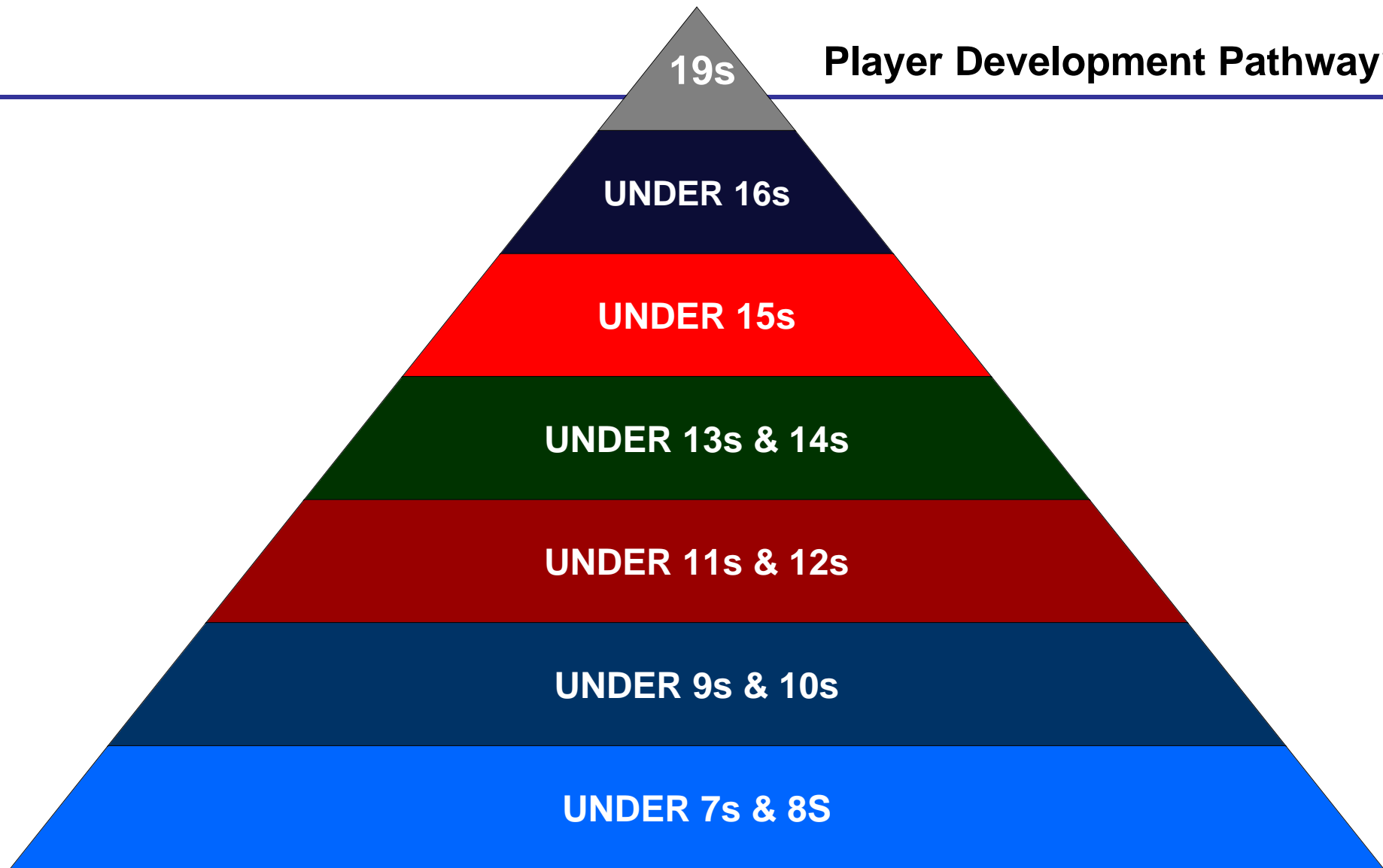


Long Term Player Development

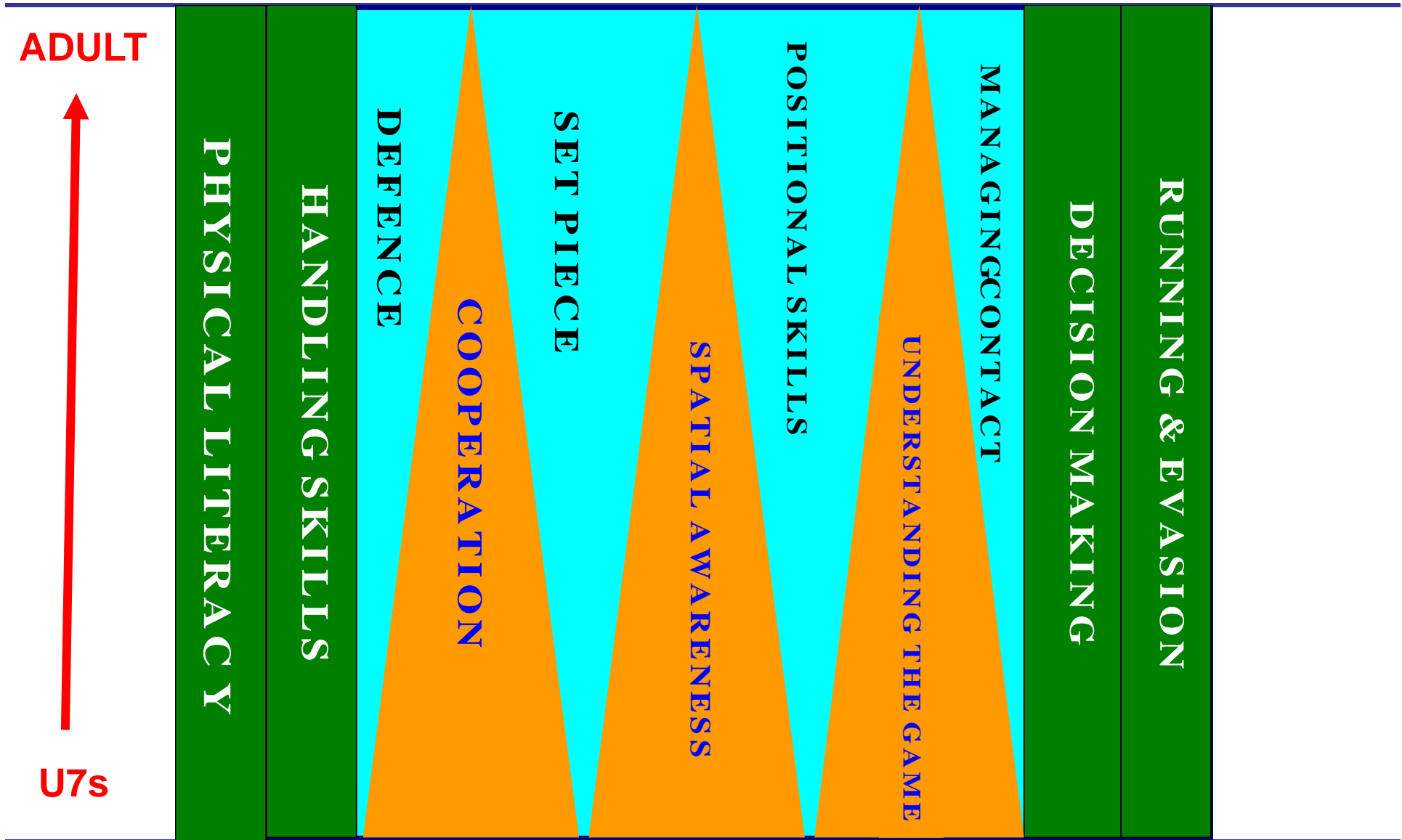
- Look at your age group and think what skills they will need when they move up to the next age group. Consider the main focus, knowledge, understanding & skills they will need both in sport and in life.



Player Development Pathway?



LONG TERM PLAYER DEVELOPMENT



Player Development Plan- Benefits for the Coach

- Assists in developing a vision past the next game or one season
- Provides a framework & focus for coaches
- Able to see what areas of coaching require development (encourages CPD)
- Changes success criteria from “Match Results” to skill development
- Assists in developing a “whole club” approach to playing & coaching



Long Term Player Development & Skill Development



Further information on Long Term Player Development can be found on Scottish Rugby's website