

## **Mini RugbyReady Practical (3hour):**



<b>Course Length:</b>	3 hours (one session)
<b>Course Dates/Venues:</b>	Courses are held on a regional basis at clubs and schools – please visit <a href="http://www.scottishrugby.org/coaching">www.scottishrugby.org/coaching</a> to register via our online system.
<b>Cost:</b>	Free of charge
<b>Resources:</b>	Candidates receive a 2010 IRB Rugby Ready Manual, Scottish Rugby Participant booklet and a copy of Scottish Rugby's Law Variation Cards. Other coaching resources are available on the website – link above.
<b>Who's it for?</b>	Aimed at coaches operating at Mini level (Primary 7 age and below).

### **Minimum Standard**

This course (Mini and Adult/Youth variations) will become Scottish Rugby's minimum standard for Coaches, Teacher and Referees at the start of the 2010/11 season. All\* coaches, teachers and Referees are therefore required to undertake the course (Mini and Adult/Youth variations) during August/September/October 2010.

**\*Exemptions:** We advise all coaches to attend these new courses in order to keep current with up-to-date information, however exemptions are in place: Coaches who have completed either a RugbyReady Practical (3hr) or Foundation (6hr) course since September 2009. All coaches who have attended a UKCC course since September 2009 should have completed one of these courses as a pre-requisite and are therefore exempt.

### **Mini RugbyReady Practical Course aims:**

1. To ensure greater awareness of all aspects of safety in the game through the provision of a common source of information and advice, for all levels and types of participation in the game.
2. To develop knowledge and understanding of game coaching principles within Mini Rugby, including the refereeing of matches up to Primary 7 ages (specific to the Mini RugbyReady Practical course).

### **Course objectives:**

- to identify key areas of knowledge and safe practice in the game
- to identify the key considerations within Injury Management and Injury Prevention
- to compare current knowledge and practice with the minimum standard expected by Scottish Rugby and the International Rugby Board
- to discuss ways of improving current practices in the game in order to ensure a safer game for all participants
- to identify key practices within Refereeing and the role of a Game Coach at Mini Rugby (specific to the Mini RugbyReady Practical course)

**Learning outcomes:**

Learners are expected to illustrate principles of safe practice and how they may be applied in playing, coaching, refereeing and any other aspect of administration or supervision of the game.

**Course Content:**

1. Spirit of the Game
2. Law variations and Age Banding
3. Injury Management
4. Introduce warm-ups for contact
5. Fun Games and Refereeing Principles
6. Safe practice in the Scrum
7. Safe practice in the Tackle
8. Safe practice in the Line-out
9. Game Coaching, inc Refereeing Principles

**This course is non-assessed.**

**Frequently Asked Questions:****Q: Do I need to attend a course if I've attending a UKCC coaching course?**

A: Coaches who have attended a UKCC course since September 2009 should have completed either a RugbyReady Practical (3hr) or Foundation (6hr) course as a pre-requisite – they are therefore not required to attend a RugbyReady practical course during the 2010/11 season – however they will be required at the start of the 2011/12 season.

**Q: I'm a qualified Doctor/Nurse/Medical professional; do I therefore need to attend the course?**

A: Yes

**Q: Once I complete the course, how long before I'll need to attend another one?**

A: The RugbyReady Practical courses will be updated annually, and therefore all Coaches, Teachers and Referees will be required to attend the course annually.

**Q: I have no experience of coaching rugby, but would like to get involved; can I attend one of the RugbyReady Practical courses?**

A: Yes, both courses have been designed to cater for all experiences and abilities

**Q: Can I just turn up to a course even though I've not registered online?**

A: We encourage all candidates to register via our online system a minimum of 4 working days before the course starts. If you are unable to register online or don't have access to a computer please call Scottish rugby on 0131 346 5162 to book a place.

**Q: I coach both Mini's and Adults – which of the two courses should I attend?**

A: Youth and Adult coaches can attend the Mini RugbyReady course and still meet Scottish Rugby's minimum standards. In most cases, both courses will be delivered at the same time at

the same venue – in this situation the first 1.5hrs of each course will be delivered as one group. The final 30mins of the Youth/Adult course and the remaining 1.5hrs of the Mini course will be delivered separately.

**Q: I attended a Joint Foundation course in August 2009; do I need to attend a RugbyReady practical course at the start of the 2010/11 season?**

A: Yes, only coaches who attended the new Foundation course (launched in September 2009) or a RugbyReady Practical (3hr) course are exempt from attending a RugbyReady Practical course at the start of the 2010/11 season.

**Q: I've already completed the IRB RugbyReady online course, do I still need to complete the practical course?**

A: Yes, the IRB RugbyReady online course still remains part of Scottish Rugby's minimum standards, however you need only complete this once and not on a yearly basis.