

Level 1 in

# IRB COACHING RUGBY SEVENS



## ORKNEY RFC

**19 April 2014**

9.00am-  
5.00pm

THIS COURSE FOCUSES ON THE  
FOLLOWING ASPECTS OF  
THE GAME:

**PRINCIPLES OF 7-A-  
SIDE RUGBY. TEAM  
PROFILING. PERFORMANCE  
GOALS. KEY FACTOR ANALYSIS.  
FUNCTIONAL ROLE ANALYSIS.  
TACTICS. PREPARATION FOR A  
TOURNAMENT. TEAM ANALYSIS.  
PRACTICAL APPLICATION OF KEY  
FACTOR AND FUNCTIONAL ROLE  
ANALYSIS**



Candidates are required to be 16 years of age or over before they can be registered for qualification. They must also provide evidence of having completed the following:-

- IRB RugbyReady self-check test – do the test online at [www.IRB RugbyReady.com](http://www.IRB RugbyReady.com)
- IRB Laws self-check – do the test online at [www.IRB Laws.com](http://www.IRB Laws.com)
- RugbyReady practical course



**THIS COURSE IS  
FREE OF CHARGE**

To book onto the above course, please contact:  
**Claire Scott, Coach Development Administrator**  
0131 346 5167 or email [Claire.Scott@sru.org.uk](mailto:Claire.Scott@sru.org.uk)

