

ENGLAND RUGBY TRAINING COURSES

2021/22



England
Rugby

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Click on the icon next to the course to access the course booking page or learning resource

Multi Format



Face to Face



Webinar



eLearning



Video

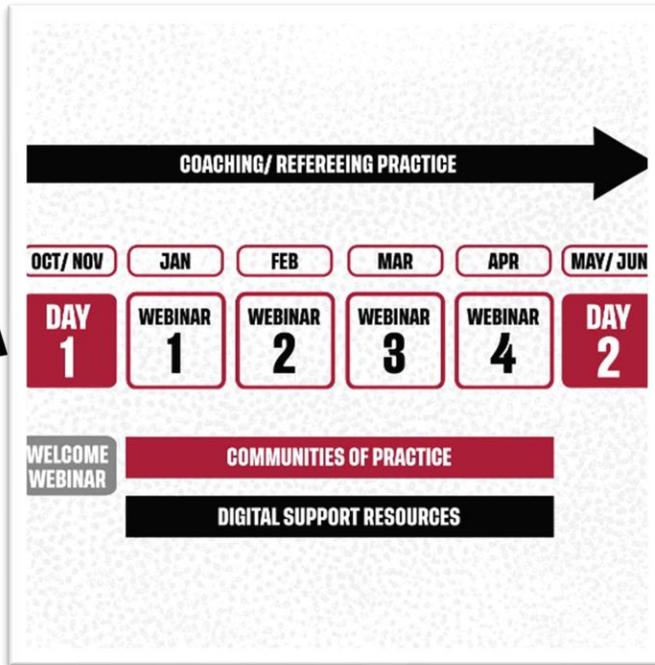


MULTI FORMAT AND FACE TO FACE COURSES WILL ONLY APPEAR ON OUR COURSE BOOKING SYSTEM WHEN THEY GO LIVE FOR BOOKING. CHECK OUT THE DATES LATER IN THIS BOOKLET.



COURSE INFORMATION

CLICK TO WATCH THIS VIDEO ABOUT THE ENGLAND RUGBY COURSE PROGRAMME



PLAYER WELFARE

Course	Description	When	Type
Headcase Concussion Awareness FREE MIN AGE: 14	<p>This 30 minute eLearning course explains what concussion is, how it happens and what individuals can do to help players avoid injury and return safely to play following a concussion.</p>	All Year	
Play it Safe MIN AGE: 16	<p>This 2.5 hour safeguarding course is for any volunteer, coach or match official who is working with or has responsibility for children and vulnerable adults.</p>	August - June	
eLearning Introduction to Safeguarding FREE MIN AGE: 16	<p>This 30 minute eLearning course is for anyone working in rugby union who is providing supervised or unsupervised instruction to have a basic understanding of safeguarding.</p>	All Year	
Emergency First Aid in Rugby Union MIN AGE: 16	<p>The 1 day EFARU course provides learners with the skills, knowledge and understanding to give care and manage minor injuries, focusing on those occurring in a rugby setting. The course sits on the national qualification framework (Level 3 Emergency First Aid at Work) and is transferable into the workplace.</p>	August - June	
eLearning Emergency First Aid in Rugby Union FREE	<p>This eLearning module is designed as a support tool for the face to face course with video reminders of everything you learn on the course. It is not recognised as a stand alone first aid course.</p>	All Year	
eLearning TackleSafe FREE	<p>Competence in tackling and taking a tackle is critical in developing a safer and more enjoyable game. This course helps to support safe, effective coaching and officiating of the tackle.</p>	All Year	

ACTIVATE

ACTIVATE KIDS

The Activate Kids resources provide coaches at the U7 - U12 age groups with a framework and ideas for integrating Activate into training and pre-match preparations. Coaches can add an extra 15 minutes to the regulated age grade training time limits to include Activate within the session.



Activate is the RFU's Injury Prevention Exercise Programme.

Activate should be integrated into training and pre-match sessions. Exercises are designed to improve functional and core strength, balance and agility, helping players with the game's physical demands.

Regularly doing Activate can:

Improve playing performance, prepare players for the physical demands of the game and reduce the risk of injury including concussion.



Find Activate video resources and information here

Click here for the Activate eLearning course



ENGLAND RUGBY INJURY PREVENTION PROGRAMME

KIDS FIRST RUGBY

Timed to take place at the start of the season, Kids First Rugby courses support those new to coaching & refereeing tag and contact rugby. They are specifically designed to support those working with U6-U8 players (tag) and U9-U11 players (early contact).

Course	Description	When	Type
Kids First Tag Rugby MIN AGE: 14	This 2 hour course supports the development of active, purposeful, enjoyable and safe tag rugby environments for children. Participants will also learn the rules and practice refereeing tag rugby.	August/ September	
Kids First Contact Rugby MIN AGE: 14	This 2 x 3 hour sessions course will help participants to safely coach and referee the contact areas of the game and it is recommended that everyone coaching or refereeing contact rugby has completed this course.	August/ September	
eLearning Kids First Tag Rugby FREE	These eLearning courses provide continued support for coaches and referees who have participated in the face to face courses. They'll also act as a great resource to help you get started with your players in these age groups while you prepare to attend your face to face course..	All year	
eLearning Kids First Contact Rugby FREE		All Year	

KIDS FIRST RUGBY

These Kids First Rugby On-Demand webinar courses will support those working in each age group to understand the new rule progressions and provide ideas for developing your coaching/refereeing knowledge and skills with your new age group.

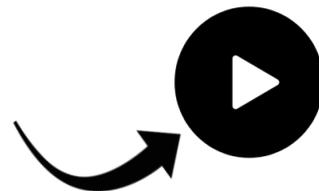
Course	Description	When	Type
Kids First U10 Rugby FREE	<p>These 30 minute On Demand webinars can be accessed at any time of the season.</p> <p>Building on the lessons of the Kids First Contact Rugby course they help participants understand the progressions for coaching and refereeing these age groups.</p>	All Year	
Kids First U11 Rugby FREE		All Year	
Kids First U12 Rugby FREE		All Year	
Kids First U13 Rugby FREE		All Year	

REFEREEING

Course	Description	When	Type
England Rugby Referee Award MIN AGE: 14	Competency-based course which provides the knowledge, skills and attributes to safely and effectively referee young players and adults. Develops the learner in a practical-based environment.	Day 1: Oct/Nov Day 2: May/Jun	

YOU MUST HAVE COMPLETED HEADCASE THIS SEASON BEFORE APPLYING FOR THIS COURSE

LEARN MORE ABOUT THE ENGLAND RUGBY REFEREEING AWARD FROM A RECENT COURSE PARTICIPANT HERE



WHISTLE STOP VIDEO GUIDES

REFEREEING CHILDREN



PLAYER SAFETY



COMMUNICATION ESSENTIALS



POSITIONING



REFEREEING THE SCRUM



REFEREEING THE TACKLE



FIT TO REFEREE



MANAGING THE TOUCHLINE



REFEREEING SEVENS



DEALING WITH PLAYERS AND CAPTAINS



COACHING

Course	Description	When	Type
England Rugby Coaching Award MIN AGE: 16	Entry point for those coaching U12 and above. Provides the knowledge, skills and attributes to safely and effectively coach young players and adults.	Day 1: Oct/Nov Day 2: May/June	

YOU MUST HAVE COMPLETED HEADCASE THIS SEASON BEFORE APPLYING FOR THIS COURSE

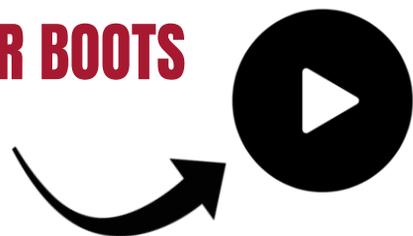
LEARN MORE ABOUT THE ENGLAND RUGBY COACHING AWARD FROM A RECENT COURSE PARTICIPANT HERE



Course	Description	When	Type
Principles of Scrummaging MIN AGE: 14	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching.	October	
GameChangers FREE	This 90 minute webinar workshop focuses on developing meaningful and inclusive games based and participants will be helped to understand the key principles of effective game zone design	November	
Principles of the Lineout MIN AGE: 14	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	March/April	

KEEP YOUR BOOTS ON!

**CLICK HERE TO CHECK OUT THE KEEP YOUR BOOTS
ON YOUTUBE COACHING AND REFEREEING
VIDEO RESOURCE LIBRARY**



**SUBSCRIBE TO RECEIVE THE LATEST
RESOURCE UPDATES**

ADVANCED PRACTICE

Course	Description	When	Type
Advanced Coaching Workshop Part 1 FREE MIN AGE: 18	<p>These courses are mandatory pre requisites for participating in the England Rugby Advanced Coaching Award and must be completed in the season you are considering starting the course, even if you have completed them previously.</p> <p>Part 1 is an on demand webinar. It is designed to inform best practice for coaching at this level and outline the requirements of the Advanced Coaching Award.</p>	November/ December	
Advanced Coaching Workshop Part 2 FREE MIN AGE: 18	<p>Part 2 is a 90 minute webinar workshop in which participants are required to review a video of their own coaching which is self and peer reviewed</p>	January/ February	
England Rugby Advanced Coaching Award (previously L3) MIN AGE: 18	<p>4 face to face days, webinars, practical/video observations and community of practice events.</p> <p>Applicants must have a minimum of 3 years experience as an England Rugby Coaching Award/Level 2 coach before applying.</p>	Starts July 12 month course	
England Rugby Advanced Match Official Award MIN AGE: 18	<p>4 face to face days, webinars, practical observations and community of practice events.</p> <p>The course is by invitation only and is aimed at panel referees with the potential to officiate in the high performance game.</p>	Starts July 12 month course	
England Rugby Performance Coaching Award (previously L4) MIN AGE: 18	<p>4 face to face days, webinars, practical/video observations and community of practice events.</p> <p>This is course is by application only and for coaches operating in high performance environments only.</p>	Starts January 18 month course	

LEADERSHIP

Course	Description	When	Type
England Rugby Director of Rugby Course MIN AGE: 18	The 4 day Director of Rugby course is designed to develop and support a generation of dynamic and inspirational leaders for the game. It is aimed at those leading rugby programmes in clubs, schools, colleges and universities. The course explores leadership and management themes set in an applied rugby context	Days 1&2: October Days 3&4: February/ March	
England Rugby Mentoring Award MIN AGE: 18	This course is delivered over 1 face to face day and 3 webinars. It is designed to develop the mentoring skills of anyone working to develop coaches, match officials or volunteers within their own environment.	July/August Webinars: Sep/Oct/Nov	



eLEARNING

Course	Description	When	Type
Emergency First Aid in Rugby Union FREE	This eLearning module is designed as a support tool for the face to face course with video reminders of everything you learn on the course. It is not recognised as a stand alone first aid course.	All Year	
Principles of Scrummaging FREE	This eLearning module is for those who have completed the face to face course through excellent scrum video resources and can also help those preparing to take the course.	All Year	
Principles of the Lineout FREE	This eLearning module is for those who have completed the face to face course through excellent scrum video resources and can also help those preparing to take the course.	All Year	
Inside 7s FREE	This course explores the coaching of 7s rugby union focusing on Attack, Defence, Passing & Realignment and the Breakdown via a series of video tutorials.	All Year	
Coaching the Breakdown Masterclass FREE	This course explores coaching players taking the ball into contact, securing the ball in attack, challenging for the ball in defence and game based decision making through a series of video tutorials.	All Year	



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gms.rfu.com/GMS/coursefinder