



CENTRAL DIVISION COACHING PHILOSOPHY



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PHILOSOPHY FOCUS

The Central Division Coaching Philosophy focuses on 2 key areas:

1. Develop the Player
 - a. Develop players with a strong game sense
 - b. Develop players that are decision makers
 - c. Develop well rounded individuals on and off the field
2. Develop the Coach
 - a. Develop initiative, creativity and flexibility
 - b. Develop a willingness to teach and learn.

'THE PRIMARY ROLE OF THE COACH IS TO TEACH'

'IT IS IMPOSSIBLE FOR A MAN TO LEARN, WHAT HE THINKS HE ALREADY KNOWS'

To achieve in these areas the culture embedded in representative programs in Central Division will be driven by '3 Pillars of Success':

1. Enthusiasm
 - a. Turn up to everything early and prepared.
 - b. Want to be at training and with your teammates.
 - c. Want to learn and improve.
 - d. Work hard and enjoy what we do.
 - e. View training as an opportunity to better yourself.
2. Competition
 - a. At training and matches we compete as hard as possible.
 - b. We compete with ourselves, each other and the opposition.
 - c. Compete beyond your capabilities in order to improve from others.
3. Respect
 - a. Respect yourself with your attitude to training, learning and becoming a better person.
 - b. Respect all others and their differences.
 - c. Respect the game by being appreciative of the work of those around you. say 'thank-you' at every opportunity.

'THE STANDARD YOU ACCEPT IS THE STANDARD YOU WALK PAST'



CORE MINDSET OF PLAYERS AND COACHES

Fixed Mindset		Growth Mindset
<ul style="list-style-type: none"> • Something you are born with • Fixed 	Skills	<ul style="list-style-type: none"> • Come from hard work • Can always improve • Flexible
<ul style="list-style-type: none"> • Something to avoid • Could reveal a lack of skill • Tend to give up easily 	Challenges	<ul style="list-style-type: none"> • Should be embraced • An opportunity to grow • More persistent
<ul style="list-style-type: none"> • Unnecessary • Something to do when you are not good enough 	Effort	<ul style="list-style-type: none"> • Essential • A path to mastery
<ul style="list-style-type: none"> • Get defensive • Take it personal 	Feedback	<ul style="list-style-type: none"> • Useful • Something to learn from • Identify areas to improve
<ul style="list-style-type: none"> • Blame others • Get discouraged 	Setbacks	<ul style="list-style-type: none"> • Use as a wake-up call to work harder next time • Turn setbacks in to positives and remains optimistic about outcomes

'WE CREATE AN ENVIRONMENT WHERE PLAYERS AND COACHES HAVE A 'GROWTH' MINDSET. WE WORK TO GROW AND IDENTIFY AREAS TO IMPROVE, EMBRACE CHALLENGES, AND SEE EFFORT AS ESSENTIAL, USE FEEDBACK POSITIVELY TO LEARN, AND SETBACKS ARE VIEWED AS A TIMELY REMINDER THAT WE NEED TO BE CONSTANTLY STRIVING TO BETTER OURSELVES.'



SESSION CONTENT AND PLANNING

OUR ENVIRONMENT HAS TO ENCOURAGE OPEN LEARNING THAT PUTS PLAYERS IN POSITIONS TO BE CHALLENGED

As a representative coach you will be required to plan your sessions in writing on the templates provided with this document. The content of these sessions need to be in line with the Central Division philosophy on player development. Your session plan must include running times, exercises/games, core skills as well as weekly and long term goals. Goals should be recorded and viewed periodically.

The following parameters must be met with each session:

- Your session must cover specific work on at least 3 Core Skills identified in this document (1 defensive core skills per session is compulsory).
- Each session must commence with a competitive game and finish with a competitive game (be creative).
- When coaching Core Skills never assume the player knows the key elements of executing the skills. Always use D.E.P.E (Demonstrate, Explain, Practice, Evaluate). Enforce the basics! **‘Tell me how to do it and I will forget, show me how to do it and I might remember, make me do it and I will never forget’.**
- The use of technology (video) is encouraged. Players sometimes need to see themselves performing in order to make a change. Video sessions should be included as part of your total running time not in addition to.
- Keep static skill practice and drills to a minimum length (5mins). Always follow up technical skill practice with an exercise or game that encourages use of the skill (incorporate skill based learning often).
- Keep total running time of each session to 1hour 20mins (If you are well planned this will not be a problem).
- Always keep a 50/50 ratio of attack and defensive work (do not only coach attack).
- Provide players with achievable, measureable and relevant goals that they can strive towards as individuals and as a team.

Your general session layout and planning should run close to the following framework:

- Competitive Game – 5mins
- Warm-up – incorporate core skill work, physical exercises and strength development – 15mins
- Skill Based Game – 15mins
- Group Skills – positional groups etc. – 15mins
- Skills Based Game/Conditioning Game/Specific Team Work – 15/20mins
- Competitive Game – 5mins
- Cool-down – 5mins

*You may need to sacrifice part of a session if you wish to incorporate video analysis.

To avoid monotony use a variety of games and exercises and move exercises around the framework provided. The goal is to give players as much practical time working on skills as possible. We want to develop players who can react quickly and make decisions under fatigue and pressure.

SESSIONS MUST BE INTENSE AND KEPT MOVING.



EFFORT FOCUS IN TRAINING

Everything we do revolves around repeat EFFORT and this is reflected in our actions and words at all times.

EFFORT will always be rewarded and our training and playing environment reflects this.

EFFORT at training needs to be high in order to meet the demands of the game.

Remember to always strive to work in efforts and positive actions in training. Examples include:

- Ball Dropped – focus talk on getting the ball back in the drill or game with urgency (not stating the obvious fact of the error).

EVERY NEGATIVE, BE IT THOUGHT OR ACTION, NEEDS A POSITIVE ACTION IMMEDIATELY TO GET PLAYERS BACK ON TRACK

- Exercises and Drills – strive for games, exercises and drills that involve repeated efforts or double up and triple up actions. Don't be afraid to combine core skills in this way once the players are at an acceptable level.
- Challenge the skill level players are at and advance to the next.

Example: 2 tackles on a hit shield immediately followed by a 30m sprint in to a 3 v 2 drill.

- Statistics – address and reward effort. Stats for double up efforts in defence, leading kick chase or kick pressure, pushing off the ball. Reward those that are consistently making efforts for the team.
- 1% efforts should be part of every players game.

AFTER EVERY EFFORT WE MAKE REPEAT EFFORTS





THE WAY WE PLAY

What does playing in a representative team stand for?

What does the emblem on your chest mean?

What do other teams expect when they play against you?

IN ATTACK WE ARE:

- Highly skilful and move the ball well.
- Quick and sharp in our line running.
- Great in support, always an option off the ball.
- In position to take advantage of every opportunity. We play what's happening now!

IN DEFENCE WE ARE:

- Enthusiastic and Aggressive.
- Tough in initial contact.
- Proud in defending our line. We scramble and fight to keep teams out.
- Ruthless. We never give up point easily, whatever the score.
- Excellent 1 on 1 defenders.

OVERALL WE ARE:

- Uncomfortable to play against. We make the opposition earn everything they get.
- Known for our EFFORTS in all aspects of play.
- Smart in our decision making.
- Enthusiastic in all aspects of our play.
- Well disciplined.
- Unpredictable.
- Positive communicators and believe in each other.

OUR DEVELOPMENT GOALS:

- To create a complete, well rounded Rugby League player.
- To improve the individual as young person first and a Rugby League player second.
- To coach according to the age group and to develop players for their next age group.
- To give every player the opportunity to reach their potential.





CORE SKILLS: COACHING CURRICULUM

Core Skill	Why do we teach this core skill?
Catch/Pass	<ul style="list-style-type: none"> Allows you to catch the ball in your hands, not on your chest Extended arms and early catch allows more time for the attacker to make decisions with the ball Enables you to receive a bad pass – high or low Allows you to transfer the ball to the support runner at a great speed Creates indecision in the defenders opposite the ball carrier Ensures your feet are correctly placed to pass or absorb contact
Grip/Carry	<ul style="list-style-type: none"> Choice of carry is a vital skill; protecting the ball when appropriate limits errors, transitioning from 2 hand carry to one hand etc. creates indecision in defenders
Offload	<ul style="list-style-type: none"> 2nd phase football is hugely important in the modern game as defence is becoming harder to break down One of the few skills that creates genuine chaos and the unknown in the defensive line Creates opportunities
Draw and Pass	<ul style="list-style-type: none"> All players across all positions should be capable of this fundamental and have the ability to attract defenders and place support runners into space
Support	<ul style="list-style-type: none"> Focus on support as a skill and not a natural ability is vital; support is a habit and a skill that needs repetition and focus at training Creates footballers who push off the ball carrier which in turn creates space and time for the ball carrier More opportunities for passing and offloads
Line Running	<ul style="list-style-type: none"> Repetition in realistic match like situations is important to create footballers who adjust their line running correctly Fundamental 'overs' and 'unders' lines give ball carriers more options Creates indecision in the defensive line Good footwork is vital in all positions
Decision Making	<ul style="list-style-type: none"> Decision making is a skill and not an ability you are born with. Needs focus and repetition at training Works hand in hand with support Creates footballers who create opportunities
Play the Ball	<ul style="list-style-type: none"> PTB speed is essential in modern League to create time and space for attackers Recognition of ruck speed by players around the PTB is essential to take advantage of quick PTB's on next ruck Proper technique in hitting the ground and getting back to your feet needs constant repetition. Technique before strength and speed must be coached Understanding how to play off the back of a fast/slow PTB
Tackle Technique (1 on 1)	<ul style="list-style-type: none"> All players should have a sound one on one tackle technique and be confident of making tackles in one on one situations A team of individuals with sound tackle tech creates a good defensive team. Coach individual technique before focusing on team defence Gives defenders confidence and therefore better defensive results; slows down the opposition and creates more time for correct defensive decisions
Tackle Technique (2 or 3 man)	<ul style="list-style-type: none"> Allows sides to dominate the ruck area and control the speed of the game Allows the defensive line to adjust and keep together if performed properly and extra players (3rd man) reload properly Allows for greater line speed if the ruck is controlled

UNDERSTAND THAT COACH AND PLAYER DEVELOPMENT IS AN ONGOING PROCESS THAT TAKES TIME



CENTRAL DIVISION REPRESENTATIVE PROGRAM

DEVELOPMENT OUTCOMES

The role of the coaching staff is to educate players. Your primary role as a Central Division coach is to achieve the objectives below. As per the Central Division Coaching Philosophy your primary role is to coach to the appropriate development age and prepare players for the next development stage. They need to perform these core skills in game based situations to become good decision makers.

UNDER 13 TO UNDER 15

CATCHING

- Catch off the chest (W-Shape)
- Catching High Balls – (Cradle Technique)
- Introduce contested catching (above head) at Under 15

GRIP/CARRY

- 2 Hand Carry (Hamburger Grip at the centre of body)
- Locking the ball up (middle of the chest)

PASSING

- Introduce and develop the correct technique for passing off both sides. Standing, Running (6 O'clock and Spiral), DH, Drop Off. Identify weaknesses at Under 13 and proficiency by Under 15.

PLAY THE BALL

- Play the Ball technique – knee, step, and sweep.

EVASION

- Evasion – small sided games to identify natural strengths and weaknesses.

LINE RUNNING

- Introduce basic the lines of attack (Unders/Overs, Drop Off, and Block Shape). Including an understanding of why/when these lines of attack are used.
- Introduce the role, principles and importance of support play at Under 13. Proficiency at Under 15.

DEFENCE

- Marker Defence (Split/Hold – tie in to the line)
- Reload (batsman's turn), Scanning, and appropriate Spacing (A, B, C Defenders)
- Line Speed - first 3 steps straight and square off the line.
- A 2 man tackle should be your coaching focus in all situations.
- Edge defence – scanning, count numbers, communicate, maintain spacing and follow your inside man. Introduce at Under 13, proficient at Under 15.
- Short side defence – counting numbers, scan, and communicate assistance.
- Tackle Technique – Proficiency in all legs tackles in 1 on 1 situation at Under 13. At Under 15 introduction to 1 on 1 smother tackle technique.
- Introduce the role of the 2nd player in a tackle at Under 13. Proficiency by Under 15.



CENTRAL DIVISION REPRESENTATIVE PROGRAM, CONTINUED...

UNDER 16 TO UNDER 18

A primary objective in these age groups is to develop proficiency across all areas listed above.
New outcomes to be introduced:

CATCHING

- Catching at the line under pressure
- Transition from catch to pass
- Increased focus on above head catching

GRIP/CARRY

- Transition from catch to ball protection in contact (use a bumper)
- Introduce one hand carry in preparation for offload.

PASSING

- Proficiency of all passing leading to mastery (both sides).
- Passing at the line under pressure and increasing width of passes.
- Introduce principles of off-loading in the tackle and through the line.

PLAY THE BALL

- Proficiency in finding your front after contact.
- Transition from knee, step and sweep to sprawl technique. Proficient by Under 18.

EVASION

- Introduce specific agility work.
- Introduce basic evasion techniques of hit and spin, bumper, fend and footwork at the line.

LINE RUNNING

- Introduce changes of tempo in line running once proficient with execution.
- Provide direct written feedback to all players based on performance of core skills.

DEFENCE

- Focus on developing decision making in executing the appropriate tackle in all situations.
- Proficiency at executing a dominant 2 or 3 man tackle (winning the ruck).



POSITION SPECIFIC SKILL FOCUS

BALL PLAYERS

- Kicking
- Decision Making (vision - eyes up in attack)
- Tempo
- Communication
- Pass selection
- Playing square at the line
- Playing at and in to the line
- Ruck recognition

OUTSIDE BACKS

- Set starts (kick return and play 1 and 2)
- 1 on 1 attack
- 1 on 1 defence
- Defensive decision making (role in short side/edge defence)
- High catching
- Pendulum (kick retrieval and return)
- Position specific line running (Edge lines of attack – including off the ball)

RUCK

- Position specific ruck line running (including push off the ball)
- Ruck recognition
- Repeat efforts
- Hard running
- Running at a 'weak' shoulder
- Finding your front
- Catching at the line
- Stay square at the line
- Good initial contact
- Communication in the ruck area
- Decision making – identifying opportunities
- Short passing (including off load)
- Footwork at the line (in attack and defence)
- Scrummaging (Body Position, Binding, Feet Placement)

Provide direct written feedback to all players based on performance of core skills. This should include some information on effort statistics.



TRAINING SESSION TEMPLATE

Training Session Plan.

Date:

Session Aims:

Weekly Outcome:

Time	Exercise, Skill Drill, Game, etc...

Gear Needed:

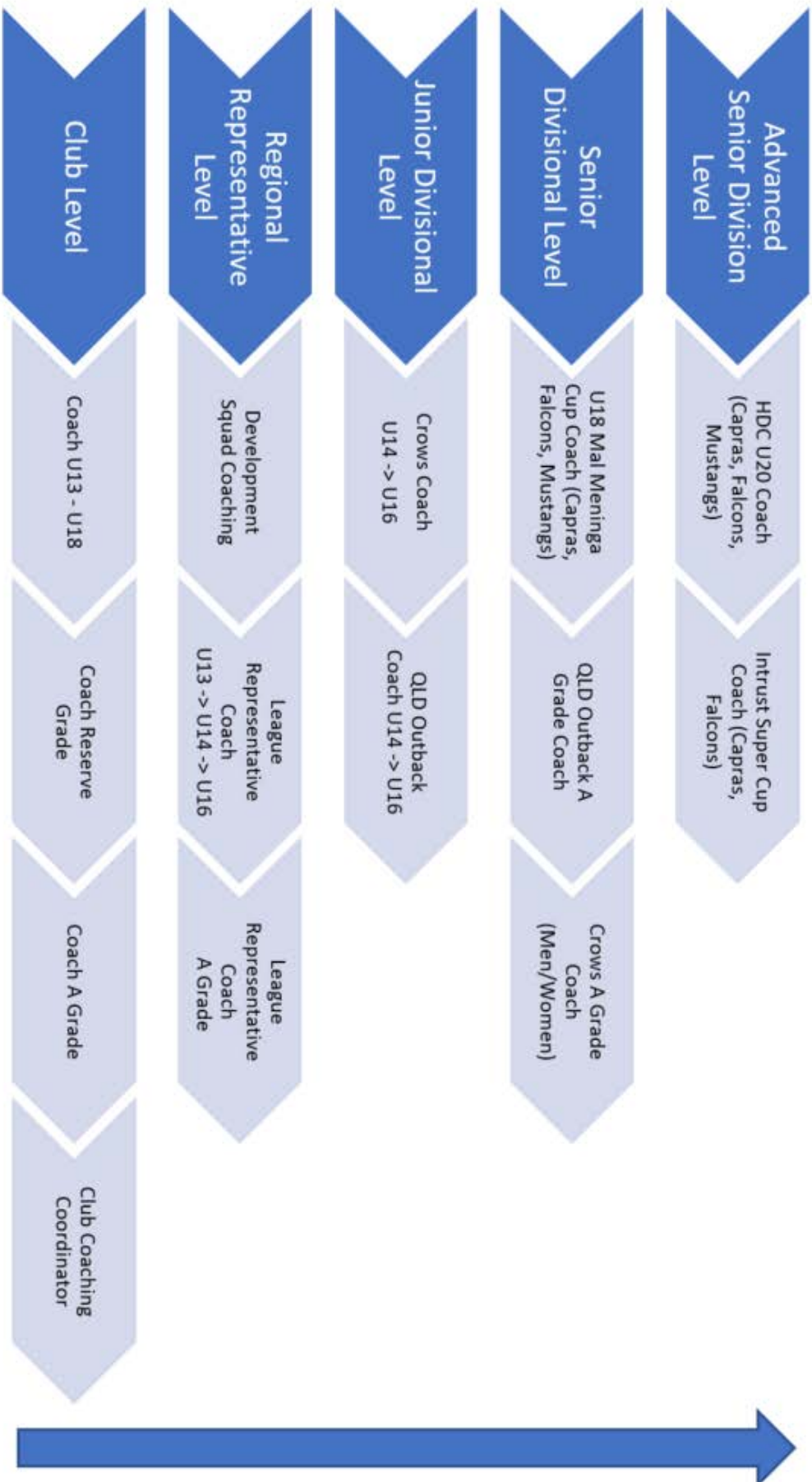
Things to improve on:

Injuries:

Things to remember:



CENTRAL DIVISION COACHING PATHWAYS



NB: PATHWAY GUIDE ONLY: COACHES DO NOT NECESSARILY HAVE TO COACH AT ALL STAGES TO PROGRESS TO NEXT COACHING LEVEL

