



COMMUNITY RUGBY LEAGUE

Coach Coordinator Handbook

Responsible for fostering a positive environment throughout the entire club



Play Your Part - Protect The Game



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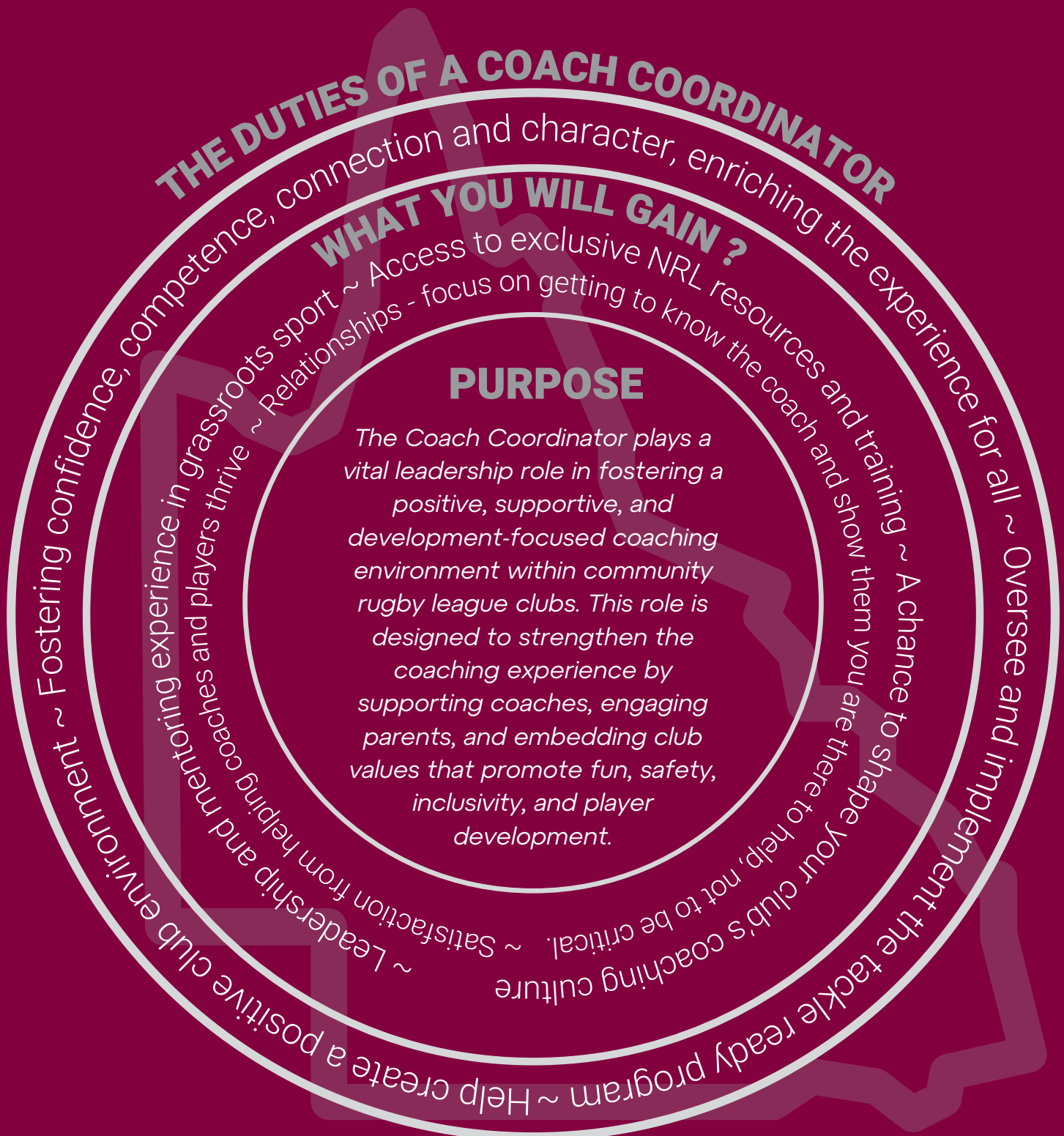
COACH COORDINATOR

As a Coach Coordinator, you will be responsible for fostering a positive environment throughout the entire club, management of the Club's coaching program and promoting the value of coaching within the Club and the compliance of the NRL National Code of Conduct.

Coach Coordinator must have completed the online Coach Coordinator Induction Course

Coach Coordinator should set a reasonable standard of dress, including closed in footwear.

Coach Coordinator must not consume alcohol whilst on duty and should decline the role if they have consumed any alcohol prior to the game.



Three Key Pillars

TACKLEREADY+

Support and educate coaches in delivering the NRL's TackleReady+ program for 8–12-year-old players.

Success Areas

The TackleReady+ program provides young players (8–12 years) with a structured, safe, and progressive introduction to tackling and being tackled



Success Areas

To create an environment where coaches feel supported, confident, and connected to the club and the wider rugby league community.

SUPPORTING COACHES

Mentor and guide coaches using the Good – Better – How – Help reflective framework.

CLUB ENVIRONMENT

Develop and lead consistent club coaching values and ensure these are understood and lived.

Success Areas

Establish and maintain a consistent and positive coaching culture within the club that aligns with NRL values and promotes player enjoyment, safety, and personal growth.





TackleReady +

➤ Purpose

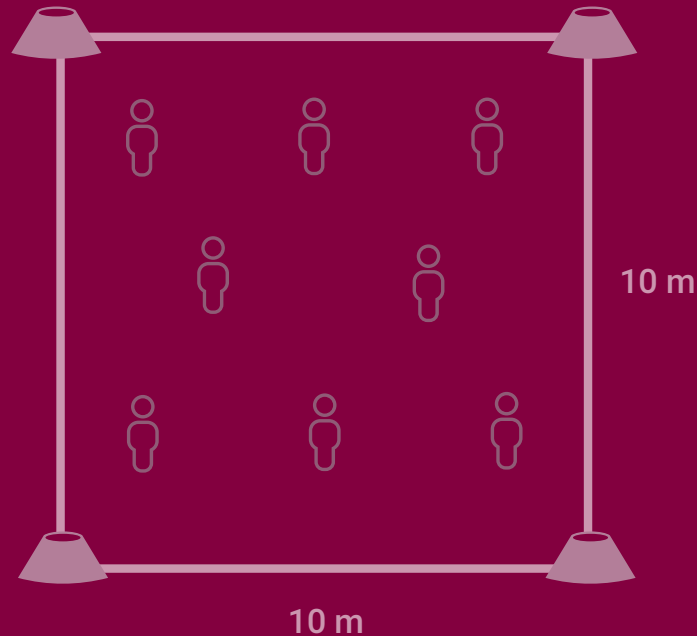
The TackleReady+ program allows participants to learn correct and safe techniques, preparing them for the tackle version of Rugby League. The three-session program aims to increase player confidence and physical competence in all tackling situations.

➤ Objective

- **Players** - Provide a systematic introduction and progression to tackling and being tackled with the aim of enhancing players' competence, leading to a greater level of enjoyment.
- **Coaches** - Educate entry level club coaches with the necessary skills to teach new and returning Rugby League participants how to tackle and how to be tackled safely.
- **Parents** - Give parents piece of mind, and highlight the Game's commitment to offering a safe, inclusive environment.

8-9 year old

Session 1: PHYSICAL LITERACY & PREPARE TO TACKLE



Equipment Required



WARM UP

- Use playful games as your warm-up activities to ensure kids are engaged and are having fun.
- Incorporate Mascot Moves to help develop agility, balance and coordination, laying a strong foundation for tackling.
- Incorporate safe fall aspects (e.g., sink-tuck-roll) to the warmup.

Scan Here

Mascot Moves demonstration video



ACTIVITY 1: KNEES TACKLE TO STANDING TACKLE

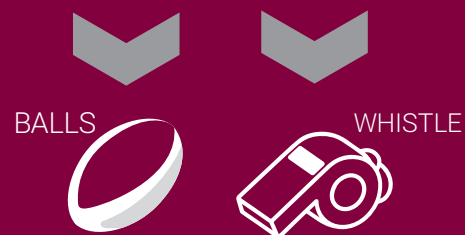
- Introduction to the tackle technique in both kneeling and standing positions;
- Focus on the correct positioning of the shoulder in the belly button area, and having the head on the opposite side to the shoulder;
- Players wrap their arms around the attacker, locking their arms around the body and squeezing tight;
- Encourage players to drive to the side and land with their body on top of the attacker.

Regression 1: Standing tackle

Regression 2: Introduce paddling / fast feet

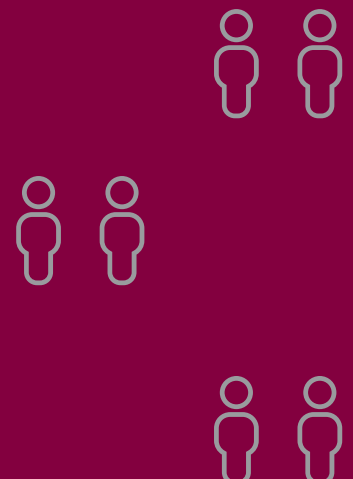
Progression: Start back-to-back before spinning and affecting the tackle.

Equipment Required



Scan Here

Knees tackle to standing tackle demonstration video



Equipment Required



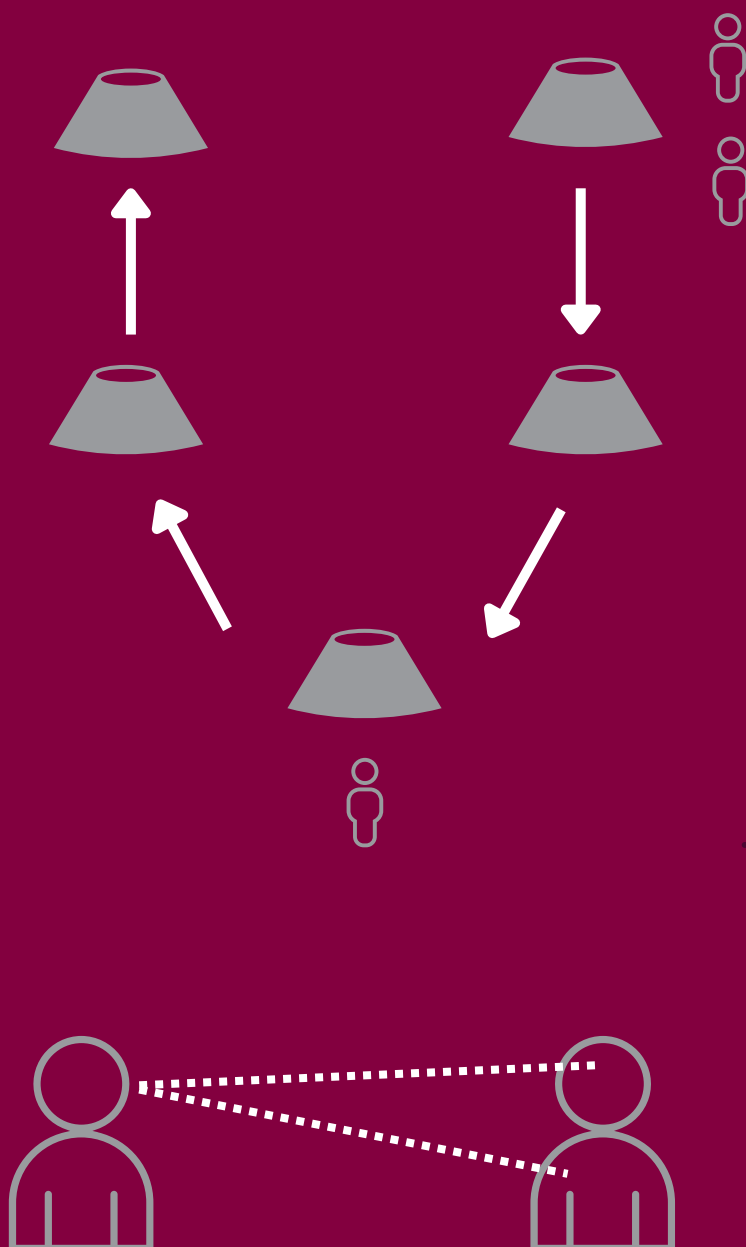
ACTIVITY 2: HIGH TENS, LOW TENS

- A dynamic activity to teach players to approach and step in close to the attacker;
- It also promotes agility and directional change.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their shoulder in the belly button area of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

Progression 2: Affect tackle and take attacker to ground



Scan Here

High Tens, Low Tens demonstration video



QUICK TIP

When approaching the attacker:

- Keep your eyes up!
- Keep a strong posture!
- Focus on having a straight back!

ACTIVITY 3: SCORE A TRY, SAVE A TRY

- A dynamic activity to teach players to approach and step in close to the attacker;
- It also promotes agility and directional change.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their shoulder in the belly button area of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

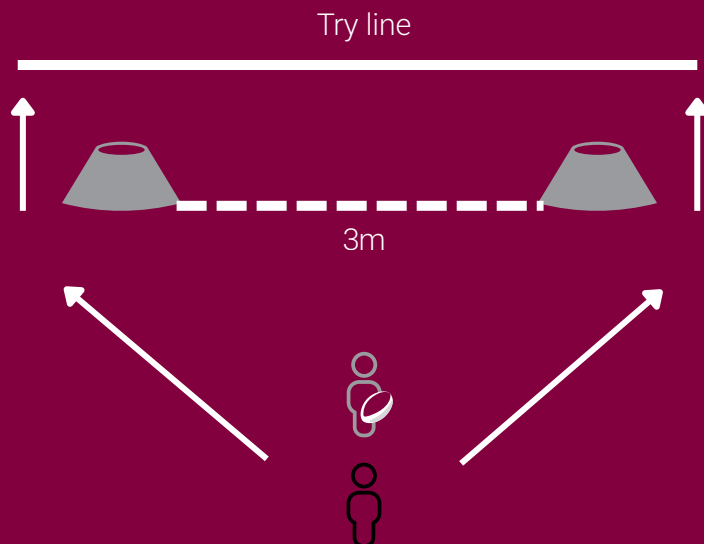
Progression 2: Affect tackle and take attacker to ground



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Score a try, save a try

Equipment Required



Equipment Required

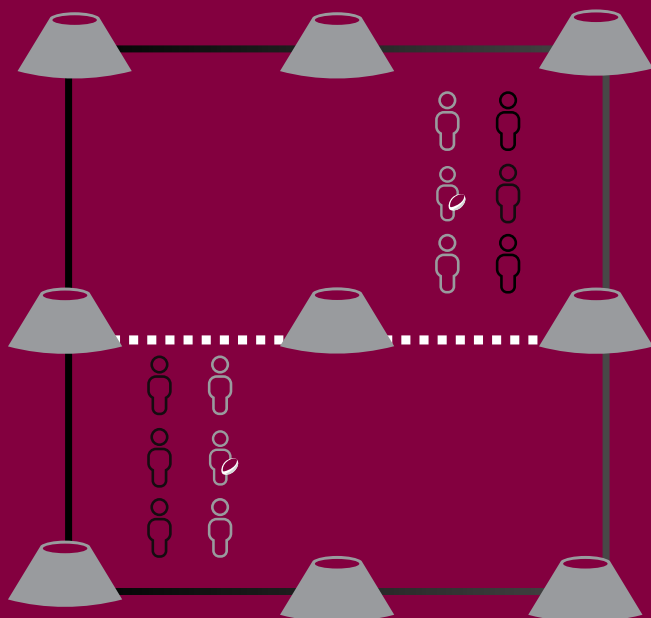


ACTIVITY 4: TACKLE GAME - 3 V 3

- In this activity, players learn how to tackle safely within a game-like environment;
- The objective is to score a try within three chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee;
- Emphasise the importance of safe tackling and safe landing techniques to minimise injury risk during play.

Regression: Narrower field

Progression: Wider field



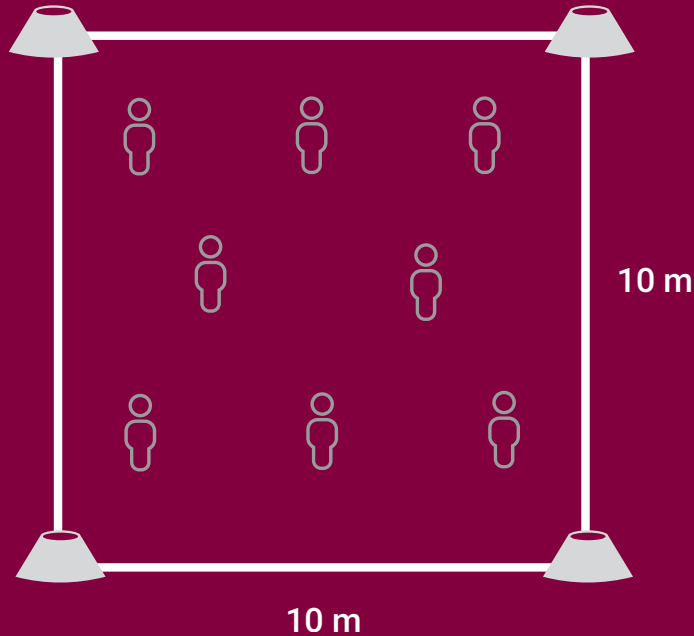
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Tackle Game- 3 v 3

8-9 year old

Session 2: INTRODUCTION TO TACKLE & TACKLE SELECTION

Equipment Required



WARM UP

- Use playful games as your warm-up activities to ensure kids are engaged and are having fun.
- Incorporate Mascot Moves to help develop agility, balance and coordination, laying a strong foundation for tackling.
- Incorporate safe fall aspects (e.g., sink-tuck-roll) to the warmup.

Scan Here

Mascot Moves demonstration video



ACTIVITY 2: HIGH TENS, LOW TENS

- A dynamic activity to teach players to approach and step in close to the attacker;
- It also promotes agility and directional change.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their shoulder in the belly button area of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

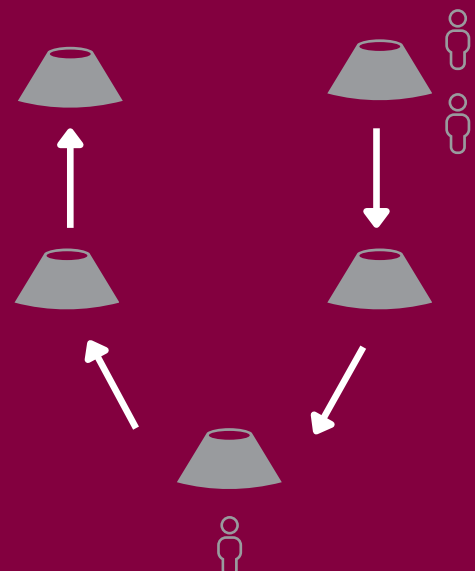
Progression 2: Affect tackle and take attacker to ground

Equipment Required



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HIGH TENS, LOW TENS DEMONSTRATION VIDEO



ACTIVITY 2: RUNNING INTO TACKLE WITH PADS (SAFE FALL)

- Players learn how to brace for a tackle and use a safe forward landing technique.
- They also learn to securely hold and protect a ball while driving through the resistance of the pads.
- Encourage players to play the ball while standing up.

Equipment Required



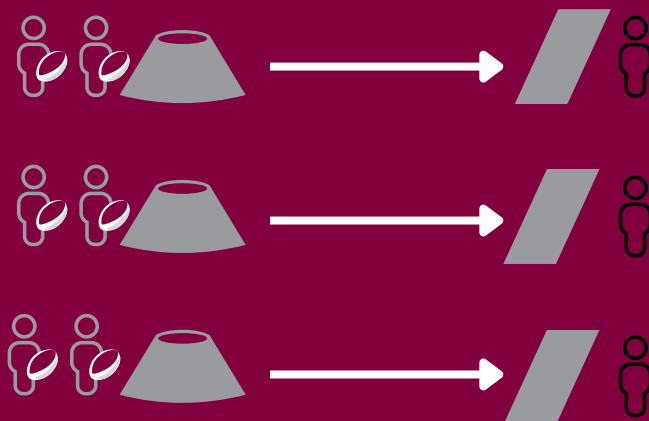
Regression: Walk, slow jog, less resistance of the pads.

Progression: Paddling / fast feet at the start of the activity and/or just before driving through the pads.



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RUNNING INTO TACKLE WITH PADS



QUICK TIP

Play the Ball

- Snap your knees up!
- Sweep your leg around!
- Touch the ball with your foot!



ACTIVITY 3: SCORE A TRY, SAVE A TRY

- A dynamic activity to teach players to approach and step in close to the attacker;
- It also promotes agility and directional change.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their shoulder in the belly button area of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

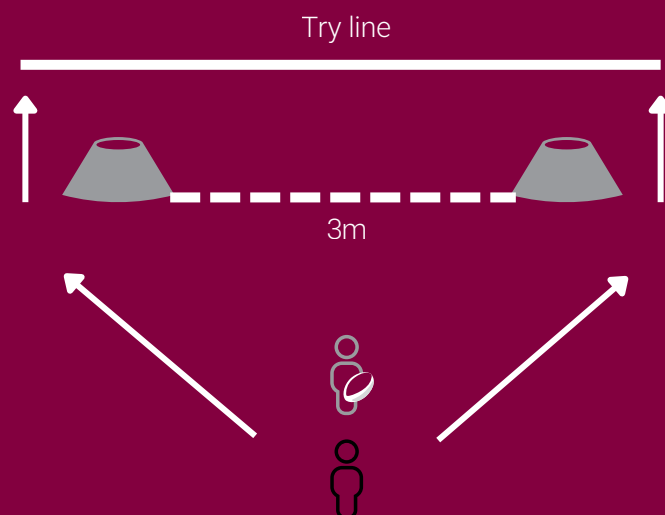
Progression 2: Affect tackle and take attacker to ground



Scan Here

Score a try, save a try

Equipment Required



ACTIVITY 4: SIDE ON TACKLE GRID PROGRESSING TO FRONT ON TACKLE GRID

- In this activity, players learn to progress from a side-on tackle to a front-on tackle, affecting a safe and effective tackle;
- Encourage players to apply safe tackling mechanics of Hit, Wrap, Drive to the Side, Land on Top;
- Encourage players to practice tackling with left and right shoulders.

Regression: Walking, slow jog

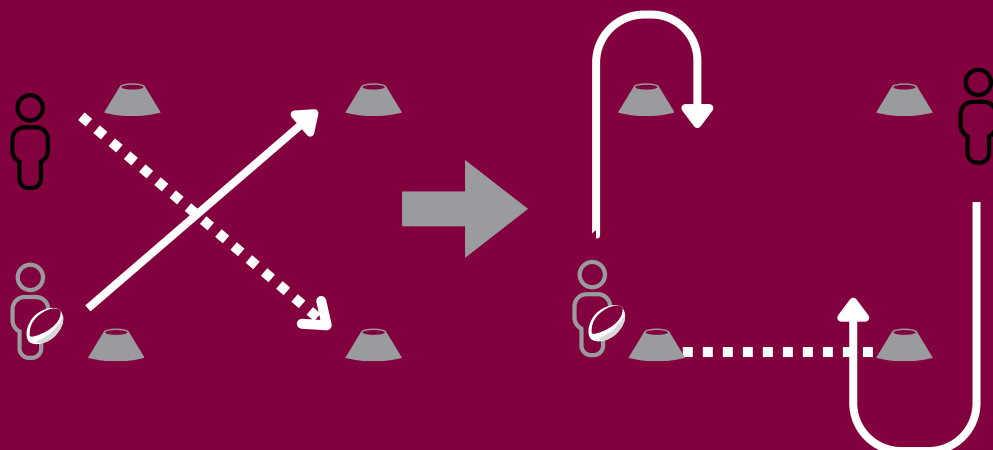
Progression: Increase speed



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Side On Tackle grid progressing to Front On Tackle grid

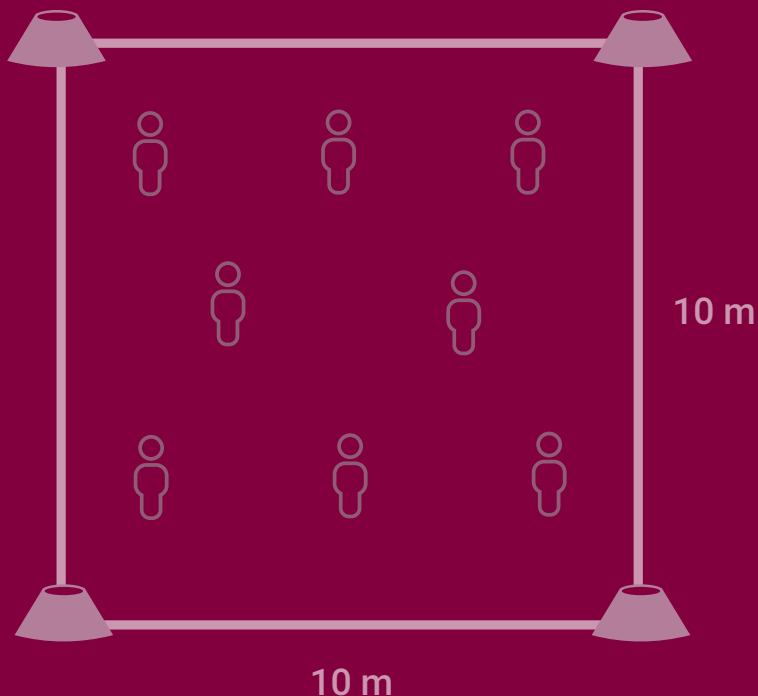
Equipment Required



8-9 year old

TACKLE ID, BRING IT TOGETHER & GAME SIMULATION

Equipment Required



WARM UP

- Use playful games as your warm-up activities to ensure kids are engaged and are having fun.
- Incorporate Mascot Moves to help develop agility, balance and coordination, laying a strong foundation for tackling.
- Incorporate safe fall aspects (e.g., sink-tuck-roll) to the warmup.

Scan Here

Warm Up



QUICK TIP

When affecting the HIT:

- Keep your eyes up!
- Change height through the joints (hit, knees, ankles)!
- Maintain a straight back!



ACTIVITY 3: SCORE A TRY, SAVE A TRY

- A dynamic activity to teach players to approach and step in close to the attacker;
- It also promotes agility and directional change.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their shoulder in the belly button area of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

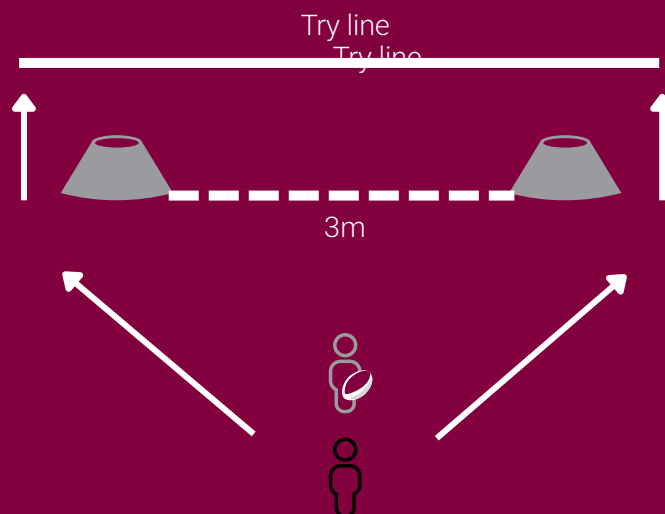
Progression 2: Affect tackle and take attacker to ground



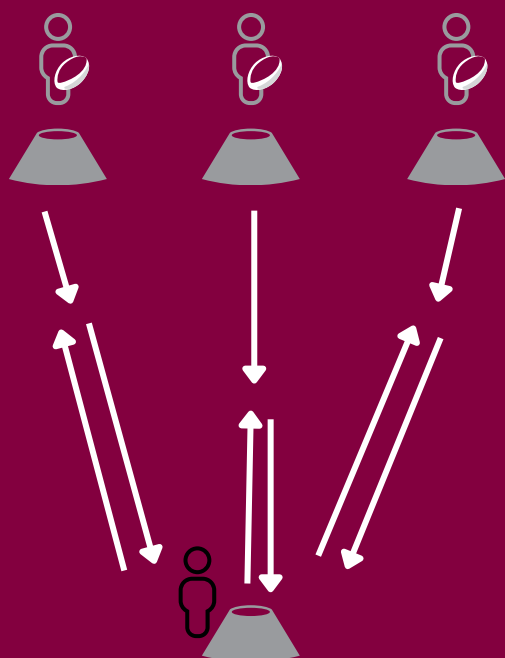
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Score a try, save a try

Equipment Required



Equipment Required



ACTIVITY 2: TACKLE CHALLENGE

- Players learn how to affect different types of tackle (fronton and side-on) using both shoulders;
- Encourage safe tackling mechanism of Hit, Wrap, Drive to the Side, Land on Top, as well as safe landing techniques;
- This activity also teaches players' ability to react quickly to reset (return to marker) to get ready for the next tackle;
- Encourage the attacker to fall safely.

Regression: Walk, slow jog

Progression: Random selection of front vs left/right tackle



Scan Here

Tackle Challenge

ACTIVITY 3: ONE-ON-ONE TACKLE GRID

- Players learn how to affect different types of tackle (fronton and side-on) using both shoulders;
- Encourage safe tackling mechanism of Hit, Wrap, Drive to the Side, Land on Top, as well as safe landing techniques;
- This activity also teaches players' ability to react quickly to reset (return to marker) to get ready for the next tackle;
- Encourage the attacker to fall safely.

Regression: Walk, slow jog

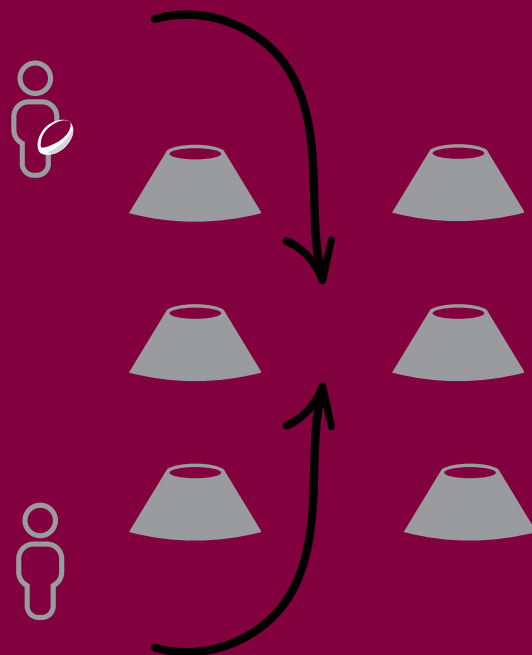
Progression: Random selection of front vs left/right tackle



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One on One Tackle Grid

Equipment Required



QUICK TIP

For the WRAP:

- Keep your feet in close!
- Shoulders at belly-button height!
- Head to the side and tight!



ACTIVITY 4: 6 V 6 GAME

- In this activity, players learn how to tackle safely within a game-like environment.
- The objective is to score a try within six chances.
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee.
- Emphasise the importance of safe tackling and safe landing techniques to minimise injury risk during play.

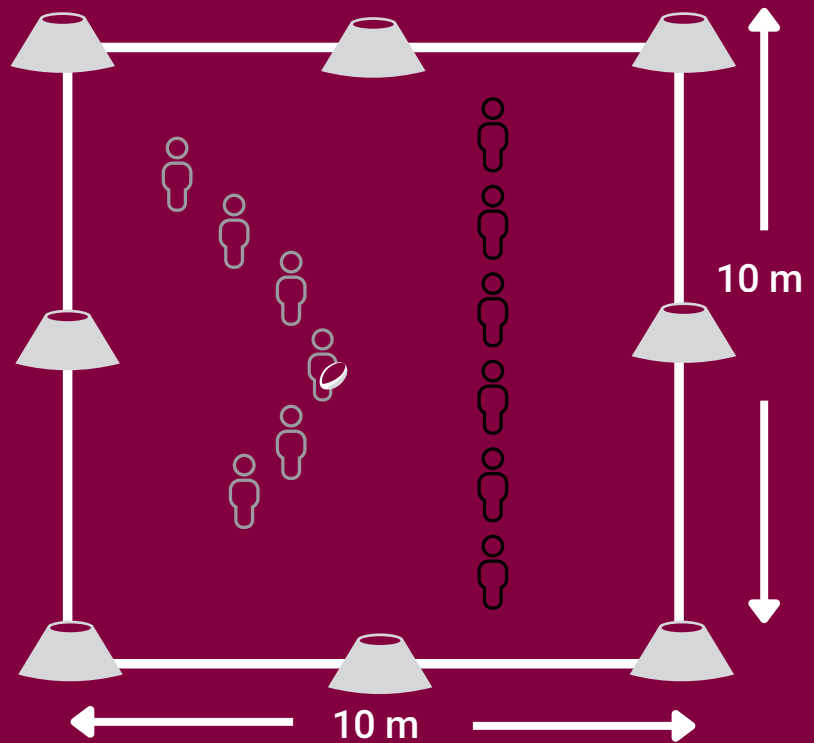
Regression: Narrower field

Progression: Wider field



Scan Here
6 v 6 Game

Equipment Required



QUICK TIP

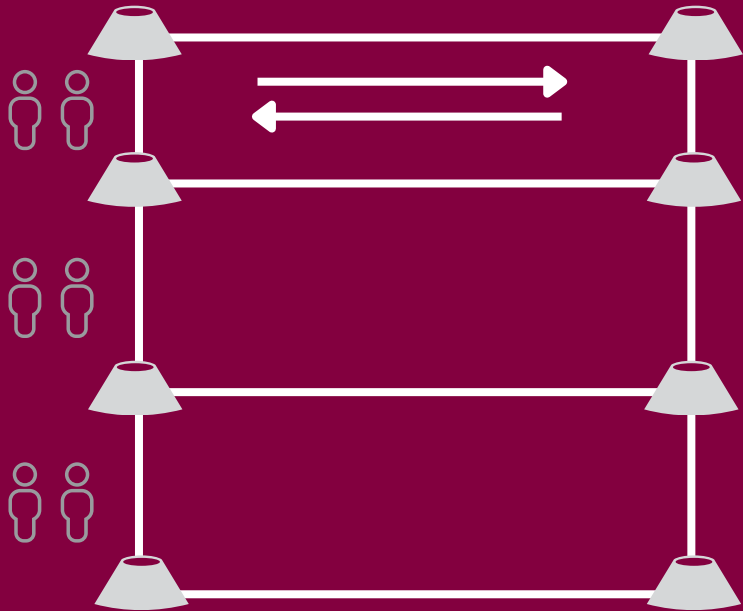
For DRIVE to the SIDE & LAND ON TOP

- Keep your head in close!
- Keep arms wrapped and knees bent!
- Push toward the attacker to roll them onto their back.
- Land safely on top!



10-12 year olds

Session 1: TACKLE REVISION & TACKLE SELECTION



Equipment Required



WARM UP

- Warm up activities based on fundamental movement skills to reduce injury and preparing the players for tackling;
- Incorporate general warm up, hopping and landing, general strength activities.

Scan Here

Warm Up



QUICK TIP

When affecting the HIT:

- Keep your eyes up!
- Change height through the joints (hit, knees, ankles)!
- Maintain a straight back!



Equipment Required



ACTIVITY 1: SCORE A TRY, SAVE A TRY

- A dynamic activity to practice safe tackling with both left and right shoulders.
- It also promotes reaction time and decision making on whether to use the left or right shoulder for tackling.
- Encourage the attacker to fall safely and forward only.

Regression: Walking, slow jog

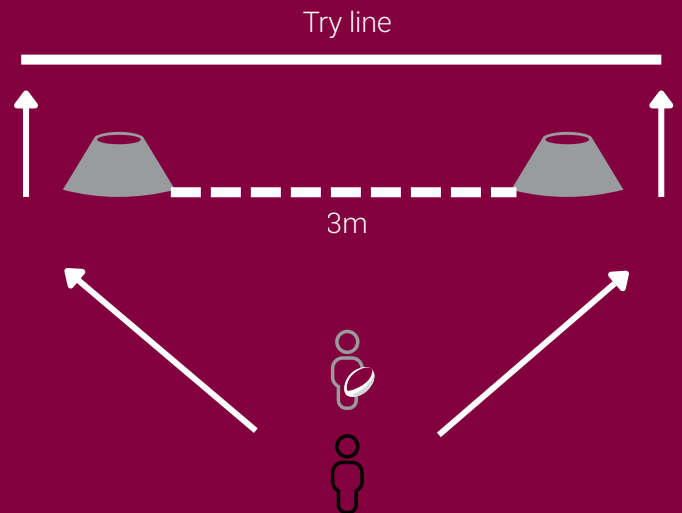
Progression 1: Introduce paddling/ fast feet

Progression 2: Start both players standing back to back.



Scan Here

Score a try, save a try



ACTIVITY 2: ONE ON ONE TACKLE GRID

- Players learn how to tackle 1:1 in a more dynamic environment.
- Players learn to read the attacker, and make a decision on how to affect a safe tackle using either their left or right shoulder.
- Encourage safe tackling mechanism of Hit, Wrap, Drive to the Side, Land on Top, as well as safe landing techniques.
- Encourage the attacker to fall safely.

Regression: Walk, slow jog, smaller grid

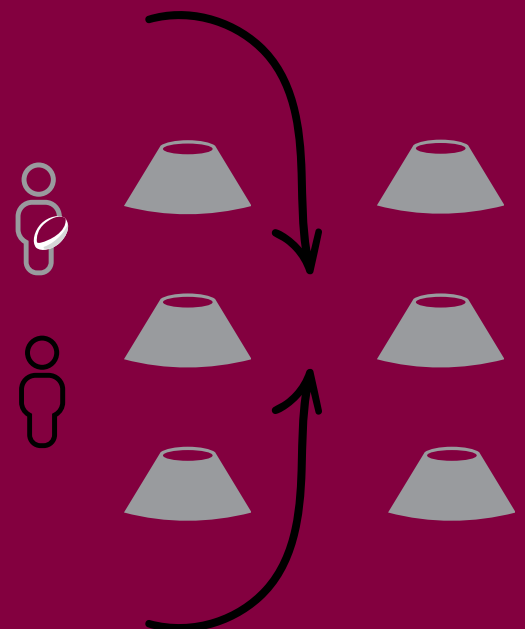
Progression: Increase pace, larger grid



Scan Here

One on One Tackle Grid

Equipment Required



ACTIVITY 3: TACKLE CHALLENGE

- Players learn how to affect different types of tackle (front-on, side-on and from behind) using both shoulders.
- Encourage safe tackling mechanism of Hit, Wrap, Drive to the Side, Land on Top, as well as safe landing techniques.
- This activity also teaches players' ability to react quickly to reset (return to marker) to get ready for the next tackle.
- Encourage the attacker to fall safely.

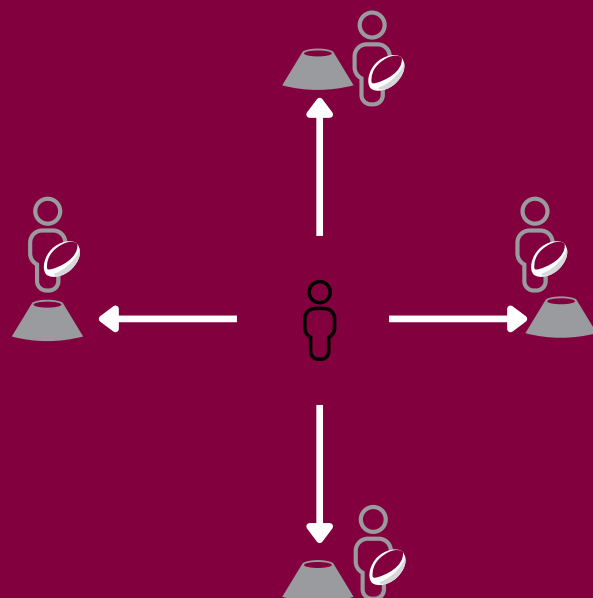
Regression 1: Walk, slow jog

Regression 2: Remove tackle from behind

Progression: Random selection of front vs left/right vs from behind tackle



Scan Here
Tackle Challenge



Equipment Required



ACTIVITY 4: CONTACT CIRCLE

- In this activity, defenders are encouraged to focus on the Hit and Wrap stages of the tackle.
- Defenders also develop teamwork to increase their defensive awareness and spatial control.
- The attacker learns how to run into contact, and how to position themselves in a safe and effective manner.

Regression: Smaller circle

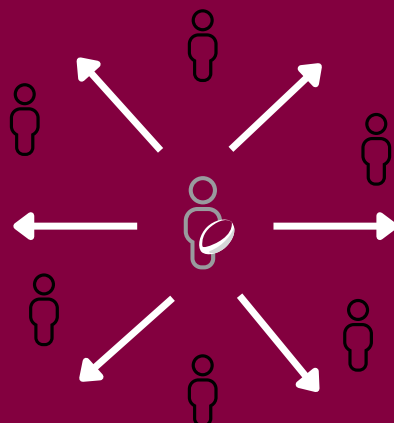
Progression 1: Larger circle

Progression 2: Take to ground - Encourage players to communicate in tackle by adding a call like "I'm ball" then second defender can drop and take the attacker to the ground.



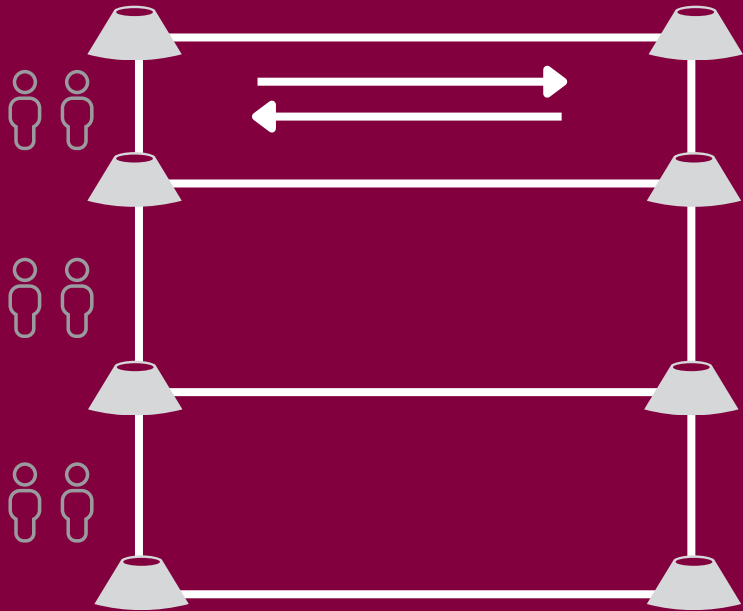
Scan Here
Contact Circle

Equipment Required



10-12 year olds

Session 2: TACKLE CONSOLIDATION & 2 DEFENDER TACKLE



Equipment Required



WARM UP: PREPARE TO PLAY

- Warm up activities based on fundamental movement skills to reduce injury and preparing the players for tackling;
- Incorporate general warm up, hopping and landing, and general strength activities.



QUICK TIP

For the WRAP:

- Keep your feet in close!
- Shoulders at belly-button height!
- Head to the side and tight!

Scan Here

Prepare to Play



ACTIVITY 1: CONTACT CIRCLE

- In this activity, defenders are encouraged to focus on the Hit and Wrap stages of the tackle;
- Defenders also develop teamwork to increase their defensive awareness and spatial control;
- The attacker learns how to run into contact, and how to position themselves, and land safely on their knees.

Regression: Smaller circle

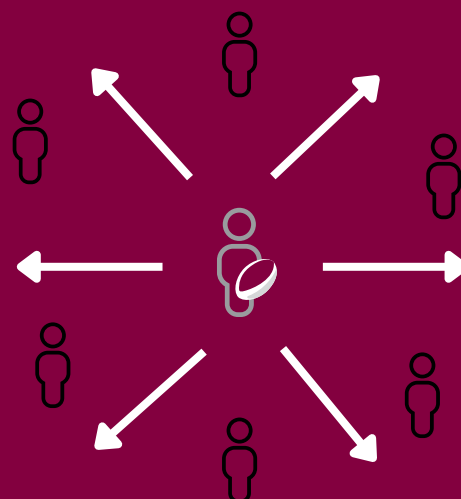
Progression 1: Larger circle

Progression 2: Take to ground



Scan Here
Contact Circle

Equipment Required



ACTIVITY 2: TACKLE TRIANGLE

- In this reaction time activity, defenders work together to safely affect the Hit and Wrap component of the tackle before safely driving the attacker to the ground and landing on top;
- Defenders also develop teamwork to increase their defensive awareness and spatial control;
- The attacker learns how to run into contact, and how to position themselves in a safe and effective manner.

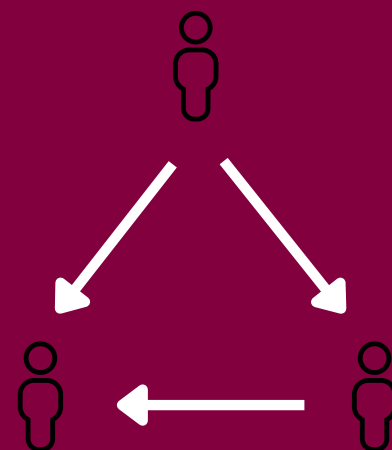
Regression 1: Hit and Wrap only

Regression 2: Smaller triangle

Progression: Larger triangle



Scan Here
Tackle Triangle



Equipment Required



ACTIVITY 3: TACKLE GRID 2 V 1

- In this reaction time activity, defenders work together to safely affect the Hit and Wrap component of the tackle before safely driving the attacker to the ground and landing on top;
- Defenders also develop teamwork to increase their defensive awareness and spatial control;
- The attacker learns how to run into contact, and how to position themselves in a safe and effective manner.

Regression: Hit and Wrap only

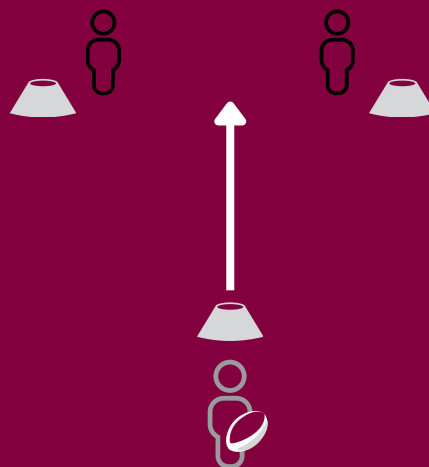
Progression: Reaction drill (coach indicating left or right shoulder tackle)



Scan Here

Tackle Grid 2 v 1

Equipment Required



ACTIVITY 4: 6 V 6 GAME

- In this activity, players learn how to tackle safely within a game-like environment.
- The objective is to score a try within six chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee.
- Emphasise the importance of safe tackling and safe landing techniques to minimise injury risk during play.

Regression: Narrower field

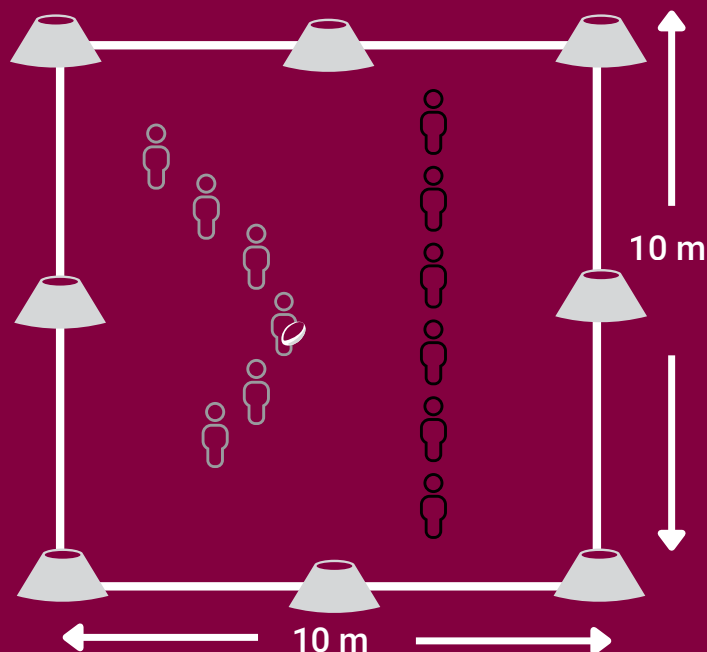
Progression: Wider field



Scan Here

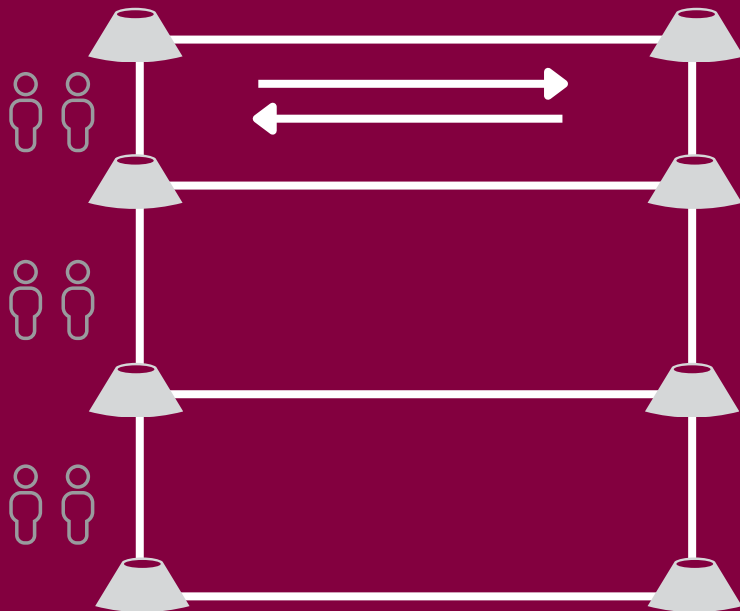
6 v 6 Game

Equipment Required



10-12 year olds

Session 3: 2 PERSON TACKLE & INTRODUCTION TO MARKER/RUCK DEFENCE



Equipment Required



WARM UP: PREPARE TO PLAY

- Warm up activities based on fundamental movement skills to reduce injury and preparing the players for tackling;
- Incorporate general warm up, hopping and landing, and general strength activities.



QUICK TIP

For DRIVE to the SIDE & LAND ON TOP

- Keep your head in close!
- Keep arms wrapped and knees bent!
- Push toward the attacker to roll them onto their back.
- Land safely on top!

Scan Here
Prepare to Play



ACTIVITY 1: CONTACT CIRCLE - 2 ATTACKERS

- In this activity, defenders are encouraged to focus on the Hit and Wrap stages of the tackle;
- Defenders also develop teamwork to increase their defensive awareness and spatial control;
- The attackers learn how to run into contact, and how to position themselves in a safe and effective manner.

Regression: Smaller circle

Progression 1: Larger circle

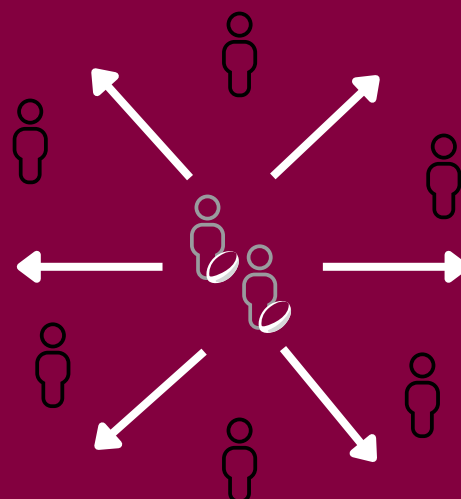
Progression 2: Take to ground



Scan Here

Contact Circle - 2 Attackers

Equipment Required



ACTIVITY 2: TACKLE GRID 2 V 1

- In this reaction time activity, defenders work together to safely affect the Hit and Wrap component of the tackle before safely driving the attacker to the ground and landing on top.
- Defenders also develop teamwork to increase their defensive awareness and spatial control.
- The attacker learns how to run into contact, and how to position themselves in a safe and effective manner.

Regression: Hit and Wrap only

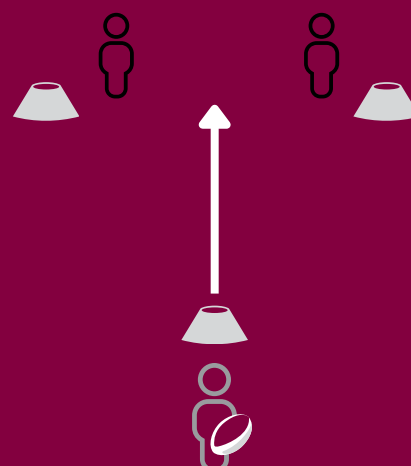
Progression: Reaction drill (coach indicating left or right shoulder tackle)



Scan Here

Tackle Grid 2 v 1

Equipment Required



ACTIVITY 3: INTRODUCTION TO MARKER

- In this activity, defenders are encouraged to focus on the Hit and Wrap stages of the tackle.
- Defenders also develop teamwork to increase their defensive awareness and spatial control.
- The attackers learn how to run into contact, and how to position themselves in a safe and effective manner.

Regression: Smaller circle

Progression 1: Larger circle

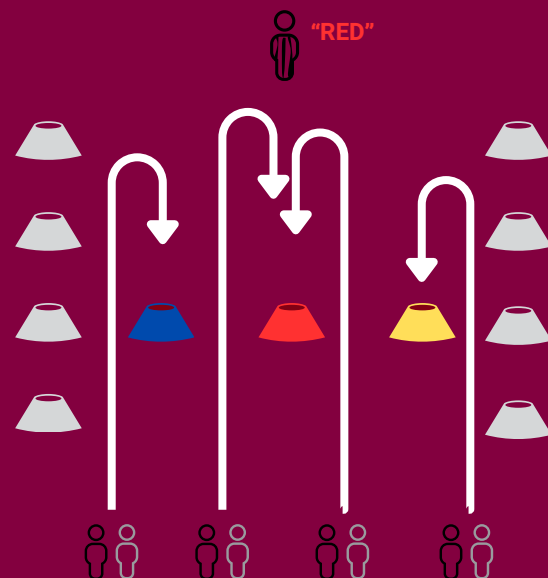
Progression 2: Take to ground



Scan Here

Introduction to Marker

Equipment Required



ACTIVITY 4: 6 V 6 WITH INTRODUCTION OF BIAS CONSTRAINT

- In this activity, players learn how to tackle safely within a game-like environment;
- The objective is to score a try within six chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee;
- Emphasise the importance of safe tackling and safe landing techniques to minimise injury risk during play.

Regression: Narrower field

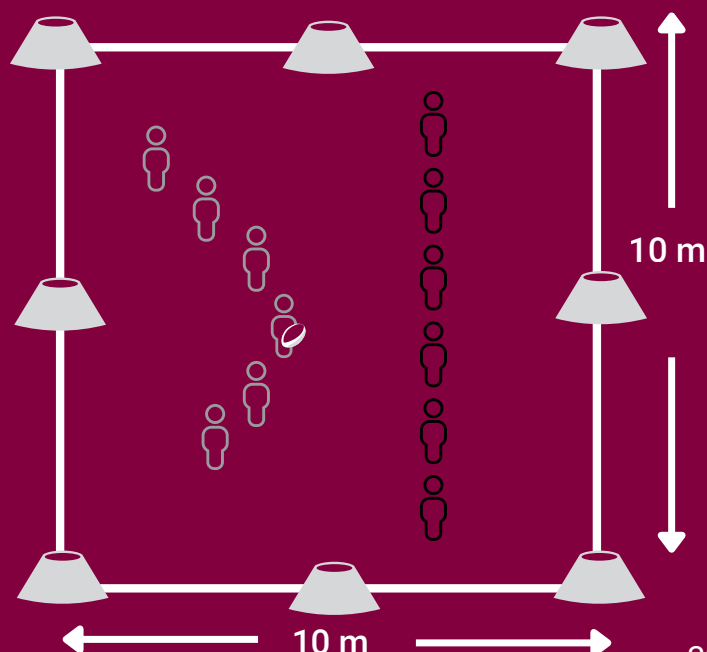
Progression: Wider field



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6 v 6 Game

Equipment Required



Good - Better - How - Help Framework

- **GOOD** begins by asking the coach what they did well to start the conversation positively and show you view their perspective. This helps resist the urge to jump straight to improvements. While they reflect, also highlight what you think they did well for added reinforcements.
- **BETTER** after discussing what the couch did well, ask what they could do better. This helps them reflect on areas for growth. You'll likely have notes, but rather than telling them, guide them to identify improvements. Focus on one or two areas to keep it manageable.
- **HOW** by now you know the coaches' strengths and areas for improvement while helping them reflect a key step in learning. Next, ask "How can you improve what you identified could be better?" to guide their planning and focus their efforts.
- **HELP** end with "how can I help you?". This shows support while encouraging the coach to think about what they need. If they ask, share your insights, but avoid forcing opinions, as this can reduce their invitation to want to improve.

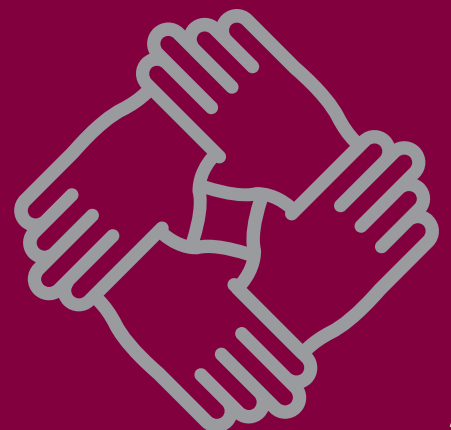
For Example:

What is it that you did GOOD in this session?

What could you do BETTER?

How are you going to get better?

How can I HELP you?



Frequently Asked Questions

► What is the purpose of the Coach Coordinator role?

The Coach Coordinator plays a leadership role in building a positive, safe and development-focused coaching environment within community rugby league clubs. The role supports coaches, engages parents and helps embed consistent club values aligned with NRL principles of fun, safety and inclusivity.

► Is the Coach Coordinator a paid role?

No. The Coach Coordinator is a volunteer role designed to support grassroots rugby league clubs and their coaching environments.

► Who supports or advocates for Coach Coordinators?

Coach Coordinators are supported and advocated for by State League Representatives and Local NRL Game Development Officers.

► How do Coach Coordinators support coaches?

They build relationships with coaches, provide regular guidance, tailor support for different experience levels, and use the Good – Better – How – Help reflective framework to encourage development and growth.

► What is expected in relation to club culture and environment?

Coach Coordinators help develop club coaching values, promote positive coaching behaviours, engage parents, and ensure training and games reflect fun, safety and inclusivity.

► Is training required to become a Coach Coordinator?

Yes. Coach Coordinators must complete eLearning prior to attending a face-to-face Coach Coordinator workshop delivered by NRL staff.

► Are Working with Children checks required?

Yes. Coach Coordinators must hold and maintain a valid Working with Children Check (or equivalent) as part of the NRL's commitment to child safety.

► Are you required to report suspicious activity ?

Yes. As a mandatory reporter, you have a duty of care to report any suspicious activity to the relevant authorities.

► What does a Coach Coordinator gain from the role?

Benefits include leadership and mentoring experience, access to NRL resources and training, and the opportunity to positively shape club coaching culture.



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References and Resources

- [NRL Code of Conduct](#)
- [QRL Positive Environment Program](#)
- [PEP Program Brochure](#)
- [Junior League Laws \(6-12's\)](#)
- [International Laws \(13+\)](#)
- [Other Laws of the Game](#)