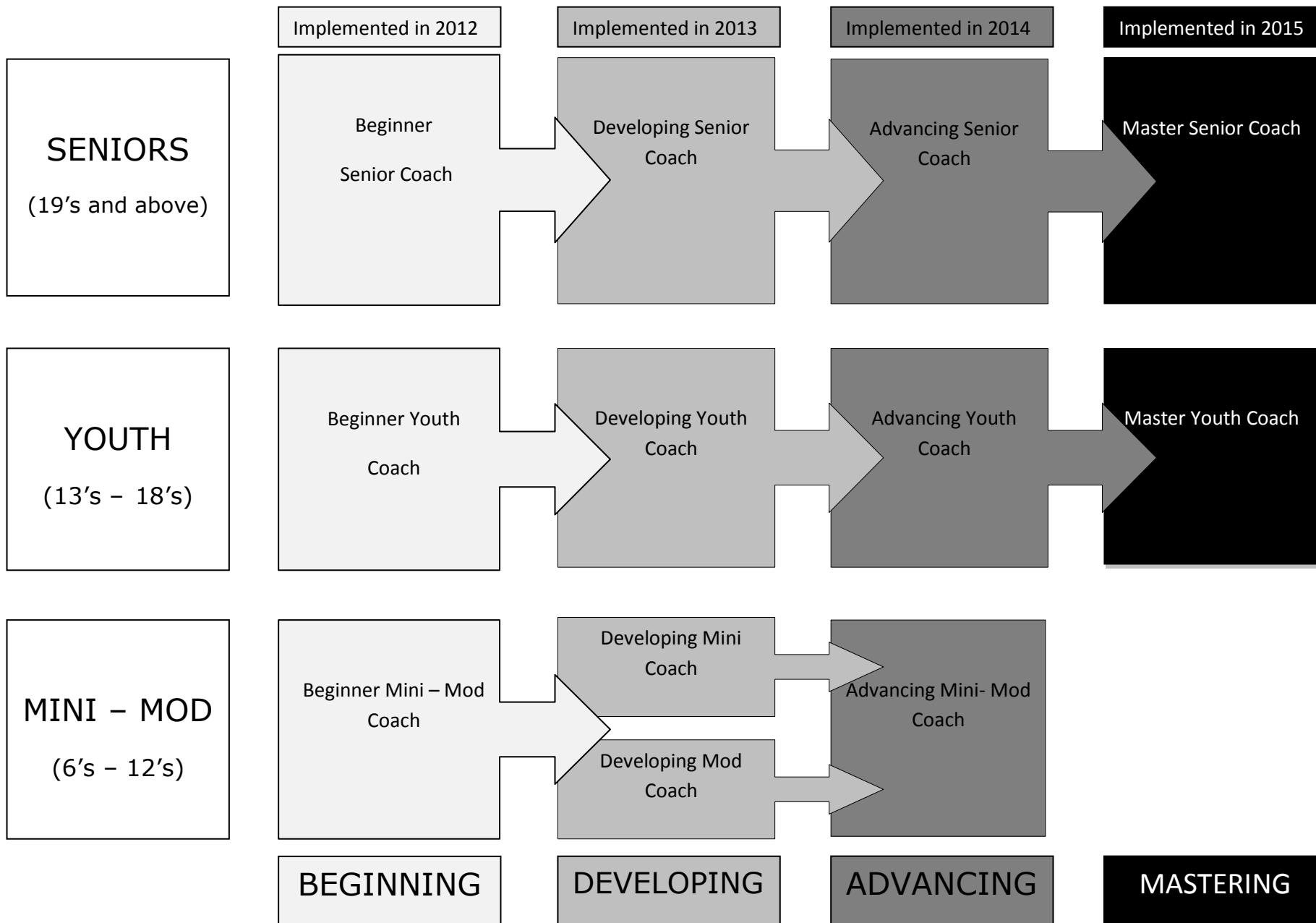


# DRAFT NZRL COACHES PATHWAY FROM 2012 - 2016



AGE APPROPRIATE PATHWAY

ENTRY TO HIGH PERFORMANCE

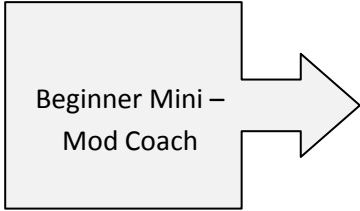
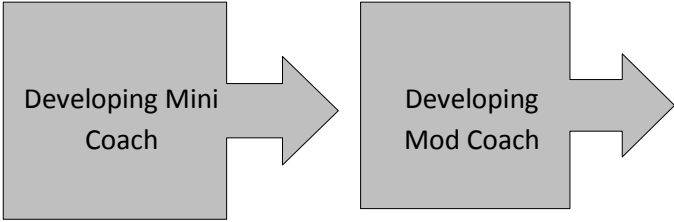



STAGES OF COACH DEVELOPMENT

# Mini-Mod Coaches Pathway and Stages of Development

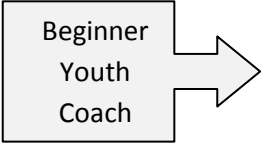
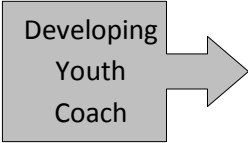
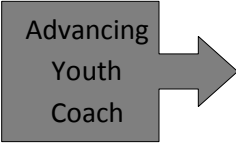



**\*\*For all levels Coaches must have an up to date Mini-Mod Fundamentals License\*\***

STAGE OF DEV		 <p style="text-align: center;">Or</p>	 <p style="text-align: center;"><b>DRAFT</b></p>
M O D U L E S	<ul style="list-style-type: none"> <li>• Mini / Mod Fundamentals</li> <li>• Designing training Games for Mini / Mods / Intro to Mini Mod Footy (Coaching, Philosophy, Refereeing)</li> </ul>	<p style="text-align: center;"><b>Developing Mini Coach Modules</b></p> <ul style="list-style-type: none"> <li>• Taking Off into Rugby League Coaching (online Module)</li> <li>• Safety Net (online Module)</li> <li>• Managing Parents</li> <li>• Planning Module 1</li> <li>• Mini-Mod Referees Course</li> <li>• Mini-Mod Formations and on-field organisation</li> <li>• Mini’s Skills and Games (Skill acquisition)</li> </ul> <hr/> <p style="text-align: center;"><b>Developing Mod Coach Modules</b></p> <ul style="list-style-type: none"> <li>• Taking Off into Rugby League Coaching (online Module)</li> <li>• Safety Net (online Module)</li> <li>• Managing Parents</li> <li>• Planning Module 1</li> <li>• Mini-Mod Referees Course</li> <li>• Mini-Mod Formations and on-field organisation</li> <li>• Mod’s Skills and Games (Skill acquisition)</li> <li>• Positional Play for Mods</li> <li>• Mini-Mod Skill Acquisition (May be covered off in Skills and games modules – write last)</li> </ul>	<ul style="list-style-type: none"> <li>• Effective Coaching Module 1</li> <li>• Athlete Learning } Could become 1</li> <li>• Skill Acquisition? } Module – see what hasn’t been covered</li> <li>• Attack and Defence for Mods (Implement and reflect)</li> <li>• Mini-Mod Coach Educator</li> <li>• Advancing Mini / Mod Skills and Games (may include Constraints led coaching)</li> <li>• Leadership Module 1</li> <li>• Professional Development (select 1 of the following and show how you can implement learning into your coaching)             <ul style="list-style-type: none"> <li>○ Visiting other sports</li> <li>○ Attend Seminar / conference</li> <li>○ Organise Gala day</li> <li>○ Partake in some coaching research</li> <li>○ Project of own interest</li> <li>○ Coaching Experience (Critical other who watches training /game and gives feedback)</li> <li>○ Attending and assistance at NZRL Roots camp</li> </ul> </li> </ul>

# Youth Coaches Pathway and Stages of Development

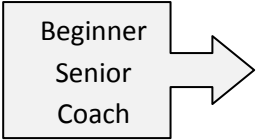
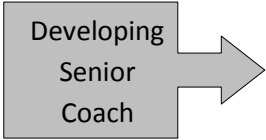




STAGE OF DEV				
MODULES	<ul style="list-style-type: none"> <li>Rugby League Fundamentals (Leaguesmart)</li> <li>Designing training games for Youth players</li> <li>Rules awareness + Safe play code (Possible online module)</li> </ul>	<ul style="list-style-type: none"> <li>Taking Off into Rugby League Coaching (online Module)</li> <li>Safety Net (online Module)</li> <li>Effective Coaching Module 1</li> <li>Skill Acquisition Module 1</li> <li>Developing Fitness Module 1</li> <li>Managing others module 1</li> <li>Planning Module 1</li> <li>Developing Youth Skills</li> <li>Intro to Attack and Defence</li> <li>Attack Module 2 - Basic plays</li> <li>Defence Module 2 – starts of play</li> <li>Communicating with Youth Players</li> <li>Developing a game book</li> <li>White board sessions (May become part of Planning module 1 or game day coaching)</li> </ul>	<p><b><u>Complete the following Modules:</u></b></p> <ul style="list-style-type: none"> <li>Effective Coaching Module 2</li> <li>Skill Acquisition Module 2</li> <li>Developing Fitness Module 2</li> <li>Planning Module 2</li> <li>Analysis Module 1</li> <li>Advanced Youth Skills</li> <li>Players roles and requirements</li> <li>Attack (Modules 3 and 4)</li> <li>Defence (Modules 3 and 4)</li> <li>Game day coaching</li> <li>Leadership Module 1</li> <li>Psychology Module 1</li> <li>Advancing your game book</li> <li>Athlete Learning (could be covered in skill acquisition)</li> </ul> <p><b><u>Complete the following activities:</u></b></p> <ul style="list-style-type: none"> <li>Coaching Experience / Observation (Zonal level) + (Critical other who watches training /game and gives feedback)</li> <li>Attending NZRL Hearts camp</li> <li>Becoming a Coach Educator (Beg and Dev Modules)</li> <li>Professional Development (select 1 of the following and show how you can implement learning into your coaching)                             <ul style="list-style-type: none"> <li>Visiting other sports</li> <li>Attend Seminar / conference</li> <li>Partake in some coaching research</li> <li>Project of own interest</li> </ul> </li> </ul>	<p><b><u>Complete the following Modules:</u></b></p> <ul style="list-style-type: none"> <li>Developing Fitness Module 3</li> <li>Managing Others Module 2</li> <li>Planning Module 3</li> <li>Analysis Module 2</li> <li>Attack (Modules 5 and 6)</li> <li>Defence (Modules 5 and 6)</li> <li>Mastering Youth Skills</li> <li>Psychology Module 2</li> <li>Leadership Module 2</li> <li>Nutrition</li> <li>Athlete Health and wellbeing (Nutrition + Health and wellbeing may be joined up into 1 module)</li> <li>Mentoring (RST PROGRAM)</li> <li>Coach Educator (Advancing and Master Modules)</li> </ul> <p><b><u>Complete the following activities:</u></b></p> <ul style="list-style-type: none"> <li>Coaching Experience / Observation (NZ 16's and 18's)</li> <li>Self Development                             <ul style="list-style-type: none"> <li>Analyse an area they need to improve on. Come up with a strategy and implement.</li> </ul> </li> </ul>

**\*\*For all levels Coaches must have an up to date Fundamentals / Leaguesmart License\*\***

# Senior Coaches Pathway and Stages of Development



STAGE OF DEV				
<p>M O D U L E S</p>	<ul style="list-style-type: none"> <li>• Rugby League Fundamentals (Leaguesmart)</li> <li>• Designing training games for Senior players</li> <li>• Intro to Attack and Defence – possible online module?</li> <li>• Rules awareness (Intro to refereeing or online module)</li> </ul>	<ul style="list-style-type: none"> <li>• Taking Off into Rugby League Coaching (online Module)</li> <li>• Safety Net (online Module)</li> <li>• Effective Coaching Module 1</li> <li>• Skill Acquisition Module 1</li> <li>• Developing Fitness Module 1</li> <li>• Managing others Module 1</li> <li>• Planning Module 1</li> <li>• Developing Senior Skills</li> <li>• Attack (Modules 2, 3 and 4)</li> <li>• Defence (Modules 2, 3 and 4)</li> <li>• Players roles and requirements</li> <li>• Game day coaching</li> <li>• Developing a Game book</li> <li>• Communicating with Senior Players</li> <li>• Athlete Learning (could be covered in skill acquisition)</li> <li>• White Board sessions (May become part of Planning module 1 or game day coaching)</li> </ul>	<p><b><u>Complete the following Modules:</u></b></p> <ul style="list-style-type: none"> <li>• Effective Coaching Module 2</li> <li>• Skill Acquisition Module 2</li> <li>• Developing Fitness Module 2</li> <li>• Planning Module 2</li> <li>• Analysis Module 1</li> <li>• Advanced Senior Skills</li> <li>• Attack (Modules 5 and 6)</li> <li>• Defence (Modules 5 and 6)</li> <li>• Leadership Module 1</li> <li>• Psychology Module 1</li> <li>• Advancing your game book</li> <li>• Becoming a Coach Educator (Beg and Dev Modules)</li> </ul> <p><b><u>Complete the following activities:</u></b></p> <ul style="list-style-type: none"> <li>• Coaching Experience / Observation (Zonal level) + (Critical other who watches training /game and gives feedback)</li> <li>• Attending NZRL Hearts Camp</li> <li>• Professional Development (select 1 of the following and show how you can implement learning into your coaching)                         <ul style="list-style-type: none"> <li>○ Visiting other sports</li> <li>○ Attend Seminar / conference</li> <li>○ Partake in some coaching research</li> <li>○ Project of own interest</li> </ul> </li> </ul>	<p><b><u>Complete the following Modules:</u></b></p> <ul style="list-style-type: none"> <li>• Developing Fitness Module 3</li> <li>• Managing Others Module 2</li> <li>• Analysis Module 2</li> <li>• Psychology Module 2</li> <li>• Mentoring (RST PROGRAM)</li> <li>• Nutrition</li> <li>• Athlete Health and wellbeing (Nutrition + Health and wellbeing may be joined up into 1 module)</li> <li>• Planning Module 3</li> <li>• Leadership Module 2</li> <li>• Coach Educator (Advancing and Master Modules)</li> </ul> <p><b><u>Complete the following activities:</u></b></p> <ul style="list-style-type: none"> <li>• Coaching Experience / Observation (Toyota Cup / JK's / Kiwis / NRL)</li> <li>• Self Development                         <ul style="list-style-type: none"> <li>○ Analyse an area they need to improve on. Come up with a strategy and implement.</li> </ul> </li> </ul>

**\*\*For all levels Coaches must have an up to date Fundamentals / Leaguesmart License\*\***

# High Performance



The High Performance pathway for coaches will be based around the individual needs of each coach. Coaches will select certain areas of interest or areas for development. NZRL will then work with each Coach to up-skill them in selected areas. It is envisaged that they will have access to Priminsters Scholarships and Coach Accelerator programs etc.

Start with ideal profile of best coach.

Each coach will then explore their strengths and weaknesses to develop their own Personal Development plan. NZRL assists and guides them through process.

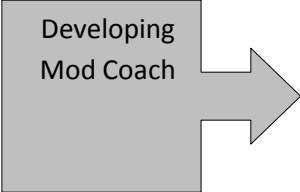
## Topics for learning

- NRL / Toyota Cup Contracts
- Technical Analysis (video etc)
- Financial Management and planning
- Planning / Periodisation
- Psychology
- Nutrition
- Recovery methods
- Sport Science
- Statistics
- Communication
- Coaching methods (DEPE, Constraints led, TGFU etc etc)
- Building a culture
- Staff Management
- Media
- Energy Systems and Fitness
- Strength and Conditioning
- Knowledge of KIWIS culture
- Understanding NRL environment
- Sections
- Legal

# Mini-Mod Specific Modules



STAGE OF DEVELOPMENT	MODULE	LEARNING OUTCOMES
<div style="border: 1px solid black; padding: 5px; display: inline-block;">                     Beginner Mini – Mod Coach                      </div>	Mini / Mod Fundamentals	<ol style="list-style-type: none"> <li>1. Provide a safe environment for Mini-Mod Players to learn about Rugby League.</li> <li>2. The intentions of the educational game</li> <li>3. The difference between coaching or engaging with children as opposed to adults.</li> <li>4. Importance of feeding children a healthy breakfast before school and weekends.</li> </ol>
	Designing training Games for Mini / Mods	<ol style="list-style-type: none"> <li>1. Identify key physical, emotional, social and cognitive characteristics of Mini/Mod players.</li> <li>2. Identify the needs and characteristics of Mini-Mod Players.</li> <li>3. Design a training session that includes activities and games to cater for the individual and team characteristics and needs of your Mini-Mod team.</li> <li>4. Implement the above training session.</li> <li>5. Understand that Mini Mod Footy is all about fun, enjoyment and participation.</li> <li>6. Understand some basic coaching &amp; Refereeing tips.</li> </ol>
<div style="border: 1px solid black; padding: 5px; display: inline-block;">                     Developing Mini Coach                      </div>	Taking off into Rugby League Coaching (Online)	The coach will be aware of <ol style="list-style-type: none"> <li>1. His/her role in meeting the needs of his/her athletes</li> <li>2. Being inclusive and fair</li> <li>3. The need to communicate clearly to his/her athletes</li> <li>4. Using games to help athlete understanding</li> <li>5. How to run a coaching session</li> <li>6. How to plan coaching activities.</li> </ol>
	Safety Net (Online)	<ol style="list-style-type: none"> <li>1. Identify key elements of his/her role and their responsibility to their athletes</li> <li>2. Provide a safe environment for his/her athletes</li> <li>3. Identify and apply key strategies for his/her own protection and those in their management team</li> </ol>
	Managing Parents	Understand and demonstrate how to manage parents involved with the team and how to get them involved (meetings and expectations). Understand how to deal with: Abusive parents on the sideline, parents that emphasis winning, parents who criticise the coach, parents that think their childs needs and wants are all that matters.
	Planning Module 1	<ol style="list-style-type: none"> <li>1. Understand and implement operational and strategic planning and procedures. <i>(In relation to practice sessions, competitions, a week and travel).</i></li> <li>2. Utilising the coaches Recorder book</li> <li>3. Understand and consider for differences in the 3 communities.</li> </ol>
	Mini-Mod Referees Course	A thorough understanding of how to referee Mini-Mod games, Mini-Mod rules and general refereeing

		signals.
	Mini-Mod Formations and on-field organisation	A basic understanding of Mini-Mod formations and how to organise your players on the field. Basic formations <ul style="list-style-type: none"> <li>• Kick off / Kick off receive / Scrums / PTB</li> </ul> On field organisation <ul style="list-style-type: none"> <li>• Strategies to ensure all players are included</li> <li>• Basic Attack and Defence</li> </ul>
	Mini's Skills and games	
	Taking off into Rugby League Coaching (Online)	The coach will be aware of <ol style="list-style-type: none"> <li>1. His/her role in meeting the needs of his/her athletes</li> <li>2. Being inclusive and fair</li> <li>3. The need to communicate clearly to his/her athletes</li> <li>4. Using games to help athlete understanding</li> <li>5. How to run a coaching session</li> <li>6. How to plan coaching activities.</li> </ol>
	Safety Net (Online)	<ol style="list-style-type: none"> <li>1. Identify key elements of his/her role and their responsibility to their athletes</li> <li>2. Provide a safe environment for his/her athletes</li> <li>3. Identify and apply key strategies for his/her own protection and those in their management team</li> </ol>
	Managing Parents	Understand and demonstrate how to manage parents involved with the team and how to get them involved (meetings and expectations). Understand how to deal with: Abusive parents on the sideline, parents that emphasis winning, parents who criticise the coach, parents that think their Childs needs and wants are all that matters.
	Planning Module 1	<ol style="list-style-type: none"> <li>1. Understand and implement operational and strategic planning and procedures. <i>(In relation to practice sessions, competitions, a week and travel).</i></li> <li>2. Utilising the coaches recorder book</li> <li>3. Understand and consider for differences in the 3 communities.</li> </ol>
	Mini-Mod Referees Course	A thorough understanding of how to referee Mini-Mod games, Mini-Mod rules and general refereeing signals.
	Mini-Mod Formations and on-field organisation	A basic understanding of Mini-Mod formations and how to organise your players on the field. Basic formations <ul style="list-style-type: none"> <li>• Kick off / Kick off receive / Scrums / PTB</li> </ul> On field organisation <ul style="list-style-type: none"> <li>• Strategies to ensure all players are included</li> <li>• Basic Attack and Defence</li> </ul>

	Mod's Skills and games	
	Positional Play for Mods	
	Mini Mod Skill Acquisition	<ol style="list-style-type: none"> <li>1. Understand, implement and reflect on <b>Fundamental Movement Skills</b> learning.</li> <li>2. Understand, implement and reflect on the <b>Teaching Games for Understanding</b> model.</li> <li>3. Demonstrate and understanding of and provide and manage an <b>inclusive, positive sporting environment</b></li> <li>4. <b>Understand the DEPE skill teaching method</b></li> </ol>
<div style="border: 1px solid black; padding: 5px; display: inline-block;">             Advancing Mini – Mod Coach              </div>	Effective Coaching Module 1	<ol style="list-style-type: none"> <li>1. Explain his/her <b>philosophy of athlete-centred coaching</b>.</li> <li>2. Demonstrate an understanding of, implement and reflect on the <b>principles of learning (eight effective coaching strategies)</b> in a series of training sessions for his/her athletes.</li> <li>3. Understand and consider for differences in the 3 communities.</li> </ol>
	Athlete Learning	<ol style="list-style-type: none"> <li>1. Explain, demonstrate and reflect on how <b>athletes learn motor skills and make decisions</b>.</li> <li>2. Explain <b>individual and group learning differences</b> and demonstrate and reflect on how to cater for these differences within coaching practice.</li> <li>3. Explain and demonstrate how athletes develop self-awareness.</li> </ol>
	Skill Acquisition Module 2	<ol style="list-style-type: none"> <li>1. Understand a <b>constraints-led</b> approach to skill acquisition and apply it to coaching practice.</li> <li>2. Understand the whole part whole approach to skill acquisition.</li> <li>3. Understand how to progress a skill</li> </ol>
	Attack and Defence for Mods	Understanding of how to implement further attack and defence concepts for Mod Players
	Mini-Mod Coach Educator	<ol style="list-style-type: none"> <li>1. Understand and engage in presenting guidelines for selected Mini Mod beginning and developing modules.</li> <li>2. Implement learning's and receive feedback on how to improve presentation skills.</li> </ol>
	Attending and assisting with running of NZRL Roots camp	Demonstrate ability to organise and implement a NZRL Roots camp with key district personnel.
	Organising a Mini-Mod Tournament / Gala Day	Demonstrate an ability to organise and manage an age appropriate Mini-Mod gala day for your club / district.
	Advancing Mini-Mod Skills and games	

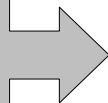


# Youth Specific Modules



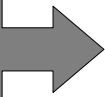
STAGE OF DEVELOPMENT	MODULE	LEARNING OUTCOMES
<div data-bbox="125 497 423 692" style="border: 1px solid black; padding: 5px; display: inline-block;">                     Beginner Youth Coach  </div>	Taking Off into Rugby League Coaching (online Module)	The coach will be aware of <ol style="list-style-type: none"> <li>1. His/her role in meeting the needs of his/her athletes</li> <li>2. Being inclusive and fair</li> <li>3. The need to communicate clearly to his/her athletes</li> <li>4. Using games to help athlete understanding</li> <li>5. How to run a coaching session</li> <li>6. How to plan coaching activities.</li> </ol>
	Safety Net (online Module)	<ol style="list-style-type: none"> <li>1. Identify key elements of his/her role and their responsibility to their athletes</li> <li>2. Provide a safe environment for his/her athletes</li> <li>3. Identify and apply key strategies for his/her own protection and those in their management team</li> </ol>
	Rugby League Fundamentals (Leaguesmart)	To Develop awareness of: <ol style="list-style-type: none"> <li>0. Methods of developing player endurance and strength for safe and effective participation in Rugby League.</li> <li>1. Ways in which essential skills can be effectively communicated and taught to Rugby League players.</li> <li>2. Correct methods to effectively warm players up for training and games.</li> <li>3. The required actions to ensure players have what they need for their wellbeing at games and in training.</li> <li>4. How to deal with injuries on field.</li> <li>5. Concussion and the importance of placing the welfare of the player above the result of the game.</li> <li>6. The impacts that sideline behaviour and personal conduct have on clubs and the game as a whole.</li> </ol>
	Designing training Games for Youth players	<ol style="list-style-type: none"> <li>1. Understand where youth players have come from (Mini Mod)</li> <li>2. Identify key physical, emotional, social and cognitive characteristics of youth players.</li> <li>3. Identify the needs and characteristics of youth Players.</li> <li>4. Design a training session that includes activities and games to cater for the individual and team characteristics and needs of your youth team.</li> <li>5. Implement the above training session.</li> </ol>
	Rules awareness + Safe play code (Intro to refereeing or online module)	<ol style="list-style-type: none"> <li>1. Have a sound knowledge of the Basic Rules</li> <li>2. Have an understanding of a referees Health &amp; Safety obligations together with their Legal Responsibilities</li> </ol>
	Effective Coaching Module 1	<ol style="list-style-type: none"> <li>1. Explain his/her <b>philosophy of athlete-centred coaching</b>.</li> <li>2. Demonstrate an understanding of, implement and reflect on the <b>principles of learning (eight effective</b></li> </ol>

Developing  
Youth Coach



		<p><b>coaching strategies</b>) in a series of training sessions for his/her athletes.</p> <p>3. Understand and consider for differences in the 3 communities.</p>
Skill Acquisition Module 1		<p>1. Understand, implement and reflect on the <b>Teaching Games for Understanding</b> model.</p> <p>2. Demonstrate and understanding of and provide and manage an <b>inclusive, positive sporting environment</b>.</p> <p>3. Understand the DEPE skill teaching method</p>
Developing Fitness Module 1		<p>1. Prepare and maintain athletes for the <b>physical demands</b> of their sports performance.</p> <p>2. Understand and implement systems to develop the aerobic and anaerobic energy systems.</p> <p>3. Have increased knowledge in how to develop conditioning games and drills.</p>
Managing others Module 1		<p>1. Understand <b>people management</b> and demonstrate skills to manage people related to the team.</p> <p>2. Understand and demonstrate <b>basic communication</b> skills required to manage people.</p> <p>3. Develop and monitor <b>volunteer roles</b> and responsibilities in a team environment.</p> <p>4. Managing Parents</p>
Planning Module 1		<p>1. Understand and implement operational and strategic planning and procedures. (In relation to practice sessions, competitions, a week and travel).</p> <p>2. Utilising the coaches recorder book.</p> <p>3. Understand and consider for differences in the 3 communities.</p>
Developing Youth Skills		<p>1. Identify key skills applicable to general youth players and understand some drills and games that can be used to practise these skills.</p> <p>2. Learn and understand some key coaching points for the above skills.</p>
Intro to Attack and Defence		Understand some basic strategies and objectives of Attack and Defence
Attack Module 2 - Basic plays		Learn some basic attacking plays of Rugby League and understand the key points to make the plays effective.
Defence Module 2 – Starts of play		The coach will learn and understand some basic defensive formations and strategies based around starts of play.
White board sessions		<p>1. Learn and understand how to deliver an effective white board session.</p> <p>2. Understand the value of white board sessions.</p>
Communicating with Youth Players		1. Understand and demonstrate <b>basic communication</b> skills required to communicate effectively with Youth Players.
Developing your Game book		<p>1. Understand the value of game books for players and coaches.</p> <p>2. Understand how to develop a basic game book and what needs to be involved.</p>

Advancing  
Youth Coach



Effective Coaching Module 2	<ol style="list-style-type: none"> <li>1. Demonstrate an understanding of, implement and reflect on the <b>principles of communication</b> in a series of training sessions for his/her athletes.</li> <li>2. Demonstrate an understanding of, implement and reflect on <b>principles of feedback</b> in a series of training sessions for his/her athletes.</li> <li>3. Demonstrate an understanding of, implement and reflect on <b>principles of questioning</b> in a series of training sessions for his/her athletes.</li> </ol>
Skill Acquisition Module 2	<ol style="list-style-type: none"> <li>1. Understand a <b>constraints-led</b> approach to skill acquisition and apply it to coaching practice.</li> <li>2. Understand the whole part whole approach to skill acquisition.</li> <li>3. Understand how to progress a skill</li> </ol>
Developing Fitness Module 2	<ol style="list-style-type: none"> <li>1. Understand and deliver programs to test and monitor physical condition of players (Fitness tests and a basic battery test)</li> </ol>
Planning Module 2	<ol style="list-style-type: none"> <li>1. Understand the process and importance of yearly / campaign plans and the components involved. (Periodisation, peaking, tapering, recovery, volume, tactics, skills, bonding, energy systems, speed, strength)</li> <li>2. Demonstrate an understanding of how to implement a yearly plan.</li> </ol>
Analysis Module 1	<ol style="list-style-type: none"> <li>1. Evaluate your own performance as a coach and your staff.</li> <li>2. Evaluate your teams goals and needs and adapt according to results.</li> <li>3. Understand and implement methods to evaluate and analyse training sessions and game performance, adapt training according to results.</li> <li>4. Understand what to look for and how to record statistics throughout a game.</li> </ol>
Advanced Youth Skills	<ol style="list-style-type: none"> <li>1. Identify advanced skills applicable to youth players and understand some drills and games that can be used to practise these skills.</li> <li>2. Learn and understand some key coaching points for the above skills.</li> </ol>
Players roles and requirements	<ol style="list-style-type: none"> <li>1. Identify and understand some general requirements and roles of each player.</li> <li>2. Develop your own roles and requirements for each player on attack and defence based on your player's abilities and your teams style of play.</li> </ol>
Attack Module 3 - Formations	Learn some basic attacking formations and options.
Attack Module 4 – The Ruck	Learn some attacking options around the ruck and understand the key points to make the plays effective.
Defence Module 3 - Patterns	Learn a variety of defensive patterns and the pro's and cons and how to implement and practise each pattern.
Defence Module 4 – The Ruck	Learn some defensive options and tactics relative specifically to the ruck area.

	Game day coaching	Understand and implement all facets involved with game day coaching including Preparation, routines, timing, pre half time and post match speeches, warm ups and cool downs, substitutions, home and away match differences.
	Coaching Experience / Observation (Zonal level)	<ol style="list-style-type: none"> <li>1. Observe and analyse the coaching practises of a Youth Zonal coach on game day and at training.</li> <li>2. Reflect on these practises and analyse what key things you have learnt and can implement into your coaching.</li> </ol>
	Attending NZRL Hearts camp	<ol style="list-style-type: none"> <li>1. Discuss and debate current trends of the game.</li> <li>2. Discuss the current zone players, the team strengths and weaknesses and analyse how this may affect the way the team plays.</li> <li>3. Learn and take part in selection processes for representative teams.</li> </ol>
	Leadership Module 1	<ol style="list-style-type: none"> <li>1. Explain <b>leadership definitions and principles</b> and relate them to <i>relevant coaching communities</i>.</li> <li>2. Identify, develop and implement <b>individual/team values</b> which relate to athlete-centred leadership <i>in the relevant coaching community</i>.</li> <li>3. Identify, apply and reflect on <b>personal leadership styles</b> suitable for his/her athletes, including the role of empowerment.</li> </ol>
	Psychology Module 1	<ol style="list-style-type: none"> <li>1. Implement and understand goal setting and monitoring techniques</li> <li>2. Understand the importance of getting to know your players as individuals</li> </ol>
	Athlete Learning	<ol style="list-style-type: none"> <li>1. Explain, demonstrate and reflect on how <b>athletes learn motor skills and make decisions</b>.</li> <li>2. Explain <b>individual and group learning differences</b> and demonstrate and reflect on how to cater for these differences within coaching practice.</li> <li>3. Explain and demonstrate how athletes develop self-awareness</li> </ol>
	Advancing your game book	<ol style="list-style-type: none"> <li>1. Understand how to advance your game book and what needs to be involved to take it to the next level.</li> </ol>
	Becoming a Coach Educator (Beg and Dev Modules)	<ol style="list-style-type: none"> <li>1. Understand and engage in presenting guidelines for all Youth beginning and Developing modules.</li> <li>2. Implement learning's and receive feedback on how to improve presentation skills.</li> </ol>
<div style="background-color: black; color: white; padding: 10px; text-align: center; width: fit-content; margin: 0 auto;"> <b>Master Youth Coach</b> </div>	Developing Fitness Module 3	<ol style="list-style-type: none"> <li>1. Understand and implement techniques to improve players strength, speed, power and hypertrophy.</li> </ol>
	Managing Others Module 2	<ol style="list-style-type: none"> <li>1. Engaging with others (athletes, sport science team, officials, support staff, RSO / NSO, Boards, media, sponsors, family and friends, supporters).</li> </ol>
	Planning Module 3	<ol style="list-style-type: none"> <li>1. Understand and demonstrate an ability to manage all <b>financial matters</b> as it relates to his/her team.</li> <li>2. Develop a succession plan for their team and or club.</li> </ol>
	Analysis Module 2	<ol style="list-style-type: none"> <li>1. Implement techniques to analyse and improve individual's technique.</li> <li>2. Engage in the use of technology to analyse individual and game concepts.</li> <li>3. Analyse and implement strategies to work to your team strengths and exploit oppositions weaknesses.</li> </ol>

Attack Module 5 – Setting an attacking game plan	<ol style="list-style-type: none"> <li>1. Understand the factors that influence setting your teams game plan.</li> <li>2. Develop and implement a game plan based on the contributing factors.</li> <li>3. Evaluate and reflect on the game plan</li> </ol>
Attack Module 6 – Advanced Attack	<ol style="list-style-type: none"> <li>1. Understand options for attacking different defensive formations.</li> <li>2. Develop strategies to implement vision and decision making into your teams attack.</li> </ol>
Defence Modules 5 – Positional Defence	<ol style="list-style-type: none"> <li>1. Understand and develop roles for specific positions on defence</li> </ol>
Defence Module 6 – Advanced Defence	<ol style="list-style-type: none"> <li>1. Understand options for defending different attacking formations.</li> <li>2. Develop strategies for: putting pressure on the opposition, kick chase options and communication</li> <li>3. Understanding Tackle ID</li> </ol>
Coaching Experience / Observation (NZ 16's and 18's)	<ol style="list-style-type: none"> <li>1. Observe and analyse the coaching practises of a NZ 16's or 18's coach on game day and at training.</li> <li>2. Reflect on these practises and analyse what key things you have learnt and can implement into your coaching.</li> </ol>
Delivering Youth Skills Sessions	<ol style="list-style-type: none"> <li>1. Identify master skills applicable to youth players and understand some drills and games that can be used to practise these skills.</li> <li>2. Learn and understand some key coaching points for the above skills.</li> </ol>
Psychology Module 2	<ol style="list-style-type: none"> <li>1. Have a thorough understanding of mental factors affecting performance.</li> <li>2. Understand and implement mental skills training techniques.</li> </ol>
Leadership Module 2	<ol style="list-style-type: none"> <li>1. Design and lead a <b>teambuilding activity</b> which meets suitable outcomes for his/her athletes.</li> <li>2. Implement and reflect on <b>effective team culture strategies</b> for his/her specific group of athletes over a season or a period of time.</li> <li>3. Develop and implement a process for <b>creating a vision</b> with his/her specific group of athletes. <i>(For Late Teenage and Social/Competitive Adult Communities)</i></li> <li>4. Identify <b>athlete selection processes</b> for his/her specific team, group, squad or club environment. <i>(For Early/Late Teenage and Social/ Competitive Adult Communities)</i></li> </ol>
Nutrition	<ol style="list-style-type: none"> <li>1. Identify key factors relative to pre and post competition Nutrition.</li> <li>2. Identify key factors relative to hydration.</li> </ol>
Mentoring	
Self Development	

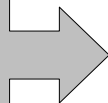
	Athlete health and wellbeing	<ol style="list-style-type: none"><li>1. Understand and recognise signs of illness, injury and fatigue</li><li>2. Have a thorough understanding of injury prevention methods and rehabilitation.</li><li>3. Have an awareness of factors that can affect performance such as travel</li></ol>
	Coach Educator (Advancing and Master Modules)	<ol style="list-style-type: none"><li>1. Understand and engage in presenting guidelines for selected Youth advancing and mastering modules.</li><li>2. Implement learning's and receive feedback on how to improve presentation skills.</li></ol>

# Senior Specific Modules



STAGE OF DEVELOPMENT	MODULE	LEARNING OUTCOMES
<div data-bbox="125 459 423 651" style="border: 1px solid black; padding: 5px; display: inline-block;">                     Beginner Senior Coach                      </div>	Taking Off into Rugby League Coaching (online Module)	The coach will be aware of <ol style="list-style-type: none"> <li>1. His/her role in meeting the needs of his/her athletes</li> <li>2. Being inclusive and fair</li> <li>3. The need to communicate clearly to his/her athletes</li> <li>4. Using games to help athlete understanding</li> <li>5. How to run a coaching session</li> <li>6. How to plan coaching activities.</li> </ol>
	Safety Net (online Module)	<ol style="list-style-type: none"> <li>1. Identify key elements of his/her role and their responsibility to their athletes</li> <li>2. Provide a safe environment for his/her athletes</li> <li>3. Identify and apply key strategies for his/her own protection and those in their management team</li> </ol>
	Rugby League Fundamentals (Leaguesmart)	To Develop awareness of: <ol style="list-style-type: none"> <li>7. Methods of developing player endurance and strength for safe and effective participation in Rugby League.</li> <li>8. Ways in which essential skills can be effectively communicated and taught to Rugby League players.</li> <li>9. Correct methods to effectively warm players up for training and games.</li> <li>10. The required actions to ensure players have what they need for their wellbeing at games and in training.</li> <li>11. How to deal with injuries on field.</li> <li>12. Concussion and the importance of placing the welfare of the player above the result of the game.</li> <li>13. The impacts that sideline behaviour and personal conduct have on clubs and the game as a whole.</li> </ol>
	Designing training Games for Senior players	<ol style="list-style-type: none"> <li>1. Identify key physical, emotional, social and cognitive characteristics of Senior players.</li> <li>2. Identify the needs and characteristics of Senior Players.</li> <li>3. Design a training session that includes activities and games to cater for the individual and team characteristics and needs of your Senior team.</li> <li>4. Implement the above training session.</li> </ol>
	Intro to Attack and Defence – possible online module?	Understand some basic strategies and objectives of Attack and Defence
	Rules awareness (Intro to refereeing or online module)	<ol style="list-style-type: none"> <li>1. Have a sound knowledge of the Basic Rules</li> <li>2. Have an understanding of a referees Health &amp; Safety obligations together with their Legal Responsibilities</li> </ol>

Developing  
Senior Coach



Effective Coaching Module 1	<ol style="list-style-type: none"> <li>1. Explain his/her <b>philosophy of athlete-centred coaching</b>.</li> <li>2. Demonstrate an understanding of, implement and reflect on the <b>principles of learning (eight effective coaching strategies)</b> in a series of training sessions for his/her athletes.</li> </ol>
Skill Acquisition Module 1	<ol style="list-style-type: none"> <li>1. Understand, implement and reflect on the <b>Teaching Games for Understanding</b> model.</li> <li>2. Demonstrate an understanding of and provide and manage an <b>inclusive, positive sporting environment</b>.</li> <li>3. Understand the DEPE skill teaching method</li> </ol>
Developing Fitness Module 1	<ol style="list-style-type: none"> <li>1. Prepare and maintain athletes for the <b>physical demands</b> of their sports performance.</li> <li>2. Understand and implement systems to develop the aerobic and anaerobic energy systems.</li> <li>3. Have increased knowledge in how to develop conditioning games and drills.</li> </ol>
Managing others module 1	<ol style="list-style-type: none"> <li>1. Understand <b>people management</b> and demonstrate skills to manage people related to the team.</li> <li>2. Understand and demonstrate <b>basic communication</b> skills required to manage people.</li> <li>3. Develop and monitor <b>volunteer roles</b> and responsibilities in a team environment.</li> </ol>
Planning Module 1	<ol style="list-style-type: none"> <li>1. Understand and implement operational and strategic planning and procedures. (In relation to practice sessions, competitions, a week and travel).</li> <li>2. Utilising the coaches recorder book.</li> <li>3. Understand and consider for differences in the 3 communities.</li> </ol>
Developing Senior Skills	<ol style="list-style-type: none"> <li>1. Identify key skills applicable to general senior players and understand some drills and games that can be used to practise these skills.</li> <li>2. Learn and understand some key coaching points for the above skills.</li> </ol>
Attack Module 2 - Basic plays	Learn some basic attacking plays of Rugby League and understand the key points to make the plays effective.
Attack Module 3 - Formations	Learn some basic attacking formations and options.
Attack Module 4 – The Ruck	Learn some attacking options around the ruck and understand the key points to make the plays effective.
Defence Module 2 – starts of play	The coach will learn and understand some basic defensive formations and strategies based around starts of play.
Defence Module 3 – Patterns	Learn a variety of defensive patterns and the pro's and cons and how to implement and practise each pattern.
Defence Module 4 – The Ruck	Learn some defensive options and tactics relative specifically to the ruck area.



	Players roles and requirements	<ol style="list-style-type: none"> <li>1. Identify and understand some general requirements and roles of each player.</li> <li>2. Develop your own roles and requirements for each player on attack and defence based on your player's abilities and your teams style of play.</li> </ol>
	Game day Coaching	Understand and implement all facets involved with game day coaching including Preparation, routines, timing, pre half time and post match speeches, warm ups and cool downs.
	White board sessions	<ol style="list-style-type: none"> <li>1. Learn and understand how to deliver an effective white board session.</li> <li>2. Understand the value of white board sessions.</li> </ol>
	Athlete Learning	<ol style="list-style-type: none"> <li>1. Explain, demonstrate and reflect on how <b>athletes learn motor skills and make decisions</b>.</li> <li>2. Explain <b>individual and group learning differences</b> and demonstrate and reflect on how to cater for these differences within coaching practice.</li> <li>3. Explain and demonstrate how athletes develop self-awareness</li> </ol>
	Developing a game book	<ol style="list-style-type: none"> <li>1. Understand the value of game books for players and coaches.</li> <li>2. Understand how to develop a basic game book and what needs to be involved.</li> </ol>
	Communicating with Senior players	<ol style="list-style-type: none"> <li>1. Understand and demonstrate <b>basic communication</b> skills required to communicate effectively with Youth Players.</li> </ol>
<div style="display: flex; align-items: center;"> <div style="background-color: #808080; color: white; padding: 5px; margin-right: 10px;">           Advancing Senior Coach         </div> </div>	Effective Coaching Module 2	<ol style="list-style-type: none"> <li>1. Demonstrate an understanding of, implement and reflect on the <b>principles of communication</b> in a series of training sessions for his/her athletes.</li> <li>2. Demonstrate an understanding of, implement and reflect on <b>principles of feedback</b> in a series of training sessions for his/her athletes.</li> <li>3. Demonstrate an understanding of, implement and reflect on <b>principles of questioning</b> in a series of training sessions for his/her athletes.</li> </ol>
	Skill Acquisition Module 2	<ol style="list-style-type: none"> <li>1. Understand a <b>constraints-led</b> approach to skill acquisition and apply it to coaching practice.</li> <li>2. Understand the whole part whole approach to skill acquisition.</li> <li>3. Understand how to progress a skill</li> </ol>
	Developing Fitness Module 2	<ol style="list-style-type: none"> <li>1. Understand and deliver programs to test and monitor physical condition of players (Fitness tests and a basic battery test)</li> </ol>
	Planning Module 2	<ol style="list-style-type: none"> <li>1. Understand the process and importance of yearly / campaign plans and the components involved. (Periodisation, peaking, tapering, recovery, volume, tactics, skills, bonding, energy systems, speed, strength)</li> <li>2. Demonstrate an understanding of how to implement a yearly plan.</li> </ol>
	Analysis Module 1	<ol style="list-style-type: none"> <li>1. Evaluate your own performance as a coach and your staff.</li> <li>2. Evaluate your teams goals and needs and adapt according to results.</li> <li>3. Understand and implement methods to evaluate and analyse training sessions and game performance, adapt training according to results.</li> </ol>

		4. Understand what to look for and how to record statistics throughout a game.
Advanced Senior Skills		<ol style="list-style-type: none"> <li>1. Identify advanced skills applicable to youth players and understand some drills and games that can be used to practise these skills.</li> <li>2. Learn and understand some key coaching points for the above skills.</li> </ol>
Attack Module 5 – Setting an attacking game plan		<ol style="list-style-type: none"> <li>1. Understand the factors that influence setting your teams game plan.</li> <li>2. Develop and implement a game plan based on the contributing factors.</li> <li>3. Evaluate and reflect on the game plan</li> </ol>
Attack Module 6 – Advanced Attack		<ol style="list-style-type: none"> <li>1. Understand options for attacking different defensive formations.</li> <li>2. Develop strategies to implement vision and decision making into your teams attack.</li> </ol>
Defence Module 5 – Positional Defence		<ol style="list-style-type: none"> <li>1. Understand and develop roles for specific positions on defence</li> </ol>
Defence Module 6 – Advanced Defence		<ol style="list-style-type: none"> <li>1. Understand options for defending different attacking formations.</li> <li>2. Develop strategies for: putting pressure on the opposition, kick chase options and communication</li> <li>3. Understanding Tackle ID</li> </ol>
Coaching Experience / Observation (Zonal level)		<ol style="list-style-type: none"> <li>1. Observe and analyse the coaching practises of a zone coach on game day and at training.</li> <li>2. Reflect on these practises and analyse what key things you have learnt and can implement into your coaching.</li> </ol>
Attending NZRL Hearts camp		<ol style="list-style-type: none"> <li>1. Discuss and debate current trends of the game.</li> <li>2. Discuss the current zone players, the team strengths and weaknesses and analyse how this may affect the way the team plays.</li> <li>3. Learn and take part in selection processes for representative teams.</li> </ol>
Leadership Module 1		<ol style="list-style-type: none"> <li>1. Explain <b>leadership definitions and principles</b> and relate them to <i>relevant coaching communities</i>.</li> <li>2. Identify, develop and implement <b>individual/team values</b> which relate to athlete-centred leadership <i>in the relevant coaching community</i>.</li> <li>3. Identify, apply and reflect on <b>personal leadership styles</b> suitable for his/her athletes, including the role of empowerment.</li> </ol>
Psychology Module 1		<ol style="list-style-type: none"> <li>1. Implement and understand goal setting and monitoring techniques</li> <li>2. Understand the importance of getting to know your players as individuals</li> </ol>
Advancing your game book		<ol style="list-style-type: none"> <li>1. Understand how to advance your game book and what needs to be involved to take it to the next level.</li> </ol>

	Becoming a Coach Educator (Beg and Dev Modules)	<ol style="list-style-type: none"> <li>1. Understand and engage in presenting guidelines for all Youth beginning and Developing modules.</li> <li>2. Implement learning's and receive feedback on how to improve presentation skills.</li> </ol>
<div data-bbox="168 225 371 432" style="background-color: black; color: white; padding: 10px; text-align: center;"> <b>Master Senior Coach</b> </div>	Developing Fitness Module 3	<ol style="list-style-type: none"> <li>1. Understand and implement techniques to improve players strength, speed, power and hypertrophy.</li> </ol>
	Managing Others Module 2	<ol style="list-style-type: none"> <li>1. Engaging with other (athletes, sport science team, officials, support staff, RSO / NSO, Boards, media, sponsors, family and friends, supporters).</li> </ol>
	Analysis Module 2	<ol style="list-style-type: none"> <li>1. Implement techniques to analyse and improve individual's technique.</li> <li>2. Engage in the use of technology to analyse individual and game concepts.</li> <li>3. Analyse and implement strategies to work to your team strengths and exploit oppositions weaknesses.</li> </ol>
	Psychology Module 2	<ol style="list-style-type: none"> <li>1. Have a thorough understanding of mental factors affecting performance.</li> <li>2. Understand and implement mental skills training techniques.</li> </ol>
	Mentoring	
	Self Development	
	Coaching Experience / Observation (Toyota Cup / JK's/ Kiwis/NRL)	<ol style="list-style-type: none"> <li>1. Observe and analyse the coaching practises of a NZ 16's or 18's coach on game day and at training.</li> <li>2. Reflect on these practises and analyse what key things you have learnt and can implement into your coaching.</li> </ol>
	Nutrition	<ol style="list-style-type: none"> <li>1. Identify key factors relative to pre and post competition Nutrition.</li> <li>2. Identify key factors relative to hydration.</li> </ol>
	Planning Module 3	<ol style="list-style-type: none"> <li>1. Understand and demonstrate an ability to manage all <b>financial matters</b> as it relates to his/her team.</li> <li>2. Develop a succession plan for their team and or club.</li> </ol>
Leadership Module 2	<ol style="list-style-type: none"> <li>1. Design and lead a <b>teambuilding activity</b> which meets suitable outcomes for his/her athletes.</li> <li>2. Implement and reflect on <b>effective team culture strategies</b> for his/her specific group of athletes over a season or a period of time.</li> <li>3. Develop and implement a process for <b>creating a vision</b> with his/her specific group of athletes. <i>(For Late Teenage and Social/Competitive Adult Communities)</i></li> <li>4. Identify <b>athlete selection processes</b> for his/her specific team, group, squad or club environment. <i>(For Early/Late Teenage and Social/ Competitive Adult Communities)</i></li> </ol>	

	Athlete Health and well being	<ol style="list-style-type: none"> <li>1. Understand and recognise signs of illness, injury and fatigue</li> <li>2. Have a thorough understanding of injury prevention methods and rehabilitation.</li> <li>3. Have an awareness of factors that can affect performance such as travel</li> </ol>
	Coach Educator (Advancing and Master Modules)	<ol style="list-style-type: none"> <li>3. Understand and engage in presenting guidelines for selected Senior advancing and mastering modules.</li> <li>4. Implement learning's and receive feedback on how to improve presentation skills.</li> </ol>