

ENGLAND RUGBY GIRLS CB & COE DEVELOPMENT PLAN

RECONNECT - REVITALISE - RESTART



"It's wonderful to see light at the end of the tunnel and we are as delighted as clubs and players across the country that they will soon be able to resume training" – Steve Grainger Rugby Development Director

We have all had mixed experiences over the last 14 months, but as we come out of this lockdown a clear roadmap and direction of travel is essential.

Through this process our ambition is to;

1. RECONNECT

BUILD ON EXISITING AND CREATE NEW PARTNERSHIPS

2. REVITALISE

- TALENT ENGAGEMENT THROUGH EACH CB
- TALENT DEVELOPMENT THROUGH CENTRES OF EXCELLENCE

3. RESTART

- STAGED APPROACH
- ROADMAP FOR DELIVERY

1. RECONNECT



Joining the dots.....

The best pathway systems are those where every stakeholder knows where they add value, where every stakeholder values the contribution of others and all work towards a common goal.

"Providing a culture for learning and development, a system that is inclusive and accessible, and a platform that generates quality experiences for all involved."

ACTIONS

- Create a platform to champion the best interests of the games talented players. A platform to co-ordinate and deliver appropriate development and playing opportunities.
- 2. Establish local engagement events to inform and listen to players, parents, clubs and coaches

2. REVITALISE



"I'd rather regret the risks that didn't work out than the chances I didn't take at all" Simone Biles

The recent Covid pandemic has been challenging, at the same time it has also enabled us time to reflect on our current system. Many aspects have worked and should remain, but some have been less effective and need to evolve.

To achieve the platform, on which all players can reach their potential, we need to consider the training and playing programmes we are responsible for, the impact and load on the individual and the consequences of early selection, deselection and specialisation.

ACTIONS

- 1. Create a system that supports the different stages of development and progression of players
 - CB Talent Engagement provide an early experience of a talent nomination, identification and development programme with a focus on skill development and acquisition, game understanding and the physical components that help a player unlock their potential.
 - COE Talent Development build upon the platform created at CB by further developing and confirming core skills and tactical application (with positional specificity) in competitive environments and different game situations that help a player improve their potential.

3. RESTART



"If you always do what you've done.....you'll always get what you've got" (quote reference various)

Responding to the current situation and building towards the future providing clear direction, through incremental stages and a 15 month roadmap to move us to September 2022

ACTIONS

- 1. Create a restart to success roadmap
- 2. Detail who is the priority focus and why
- 3. Provide clarity on what that looks like

ROADMAP





COE planning Centres of Excellence

June July Aug Sep Oct Nov Dec Jan Feb Mar Apr May June July Aug

CBs Assigned, Club & Player Reengagement, CoE Repopulation

CB Girls Under 16
Development

CB Girls Under 17/18

Development

CB Girls Under 15
Development

CB Girls Under 18
Playing & Development

CB Girls Under 15 Playing **CB** – provide an early experience of a talent nomination, identification and development programme with a focus on skill development and acquisition, game understanding and the physical components that help a player unlock their potential.



1 - CB club festivals

2 – CB development sessions if locally agreed



1 – CB U16 Development

2 – CB U17/18 Development



1 – CB U18 Playing Programme

2 – CB U15 Development



1 – CB U15 Playing

Programme

2 - Survey

3 - Evaluate

June – August

Sept – Dec

Jan – April

May – August

Utilise CB Club and CB Development to re-engage with players, parents, coaches and clubs

Establish Coach Development Programme

CB U16 – priority focus on preparing players for U18 programme

CB U17/18 – skill development, positional specificity and game understanding

Coach Development Programme

CB U18 – balanced playing programme to support assessment and engagement

CB U 15 – Skill and physical development and game understanding

Coach Development Programme

CB U15 – balanced playing programme to support development

CoE Assessment – Attend and support CB playing programme

CoE/CB Review – Evaluate and Audit programme

Coach Development Programme

CoE – build upon the platform created at CB by further developing and confirming core skills and tactical application (with positional specificity) in competitive environments and different game situations that help a player improve their potential.



- 1- CoE assigned CBs
- 2 CB club festivals
- 3 CoE Assessment Days & Repopulation (by start September)



- 1 CoE U18 sessions
- 2 CoE Playing opportunities
- 3 CB U16 Development
- 4 CB U17/18 Development



- 1 CoE Delivery
- 2 CoE Playing opportunities
- 3 CB U18 Playing Programme
- 4 CB U15 Development



- 1 CB U15 Playing Programme
- 2 Survey
- 3 Evaluate

June – August

Sept – Dec

Jan – April

May - June

Utilise CB Club and CB Development to re-engage with players, parents, coaches and clubs and support identification, nomination and population

Establish Coach Development Programme

CoE Delivery

CoE Playing - balanced playing programme to support development

CoE Engage – Support CB U16 and U17/18 development programme

Coach Development Programme

CoE Delivery

CoE Playing - balanced playing programme to support development

CoE Assessment – Attend and support CB playing programme
Coach Development Programme

CoE Assessment – Attend and support CB playing programme
CoE/CB Review – Evaluate and Audit programme
CoE Planning – Assessment review, next season structure

Coach Development Programme

Repopulation Process



- Potential assessment opportunities
 - Club festivals during May/June/July
 - CB specific development opportunities
- Potential nomination through Club to CB and CB through to CoE
- CB under 18 Managers/Coaches Teams meeting late May to confirm process for each CB

Repopulation Process



- Assessment/Trial over 2 days- by start September (to allow contact training)
- Selection: Look Beyond Now for Potential; Patch diversity



- Playing History- 1year v 10 year?
- Multi Sport Background
- Physical Potential/ Attributes- especially front 5 potential
- Reasons to Select In rather than Select Out



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