

# ENGLAND RUGBY TRAINING COURSES

2022/23



England  
Rugby

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

Multi Format



Face to Face



Webinar



eLearning



Video



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



# KEEP YOUR BOOTS ON!

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

YouTube <sup>GB</sup>

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Keep Your Boots On!

6.91K subscribers

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PLAYLISTS

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## Coaches Video Library



21



Game Changer 1: Preparing to Tackle



20



Game Changer 2: Preparing to Scrum



21



Game Changer 3: Coaching Movement Skills







5



Game Changer 4: Principles of Play

SUBSCRIBE TO RECEIVE THE LATEST RESOURCE UPDATES

# PLAYER WELFARE

Course	Description	When	Type
<b>Headcase Concussion Awareness</b> <b>FREE</b> <b>MIN AGE: 14</b>	<p>This 30 minute eLearning course explains what concussion is, how it happens and what individuals can do to help players avoid injury and return safely to play following a concussion.</p>	All Year	
<b>Play it Safe</b> <b>MIN AGE: 16</b>	<p>This 2.5 hour safeguarding course is for any volunteer, coach or match official who is working with or has responsibility for children and vulnerable adults.</p> <p><a href="#">How do I book a Play it Safe course at my club?</a></p>	August - June	
<b>eLearning Introduction to Safeguarding</b> <b>FREE</b> <b>MIN AGE: 16</b>	<p>This 30 minute eLearning course is for anyone working in rugby union who is providing supervised or unsupervised instruction to have a basic understanding of safeguarding.</p>	All Year	
<b>Emergency First Aid in Rugby Union</b> <b>MIN AGE: 18</b>	<p>The 1 day EFARU course provides learners with the skills, knowledge and understanding to give care and manage minor injuries, focusing on those occurring in a rugby setting. The course sits on the national qualification framework (Level 3 Emergency First Aid at Work) and is transferable into the workplace.</p> <p><a href="#">How do I book a First Aid course at my club?</a></p>	August - June	

# PLAYER WELFARE



Rugby Football Union  
Course Finder

Search

COURSE

Virtual

- Leadership and Management
- Course
- First Aid
- Safeguarding
- Referee
- Coaching
- PHICIS
- Virtual
- Other

**WHEN BOOKING ONTO  
HEADCASE OR SAFEGUARDING  
E-LEARNING COURSES SELECT  
"VIRTUAL" FROM THE DROP  
DOWN LIST AND ENSURE THE  
POSTCODE FIELD IS LEFT  
BLANK**



# PITCHSIDE CARE UPDATE

**FROM THE START OF THE 22/23 SEASON, ALL AGE GRADE CONTACT MATCHES AND TRAINING SESSIONS WILL REQUIRE A LEVEL OF PITCH-SIDE FIRST AID THAT ALIGNS WITH THE RFU'S PITCH-SIDE FIRST AID & IMMEDIATE CARE STANDARDS.**

Anyone involved in arranging any rugby activity must complete a risk assessment and ensure there is an appropriate level of immediate care and/or first aid cover, and equipment provided for that rugby activity.

## **ORGANISE A FIRST AID COURSE AT YOUR CLUB**



For the 2022-23 season, the provision level within the adult game remains as per previous guidelines, with the intention to introduce them as standard in the 2023-24 season.

**THE UPDATED REGULATIONS WILL ENHANCE PLAYERS EXPERIENCE AND ALSO DEMONSTRATE TO PLAYERS AND (AND PARENTS), HOW THE GAME IS PRIORITISING & TAKING RESPONSIBILITY TO SUPPORT THEIR WELFARE**

# COURSE INFORMATION

## WHICH ENGLAND RUGBY TRAINING COURSE IS RIGHT FOR ME?

CLICK HERE TO FIND OUT







CHECK OUT THE [HELP PORTAL](#) FOR ANY OTHER QUESTIONS



# KIDS FIRST RUGBY





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

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




# KIDS FIRST RUGBY

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

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

# REFEREEING

Course	Description	When	Type
<b>England Rugby Referee Award</b> <b>MIN AGE: 14</b>	Competency-based course which provides the knowledge, skills and attributes to safely and effectively referee young players and adults. Develops the learner in a practical-based environment.	Day 1: Oct/Nov Day 2: May/June  8 months	

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



## WHISTLE STOP VIDEO GUIDES

REFEREEING CHILDREN



PLAYER SAFETY



COMMUNICATION ESSENTIALS



POSITIONING



REFEREEING THE SCRUM



REFEREEING THE TACKLE



FIT TO REFEREE



MANAGING THE TOUCHLINE




REFEREEING SEVENS



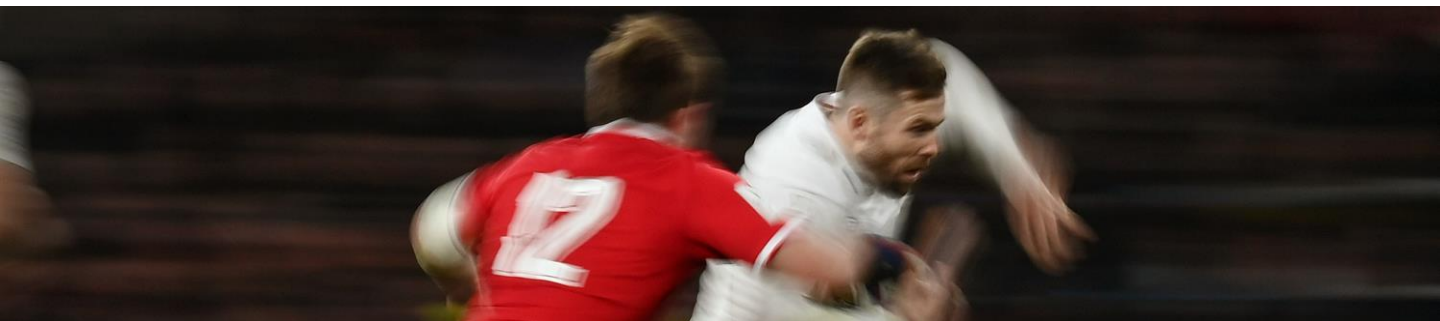
DEALING WITH PLAYERS AND CAPTAINS





# COACHING

Course	Description	When	Type
<b>England Rugby Coaching Award</b> <b>MIN AGE: 16</b>	Entry point for those coaching U12 and above. Provides the knowledge, skills and attributes to safely and effectively coach young players and adults.	Day 1: Oct/Nov Day 2: May/June  8 months	

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



Course	Description	When	Type
<b>Principles of Scrumming</b> <b>MIN AGE: 14</b>	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching.	October	
<b>Principles of the Lineout</b> <b>MIN AGE: 14</b>	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	March/April	

# ACTIVATE

## ACTIVATE KIDS

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

## Activate is the RFU's Injury Prevention Exercise Programme.

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

## Regularly doing Activate can:

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



Click here for  
Activate video  
resources and  
information


# ENGLAND RUGBY INJURY PREVENTION PROGRAMME

# ADVANCED PRACTICE








Course	Description	When
<b>Advanced Coaching Workshop</b> <b>FREE</b> <b>MIN AGE: 18</b>	This on demand webinar is a mandatory pre requisite for participating in the England Rugby Advanced Coaching Award and must be completed in the season you are considering starting the course, even if you have completed it previously.	January
<b>England Rugby Advanced Coaching Award</b> <i>(previously L3)</i> <b>MIN AGE: 18</b>	<b>4 face to face days, webinars, practical/video observations and community of practice events.</b> Applicants must have a minimum of 3 years experience as an England Rugby Coaching Award/Level 2 coach before applying.	Starts July  12 month course
<b>England Rugby Advanced Match Official Award</b> <b>MIN AGE: 18</b>	<b>4 face to face days, webinars, practical observations and community of practice events.</b> The course is by application, with prerequisites and builds strongly on the England Rugby Referee Award qualification. Is for active match officials who wish to develop their skills, knowledge and understanding to officiate in the high performance game.	Starts July  12 month course
<b>England Rugby Performance Coaching Award</b> <i>(previously L4)</i> <b>MIN AGE: 18</b>	<b>4 face to face days, webinars, practical/video observations and community of practice events.</b> This is course is by application only and for coaches operating in high performance environments only.	Starts January  18 month course

# LEADERSHIP

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



# eLEARNING

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



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[gms.rfu.com/GMS/coursefinder](https://gms.rfu.com/GMS/coursefinder)