

Coaching Philosophy

Coaches

Coaches have a significant impact on the development of young people. Coaches must therefore:

- Lead by example
- Understand and be the driver of success
- Make it about the players, not themselves
- Coach the whole person, not just the Athlete
- Ask (the right) questions and don't tell
- Have a desire to learn and develop themselves

Training

To ensure training is up-to-date, challenging, relevant, purposeful and enjoyable, sessions should be:

- Well-prepared
- Player led
- Game based
- Constraint led (approach)
- Challenging
- At a high intensity

Non-negotiables

- Coaches are always in control of their emotions
- Positive coaching
- Approachable

Highly desirables

- At least 80% of training is opposed
- Players don't queue for their turn
- Trainers don't hold tackle shields
- Teams are regularly mixed during training



Core Principles for CJC Coaches

Success

Players experience high levels of growth and learning in an enjoyable and safe environment

Core Values

Respect

Discipline

Commitment

Fellowship

Playing Philosophy

Key principles

The basic skills all players need to develop as a solid foundation to play the HRC game:

- Catch and pass
- Individual tackle
- Ball presentation
- Continuity

Game model

The basic game principles of the game we want to play.

- Go Forward (in defence and offence; fast line speed)
- High tempo (quick re-line, quick restarts; quick rucks)
- Continuity (avoid direct collisions; attack the space; keep the ball alive; limit number of rucks and make them quick and efficient)
- Creativity (attack the gaps; intelligent play and tactical kicking)
- Attack same side (till break or side line, then go attack way)
- Clever defence (defend together as a team, defend the space not the man; do not over commit at rucks)

Non-negotiables

- 50% game time on match day, subject to regular training attendance
- No referee criticism during or after a game
- After match white shirt and HRC tie
- No `Zumbas`
- At home matches, HRC leads after-match ceremonies

Highly desirables

- Players play at least 2 positions during the season
- At matches - ball in play?: then no coaching
- After match showers
- Strongest players also to be subbed off