



Coaching course

Level 1 coaching

In this course you will learn “how” to coach as well as what to coach. Although the focus will be more on the “how”

DETAILS



Data: Friday 3 of April 2020 (19h to 22h)
Saturday 4 of April 2020 (9h to 17h)

Location: BBRFC Celtic
Triomflaan 52
1160 Oudergem

For:

- Starting coaches (from 16 years old)
- More experienced coaches (necessary for level 2 course)
- Parents of players (please consult [the beginner's guide](#))

50 euro (lunch and booklet included) to pay on BE27 0010 5999 4273 with statement: “name & WR coaching course”. You can register [here](#).
We can not refund the registration fee in case of absence!

PROGRAM

FRIDAY 3 OF APRIL 2020 (19H TO 22H)

- Module 1: introduction to rugby
- Module 2: understanding the principles and skills of rugby
- Module 3: applying the principles and skills to teamplay
- End 22h00

SATURDAY 4 OF APRIL 2020 (9H TO 17H)

- Module 3 (follow up)
- Module 4: the development of the player and LTPD plan + planning and demonstration a session
- Module 5: Get Into Rugby (tag rugby)
- Module 6: risk management, laws of the game & the values
- End 17h

