



Course Format:

Note: In addition to the 10 Workshops on offer throughout the Advanced Coaches Course, all coaches will get an All-Access Pass to the Coach Learning Series content which contains over 50 presentations from some of the worlds leading coaches and experts. This will provide all coaches with a huge library of resources relating specifically to rugby tactical/technical as well as wider coach development topics.

JANUARY 2023	MORNING	AFTERNOON	EVENING
Monday 09	Arrive, check in to accommodation.	Workshop 1. A Bucket Full of Problems	Meet your Team, frame up week, start building culture
Tuesday 10	Workshops: 2. Creating a Team Vision, Identity & Game Model 3. Theming & Culture	Field session with Team	Review & reflection
Wednesday 11	Workshops: 4. Video Games Design & Gamification 5. IDP Creation & Player Feedback	Field session with Team	Review & reflection
Thursday 12	Workshop 6. Mental Skills	Free	Team meeting
Friday 13	Workshop 7: Team Review	Field Session with Team	
Saturday 14	10-a-Side Tournament		
Sunday 15	Free time	Team Review	Review & Reflection
Monday 16	Workshop 8. Guest Coaches Q & A	Field Session with Team	
Tuesday 17	Workshop 9. Strength & Conditioning	Field Session with Team	
Wednesday 18	Workshop 10. Performance Analysis	Field Session with Team	Review & Reflection
Thursday 19	10-a-Side Tournament		
Friday 20	Team Review Individual Player Feedback & Development Plans		BBQ & Course reflection
Saturday 21	Depart		

* This Format is indicative only and Workshop order and daily schedule is subject to change.