



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSRGU309A Teach Rugby Union skills at a foundation level**

**Release: 2**

## **SISSRGU309A Teach Rugby Union skills at a foundation level**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to teach and develop the foundation level skills of Rugby Union. This unit focuses on planning, conducting and evaluating drills, activities and games to develop Rugby Union skills at a foundation level.

### **Application of the Unit**

This unit applies to individuals operating as a Rugby Union coach at a local, club or school representative level. This includes instructing, planning, conducting and evaluating training sessions and games. This also involves supervising practice sessions, preparing for games and completing post competition analysis on performance.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Plan foundation Rugby Union sessions.

- 1.1. Establish *participant's needs and characteristics*.
- 1.2. Assess participant's *readiness* and current knowledge of Rugby Union in order to determine *session aims and objectives*.
- 1.3. Develop a plan according to participant's needs and characteristics, *relevant legislation, organisational policies and procedures* and *endorsed standards promoted by Rugby Union*.
- 1.4. Identify *safety procedures* associated with foundation Rugby Union *drills, activities* and *games* according to organisational policies and procedures.
- 1.5. Select and access *location, equipment* and *resources* according to organisational policies and procedures.

2. Brief participants.

- 2.1. Communicate instructions and *relevant information* about the Rugby Union session in a manner appropriate to participants.
- 2.2. Encourage participants to seek clarification, information and feedback as required during the session.
- 2.3. Inform participants of known and anticipated *risks*, safety procedures, appropriate behaviour and Rugby Union *rules and regulations*.
- 2.4. Establish a suitable communication system to promote teamwork while participating in drills, activities and games.

3. Conduct foundation Rugby Union sessions.

- 3.1. Apply clear and accurate *teaching and coaching techniques* to impart *required knowledge* and *foundation skills of Rugby Union* to be developed.
- 3.2. Advise procedures for dealing with emergency and non-routine situations according to organisational policies and procedures.

**ELEMENT****PERFORMANCE CRITERIA**

- 3.3. Conduct warm-up and or introductory activities for participants to reduce the risk of injury.
  - 3.4. Monitor individual *participant's performance* and maintain effective communication during foundation Rugby Union drills, activities and games.
  - 3.5. Observe participants during foundation Rugby Union drills, activities and games, and adjust or refine individual and or group technique as required.
  - 3.6. Allow time for cooling down at the end of the session and inform participants of opportunities to further develop their foundation Rugby Union skills.
4. Complete post-session responsibilities.
- 4.1. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
  - 4.2. Evaluate *relevant aspects* of Rugby Union session and determine the level of learning achieved.
  - 4.3. Identify potential areas of improvement for future Rugby Union sessions.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

The following skills must be assessed as part of this unit:

- communication skills to:
  - consult with participants to plan Rugby Union sessions that meet their needs
  - convey information about the safety aspects of the session
  - interact with participants to create a safe and positive team environment
- problem-solving skills to:
  - plan a suitable foundation Rugby Union session according to participant's needs and characteristics
  - address participant difficulties in developing skills and techniques
  - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
  - source, allocate and coordinate resources, equipment and a suitable location
  - monitor and evaluate progress
  - organise participants into manageable groups for Rugby Union drills, activities and games
- language and literacy skills to:
  - produce plans for Rugby Union sessions
  - complete post-session participant and self-evaluations
  - give and receive feedback
- teaching and coaching techniques to suit a range of participant's needs, characteristics and learning styles
- numeracy skills to support effective time management to deliver drills, activities and games within session timeframes
- personal foundation level Rugby Union skills to a high level of technical correctness to understand progressive skill acquisition, and to demonstrate, explain and break down skills and techniques to participants
- first aid and emergency response skills appropriate to the location.

### Required knowledge

- legislation, organisational policies and procedures, and rules and regulations of Rugby Union to enable safe conduct of all activities
- site-specific information to assist in the planning process and enable management of potential risks and any special restrictions applying to the location
- equipment types, characteristics and technology used for foundation Rugby Union
- teaching and coaching techniques and practices applicable to a range of ages and learning abilities
- a range of physical abilities, fitness and motor performance to ensure readiness of

participants

- foundation level skills of Rugby Union , such as ball handling and tackling, and specific drills, activities and games that promote progressive skill acquisition in individuals and groups
- communication systems used between players, coaches, umpires and support staff during Rugby Union
- emergency response and rescue procedures appropriate for foundation Rugby Union , to ensure risk minimisation to self and group.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- plans and delivers precise relevant information, explanations and demonstrations for foundation level Rugby Union sessions to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the foundation level skills of Rugby Union
- uses and modifies teaching and coaching techniques and or drills, activities and games to cater for a range of individual learning styles
- evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

#### Context of and specific resources for assessment

Assessment must ensure the conduct safe drills, activities and games that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- resources and information regarding participants and location to accurately plan, coach and document foundation level Rugby Union sessions for a variety of participants
- rules and regulations such as the Australian Rugby Union laws book and the Australian Rugby Union Code of Conduct
- current relevant legislation and organisational policies and procedures that impact on the conduct of drills, activities, and games
- access to a suitable location, field or facility
- a group of participants to take part in the Rugby Union sessions and games
- suitably qualified umpires
- access to support staff, such as trainers and scorers

## Method of assessment

- equipment such as Rugby Union balls and posts.

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of planning processes, such as consulting with participants to determine their needs and characteristics
- oral or written questioning to assess knowledge of relevant legislation, organisational policies and procedures, and rules and regulations of Rugby Union to enable safe conduct of all drills, activities and games
- observation of safe Rugby Union coaching to a foundation level and monitoring and adjusting activities according to participant's needs, characteristics and responses
- portfolio of session plans and self-evaluations
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSRGU308A Teach Rugby Union tactics and strategies at a foundation level.



## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Participant's needs and characteristics*** may include:

- age
- cultural factors
- situational factors
- previous experience
- fitness level
- foundation level Rugby Union skills and knowledge
- physical capabilities
- injuries and illnesses.

***Readiness*** may include:

- fitness levels
- motor performance factors
- compatibility between players in match situations
- level of arousal which will enhance performance.

***Session aims and objectives*** may include:

- progressive skill acquisition
- fitness targets
- motivation
- basic movements
- physical fitness
- individual player techniques
- team skills.

***Relevant legislation*** may include:

- occupational health and safety (OHS)
- permits from land management authorities and-or local council
- authority or permission from land owners and or Rugby Union clubs
- privacy
- working with children
- environmental regulations
- anti-doping policy
- harassment-free sports policies.

***Organisational policies and procedures*** may include:

- OHS
- conflict resolution
- communication protocols

- use, care and maintenance of equipment and field
  - training and scheduling commitments
  - code of ethics.
- Endorsed standards promoted by Rugby Union*** may include:
- the Australian Rugby Union Code of Conduct policy
  - the culture of Rugby Union
  - Australian Rugby Union anti-doping policy
  - Australian Rugby Union blood policy
  - Australian Sports Commission Harassment-free Sport policy.
- Safety procedures*** may include:
- group management in emergency situations
  - symptoms, treatment and prevention of common Rugby Union injuries
  - equipment checking and usage
  - clear communication systems
  - clear explanations of all requirements.
- Drills, activities*** may include:
- those described in Australian Rugby Union Level 2 Coach Accreditation Manual
  - sequential progression of skills
  - foundation skill drills
  - warm-ups and cool downs
  - relevant modified games
  - grid work
  - technique practice.
- Games*** may include:
- simulated game conditions
  - coordinated positional plays
  - modified games
  - practice matches:
    - tactic focused
    - play focused.
- Location*** may include:
- Rugby Union fields
  - open fields
  - indoor facilities.
- Equipment*** may include:
- Rugby Union balls
  - personal protective equipment
  - witch hats
  - tackle bags
  - bump pads
  - Rugby Union posts.
- Resources*** may include:
- teaching and coaching tools
  - food and water

***Relevant information*** may include:

- personal clothing and footwear
- first aid kit.
- tactic and strategy focus
- equipment and resource requirements, selection and use
- safety procedures
- communication systems
- objectives
- rules and regulations of Rugby Union
- responsible and safe behaviour.

***Risks*** may include:

- injuries
- illness
- collisions
- hazardous objects on the ground
- inappropriate behaviour and or fighting.

***Rules and regulations*** may include:

- International Rugby Board laws
- best practice codes of conducts, such as Australian Rugby Union Code of Conduct
- policies of the Australian Rugby Union , such as anti-doping policy
- Australian Sports Commission Harassment-free Sport policy.

***Teaching and coaching techniques*** may include:

- demonstration
- explanation
- discussion
- focusing on single and or multiple tactics and strategies
- breaking down complex tactics and strategies
- diagrams and drawings
- slow motion
- individual, pair, small group and large group work
- monitoring, observing and adjusting coaching methods according to progress
- assessment and evaluation.

***Required knowledge*** may include:

- rules and regulations of Rugby Union
- Rugby Union skills and positions
- basic biomechanical principles
- factors affecting tactic and strategy acquisition
- strengths and weaknesses of opposition and own team
- safety and risk management

***Foundation skills*** of Rugby Union may include:

- communication systems used in Rugby Union .
- preparation for contact
- stability
- defensive skills
- low tackle
- impact tackle
- scrum and back row variations
- mechanics
- binding technique
- catching
- passing
- running skills
- line-out skills
- kicking
- ruck or maul
- ball handling
- positional skills.

***Participant's performance*** may include:

- use of appropriate communication systems
- team participation
- speed and accuracy of performance
- attitude and behaviour.

***Relevant aspects*** may include:

- effectiveness of the teaching and coaching session
- suitability of teaching and coaching methods
- feedback provided to (and or) by participants
- initial and final assessment of participant's abilities
- validity and reliability of assessment and evaluation tools.

## **Unit Sector(s)**

Sport

## **Competency Field**

Rugby Union