



Australian Government

Department of Education, Employment and Workplace Relations

SISSRGU308A Teach Rugby Union tactics and strategies at a foundation level

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to teach and develop the tactics and strategies of Rugby Union at a foundation level. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the tactics and strategies of Rugby Union 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. Assess participant's ***readiness*** and current knowledge of ***foundation Rugby Union tactics and strategies*** in order to determine ***session aims and objectives***.

1.2. Develop a plan according to participant's ***needs and characteristics, relevant legislation, organisational policies and procedures*** and ***endorsed standards promoted by Rugby Union***.

1.3. Identify ***safety procedures*** associated with Rugby Union ***drills, activities*** and ***games*** according to organisational policies and procedures.

1.4. Select and access ***location, equipment*** and ***resources*** according to organisational policies and procedures.

2. Brief participants.

2.1. Communicate instructions and ***relevant information*** about Rugby Union drills, activities and games in a manner appropriate to participants.

2.2. Encourage participants to seek clarification, information and feedback as required.

2.3. Inform participants of known and anticipated ***risks***, safety procedures, appropriate behaviour and foundation Rugby Union ***rules and regulations***.

2.4. Establish a suitable communication system to promote teamwork while participating in drills, activities and games.

2.5. Develop individual and team ***game plans*** which include tactics and strategies to counter strengths and weaknesses of own players and opposition players.

2.6. Prepare players ***psychologically*** to participate in Rugby Union games at a foundation level.

3. Conduct Rugby Union drills, activities and games.

3.1. Apply clear and accurate ***teaching and coaching techniques*** to impart ***required knowledge*** and the tactics and strategies to be developed.

3.2. Advise procedures for dealing with emergency and

ELEMENT**PERFORMANCE CRITERIA**

- non-routine situations according to organisational policies and procedures.
- 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. Provide positive encouragement and or feedback to each participant and encourage feedback and questioning throughout sessions.
- 3.6. Conduct ***in-game analysis*** and implement relevant adjustments where required.
- 3.7. Allow time for cooling down at the end of the session and inform participants of ***opportunities*** to further develop their foundation Rugby Union tactics and strategies.
4. Complete post-session responsibilities.
- 4.1. Provide opportunities for participants to identify their personal progress and satisfaction with drills, activities and or game, and give feedback as required.
- 4.2. Analyse performances of individuals and the team and develop relevant ongoing coaching strategies to enhance performance.
- 4.3. Evaluate ***relevant aspects*** of foundation Rugby Union game and determine the level of learning achieved.
- 4.4. Identify potential areas of improvement for future foundation Rugby Union games.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to plan, conduct and evaluate foundation Rugby Union drills, activities and games that meet their needs
 - convey information about safety aspects
 - clarify positions, tactics and strategies
 - interact with participants to create a safe and positive team environment
- problem-solving skills to:
 - plan suitable Rugby Union drills, activities and games according to participant's needs and characteristics
 - determine player's intentions, movements, strengths and weaknesses
 - read and predict play
 - address participant difficulties in developing tactics and strategies
 - anticipate and respond appropriately to non-routine situations
- planning and organisation skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - monitor and evaluate short and long term progress
 - organise participants into manageable groups for Rugby Union drills, activities and games
- language and literacy skills to:
 - produce a plan for Rugby Union sessions
 - complete post-game 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 deliver drills, activities and games within timeframes
- personal foundation Rugby Union tactics and strategies to a high level of technical correctness to demonstrate, explain and break down tactics and strategies for participants
- first aid and emergency response skills appropriate to the location.

Required knowledge

- legislation, organisational policies and procedures, and rules and regulations of foundation 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
- Rugby Union tactics and strategies at the foundation level, such as patterns of play in attack and defence and game plans for team and individuals to develop specific drills, activities and games that promote the learning of tactics and strategies
- communication systems used between players, coaches, umpires and support staff during foundation Rugby Union
- psychological methods and techniques used in game preparation
- positions and players of Rugby Union and their roles and responsibilities on the field, during games
- emergency response procedures appropriate for 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 to ensure Rugby Union 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 attacking and defending tactics and strategies at a foundation level
- uses and modifies coaching techniques, drills, activities and or 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 conducts 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 evaluate Rugby Union drills, activities and games for a variety of participants at the foundation level
- 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
- suitable location, field or facility
- a group of participants to take part in foundation Rugby Union sessions and games
- access to suitably qualified umpires
- access to support staff, such as trainers and scorers
- equipment, such as Rugby Union balls and posts.

Method of assessment

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 plans, self and or player 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:

- SISSRGU309A Teach Rugby Union skills 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.

Readiness may include:

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

Foundation Rugby Union tactics and or strategies may include:

- principles of team play
- attacking skills or back play
- continuity general play
- line-out tactics
- re-starts
- tactical thinking
- attacking opposition ball
- scrum.

Sessions aims and objectives may include:

- self-improvement
- basic movements
- physical fitness
- individual player techniques
- group skills
- team skills.

Needs and characteristics may include:

- age
- cultural factors
- situational factors
- previous experience
- fitness level
- knowledge of Rugby Union tactics and strategies
- physical capabilities
- injuries and illnesses.

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 policies, such as the anti-doping and blood policies
- 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.

Drills, activities may include:

- those described in Australian *Rugby Union Level 2 Accreditation Manual*
- foundation drills
- warm-ups and cool downs
- small group practices
- team practices
- offensive or defensive situations
- grid work.

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
- witchies hats
- tackle bags
- bump pads
- Rugby Union posts.

Resources may include:

- teaching and coaching tools
- video equipment
- stop-watch
- sports science testing equipment
- personal clothing and footwear.

Relevant information may include:

- 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:

- Walla, modified and international laws of Rugby Union
- Australian Rugby Union Code of Conduct
- Australian Rugby Union anti-doping policy
- Australian Sports Commission Harassment-free Sport policy
- age restrictions.

Game plans may include:

- individual or team
- set plays
- targeting opposition players
- identifying weaknesses in opposition team
- style of play
- situational plays.

Psychologically may include:

- goal setting
- visualisation
- relaxation techniques
- motivation techniques
- focusing
- creating values.

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 tactics and strategies
- psychological methods involved in Rugby Union
- counteractive strategies encountered during competition
- basic biomechanical principles involved in foundation level Rugby Union
- factors affecting tactic and strategy acquisition
- strengths and weaknesses of opposition and own team
- equipment selection, use and maintenance.

Participant's performance may include:

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

In-game analysis may include:

- game statistics
- game performances
- psychological and motivational wellbeing of players
- tactical strengths and weaknesses.

Opportunities may include:

- locations suitable to foundation level Rugby Union
- range of Rugby Union equipment available
- Rugby Union clubs or groups in the local area.

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