

CONTINUITY IN ATTACK

By the end of this course, coaches will have a better understanding of and material to coach, continuity of possession in the contact area by appropriate and effective support to utilise the ball carrier's needs and options. The course is offered to three different coaching populations with the content and approaches appropriate to the level of players being coached.

Coaches of Children (7-12)

This course will develop the coach's understanding of the principles of play and how to incorporate these principles with a child centred approach. The coach will be more effective in assisting young players to learn and understand the concepts of the contact area and not just contact skills. The course will also develop the coach's ability to:

- develop their players' ability to pass and offloading from the ball carrier;
- develop the repertoire of ball retention skills at breakdowns in play;
- develop the support lines of the attacking players in a manner that children may be able to associate and understand;
- develop an understanding of spatial awareness, and
- recognise and encourage innovation from players.

Coaches of Youth Players (13-18)

This course will develop the coach's understanding of the principles of play and how to incorporate these principles in to practices while maintaining continuity in attack with ball in hand. The coach will be more effective in assisting players at youth levels to understand the concepts of the contact area and not just contact skills. The course will also:

- challenge traditional methods of coaching the contact area;
- develop an understanding of high tempo attack and the benefits and dangers;
- explore the repertoire of passing and offloading from the ball carrier;
- explore the repertoire of ball retention skills and use from different breakdown situations and
- develop the support lines of the attacking players to maximise continuity in attack with the ball in hand.

Coaches of Adult Players

This course will refine a coach's understanding of the principles of play and how to incorporate these principles into adult rugby to enable players to maintain continuity in attack with the ball in hand. The course will also:

- enable coaches to challenge players to influence and disrupt defence structures;
- enable coaches to challenge and develop players' understanding the contact area;
- develop an understanding of high tempo attack and its benefits and dangers;
- enable coaches to develop a ball carrier's repertoire of passing and offloading skills;
- enable coaches to develop the repertoire of ball retention skills and use from different breakdown situations, and
- develop a coach's understanding of how to enhance support lines of attacking players and develop better decision making through scanning.

