

THE LINE-OUT GAME

By the end of this module the coaches will be able to plan and implement innovative and action packed line out sessions while maintaining a focus on the specific skills required. 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

This course will increase the coach's understanding of the line-out and how to develop the relevant skills within active and problem solving practices, whilst incorporating a child centred approach. The coach will be more effective in assisting young players to learn and understand the concepts of the line-out and line-out skills.

The course will also develop coach's ability to:

- establish a line-out philosophy.
- develop the technical and tactical roles of each player in the line-out.
- challenge the traditional methods of selecting which player does what in the line-out.
- plan a session to develop and improve each player and develop an understanding of their role within the line-out.
- plan a session that maximises the involvement of every player.
- use a whole part whole approach to coaching line out.
- identify the relevance and use of the line-out call.
- incorporate learning into the game.

Coaches of Youth Players (13-18)

This course will develop the coach's understanding of the line-out and how to incorporate this understanding into active decision making practices. The coach will be more effective in assisting players at youth levels to understand the concepts of the line-out skills. The course will also:

- establish a line-out philosophy.
- develop the technical and tactical roles of each player in the line-out.
- challenge the traditional methods of selecting which player does what in the line-out.
- plan a training session to challenge and assess the abilities and versatility of every player.
- plan a session to develop and improve each player and their role within the line-out.
- plan a session that maximises the involvement of every player.
- use a whole part whole approach to coaching line-out.
- identify the relevance and use of the line-out call.
- devise a basic line-out game plan.

Coaches of Adult Players

This course will refine the coach's understanding of the line-out and how to incorporate this understanding into active decision making practices. The coach will be more effective in assisting players at adult level to understand and apply technical and tactical concepts within game related activities, at the appropriate level for the attendees. The course will also:

- establish a line-out philosophy.
- develop the technical and tactical roles of each player in the line-out.
- challenge the traditional methods of selecting which player does what in the line-out.
- plan training sessions to develop the dynamics of support and jumping techniques.
- develop an understanding of planning a line-out game plan.
- plan a session that maximises the involvement of every player.
- use a whole part whole approach to coaching line-out.
- explore tactical options for defending the line-out.
- identify the relevance and use of the line-out call

