



## **The Good Coaches Code**

### **IN RUGBY UNION, AS A COACH, YOU MUST:**

- Never overload young players with demands, technical information and tactics – remember they are children and they are playing rugby for fun
- Be organised – establish a structure for the season, prepare a coaching plan for each session, have the appropriate kit. Above all, communicate to players, parents and fellow coaches to set expectations
- Make sure players develop an understanding of the rules and laws of the game, that they respect opponents, team-mates, coaches and officials
- Never over play the better players – include everyone
- Ensure players and parents behaviour is appropriate and in keeping with the spirit of the game and the expectations of the Club
- Never abuse, yell, criticise or ridicule children for making mistakes or losing a game
- Ensure the club's Child Protection Policy is upheld at all times
- Never question an official's judgement or honesty.

### **IN RUGBY UNION, AS A COACH, YOU SHOULD ALWAYS REMEMBER:**

- Players develop at different times and in different ways – make allowances for their physical, emotional and mental maturity and development
- Winning isn't everything – teach your players to enjoy taking part and performing to the best of their ability. Encourage each player to reach his or her potential