At what time of the day do players find meetings most effective?

- How does this impact our scheduling?

**Most memorable meetings**

**Top 3 themes:**
1. Player lead or Player Interactive meetings
2. Fun/Funny
3. Specific/Not too many points

"Scrum meetings in World Cup where efficient and quick we knew we had problems and came up with solutions quick and wasn’t time consuming."

"When I had to analyse a team and then present it back to coaches."

"Meeting before the South Africa semi-final, thought it was good how we骇ised our strategy to taking down springboks. Working as a team etc."

"Interactive meetings - getting into groups."

"Short, crisp with simple and clear messages."

"Lively but a lot of learning came from this as well as it showed how lower numbers should back themselves to execute skills such as kicking etc."

"When we have a laugh and it’s interactive."

"We had a meeting where the coaches didn’t attend, it was completely player lead. Essentially we coached ourselves."

**List of potential Actions to help prime the brain to learn:**

- More natural light in your environment
- Give players pre-preparation to do before meetings so they are primed
- Varied warm up process prior to meetings
- Common language early but change it collectively to provide fresh stimulus
- Mix topics in meetings (Interleaving Practice)
- Recap on information post sleep – the next morning
- Creating groups of 4 for optimum discussions and engagement
- Players green meetings to shape new ideas
- Using variable rewards to motivate, which engages the brain

* Please read the following content to provide context to the actions above
RULE BREAKING

1) What are the rules or conventions

2) Pick one and break it

3) Use that as stimulus for fresh thinking
CARDS

Rugby skills to explore, discover and adapt

Creativity  Awareness  Resilience  Decision Making  Self Organising
"The game will change, and the creative players will adapt, while the rest will find themselves perfectly prepared for a game that no longer exists."

Darren Laver (ISSA)
Rusty’s Principles

• Would I want me to coach my kids?
• Waggles and Wobbles
• Pause
• Stretch/Support
• Design mistakes
• 74%
• Who cleans up the dog poo?
• How can I...?
BLOCK PRACTICE
- Isolated skills in safe space
- Repetition of movement
  - Pressure free
  - Short and sweet

SMALL-SIDED GAMES
- Skills within context of game
- Lots of touches of the ball
- Replicate skills from block practice
- Fast paced & dynamic

FREE PLAY
- Coaches absent
- Free to express themselves
- No adult constraints or interventions
- Enjoy their enjoyment

GENERAL SKILL DEVELOPMENT
- Holistic life-skills focus
  - Non-rugby related
  - Appreciation of time, space & movement
  - Frees like ‘free play’

TACTICAL WARFARE
- Develop tactical understanding
- Pose scenarios
- Allow players to explore solutions
- Challenge tactical decisions

META-COGNITION
- Learn to ‘think about what you are thinking about’
- Video game principles
- Mission over objective (e.g. unlock your team)
- Level up & power ups

THE GAME
- Looks & feels like the game
- Lots of transition
- Multiple skills developed
- Organic breaks in play
1. Missions
2. Level-ups
3. Super Powers
4. Pausing
5. Save Progress
On-going data collection – professional academy and international representative coach.
GAME MANAGEMENT
- SCAN – Play what you see
- RUN – KICK – PASS
  all options open
BACK YOURSELF

MENTALITY
DEFENCE:
- CHOP tackle
- Drive through – LEGS
- SHOULDER contact
- Fix It
- SOCKS
- Stay in the moment

KICKING
GOAL:
- HARD FOOT
- 85%<
- Straight Line – Complete the Kick
- THROUGH the ball

OUT OF HAND:
- DROP in line with foot
- 5 M RULE
don't be GREEDY

SPRINTING

England Rugby

DECISION MAKING
Creating Space for others

O2

HARLEQUINS

JWC U20 – 2018
RWC 2023
LIONS 2025
How are you best doing the R word?
EVER-CHANGING ENVIRONMENT

HAVE TIME FOR ALL PLAYERS; USE TECHNOLOGY, TEST AND REVIEW WHAT WORKS; BE PREPARED TO FAIL AND SEE FAILURE AS EVIDENCE THAT YOUR APPROACH CAN AND WILL IMPROVE

INTERNS - BEST OUT OF THEM

DO THINGS
STAY POSITIVE - INTEGRATE
READ AND LEARN

KNOWLEDGE
EXCEL
2 HOURS - FRIDAYS

COMMUNICATION
SPORTSCODE
2 HOURS - FRIDAYS

PRE-TRAINING BRIEFINGS
SELF-OFFICIATED GAMES
EVALUATE SESSIONS EVERY TIME

STAFF COLLABORATION RESOURCE
CONSTANTLY REFER TO OBJECTIVES
RECAP TECHNIQUES

PRE-SESSION DURING POST SESSION

HAVE MORE IMPACT
KEEP EVOLVING
BEAT THE GAME
BE THE MOST SKILFUL
ADAPTIVE COACH
AIDEN MCNULTY
IDP

BY THE END OF THIS YEAR

1. COACHING RESOURCE
2. XY CO-ORDINATE DATA MAPS AND PREDICTABILITY
3. RESEARCH AROUND IMPACT
4. QUESTIONNAIRE
5. TRAINING CLICKERS
6. COACHING LEVEL 2
7. TRANSITION
8. BEST U18 TEAM REPORT