

2022



**Coomera Cutters
Rugby League Football Club**

Coaches Handbook

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CONTACT DETAILS

Coaching Director - T.B.A
International: T.B.A
Junior: Pat Hore: 0437 801 196
Junior: Jamie James: 0468 491 442

Executive Committee -
President: Te Ana Werahiko: 0431 243 756
Vice President: Pat Hore: 0437 801 196
Secretary: T.B.A
Treasurer: Sophie Tawhai: 0431 506 756
Registrar: Te Ana Werahiko

TEAM STAFF

All teams should consist of the following staff:

- 1) Coach
- 2) Manager
- 3) LeagueSafe (Can have up to 2 per team on field for international age groups, 1 per field for juniors.)
- 4) First Aid - League First Aid (Green shirt U6-15)
First Aid Officer (Blue Shirt U16 - Opens)
- 5) Optional staff - Assistant Coach (if need be)

Courses will be available for each of these positions (excluding Manager) in early 2022. Please check <https://www.playrugbyleague.com/> or local league website for more information. The Coomera Cutters Facebook page, will advertise coaching course's as they become available.

Please note that courses often include an online component and a face to face component (LeagueSafe is an online only course).

All behaviours of Team Staff are the responsibility of the coach, it is expected that as the appointed coach you will ensure these individuals are fully trained and understand the expectations outlined in this document. This is especially relevant to your assistant coach as he/ she will assume responsibility of the team staff in your absence. It is **expected** that no team shirts will be made this year without the approval of the club. It is expected that all players and coaching staff will wear their Coomera Cutters JRLC attire with pride.

ROLES & EXPECTATIONS OF THE COACH

General Roles & Expectations

Role of the coach:

Coaching is about more than just teaching kids how to play Rugby League.

There are a range of benefits that sport can provide young people. These benefits extend further than just the development of skill. Coaches can positively impact the overall development of each player and enrich their lives both on and off the field by providing an environment that fosters the 4 C's of player development. Competence, Confidence, Connection, and Character.

To function effectively a coach must have:

- A knowledge of Rugby League and;
- An understanding of coaching principles and techniques (see the attached NRL - Coaches Handbook).
- U6s to U12s NRL- Coaches handbook

<https://www.playrugbyleague.com/media/10798/2021-coaches-handbook-6-12.pdf>

- U13s and above NRL- Coaches handbook

<https://www.playrugbyleague.com/media/10799/2021-coaches-handbook-13plus.pdf>

In addition, there are club expectations that you and your team staff must follow:

- Promote club events
- During home games the club relies on volunteers to help throughout the day. Your team will be asked to provide volunteers to help, whether in the canteen or on the field, before your game. Please help seek and provide volunteers when asked.
- Promote club values
- Always demonstrate respect towards match officials, Club Committee, Players and Parents
- Adhere to NRL Code of Conduct and National Safe-Play Code.
- Obtain a working with children check / Blue Card
- DON'T BE EMBARRASSED TO SEEK ASSISTANCE

TRAINING EXPECTATIONS

General

All pre-season training must be communicated to the club and must not commence until approved by the club.

Coaches should arrive at fields leaving ample time to set up prior to allocated training start time. Please note that teams may be training before or after you in the same area. If a team is training before you, please refrain from setting up in any training grids, if a team is training after you, please ensure the training area is vacated by the allocated finish time.

Planning

Ensure each session is thoroughly planned out prior to arriving at a session. In your planning you should include each of the skills outlined in the 'NRL - Coaches Handbook'. Coaches are free to use their own templates for planning sessions. Existing templates can be found in the 'NRL Coaches Manual' that can be found at playrugbyleague.com/coach/coaching-resources/

Equipment

Shared equipment is kept neat and tidy in the storage area. As a safety precaution it is asked that children under the age of 13 (Under 12's and down) do not enter the storage area under any circumstances. If you require equipment, get it out and have players carry it to training area. Please consider that other coaches may require shared equipment throughout the night, so return equipment promptly after use.

Please ensure post pads are correctly fitted to all posts in your training area before commencing your session.

FAILURE TO ADHERE MAY RESULT IN INSURANCE ISSUES.

Attire

Acceptable attire for coaches at training includes the following:

- Coomera coaches' polo and Coomera coaches shorts.
- Jumper or jacket if desired.
- Track pants if desired.
- Closed in shoes or boots (no thongs, no gumboots, no work boots)

MATCH EXPECTATIONS

Planning

All trials, competition and regular season games and must be communicated to the club and must not commence until approved by the club.

Prior to arriving at the ground, you should have a team list prepared to give to your manager, enabling them to fill in the official game sheet, that they submitted online earlier in the week. Ensure all jerseys have been returned to you or your manager by the prior training session.

Before the Game

Coaches should always arrive at a venue at least 15 minutes prior to the time of arrival expected of the players. This will allow you to set up warm-up activities, seek change room allocations (away games), set-up change room and to establish routines and regulations of the host club.

During the Game

During the match, only Players, Coach, Assistant Coach, Manager, LeagueSafe and First Aid Officer are to be situated in 'dug-outs'. Ideally, parents and other spectators will be on the far side of the field (this is mandatory at some venues). Where this is not possible, ensure there is a clear boundary for parents/spectators to adhere to. You will need a "yellow vest" for either the assistant coach or manager to wear whilst situated on the bench. You will also need a "pink vest", for a parent to wear in the spectator's area, as point of contact if incidents occur.

After the Game

After the match ensure all jerseys are collected and are distributed to a reliable person for washing if the coach deems fit. The coach should always be last to leave the change room ensuring that it is left tidy and free of rubbish (many clubs will supply a broom for sheds to be swept, please adhere to host clubs rules).

Before heading home ensure that each player in your team has a parent or guardian present. Don't leave children at unfamiliar venues on their own!

Attire:

To **all matches coaches** should wear the following:

- Current club shirt.
- Current coaches club shorts.
- Closed in shoes (no thongs, gumboots or work boots).
- This is a **must** and no exceptions will be made.

COACHING RESOURCES & DEVELOPMENT

Every coach may have their own skill drills that they prefer to use, however at times coaches may run out of ideas or will need to adopt fresh ideas to get the most out of their sessions. Below is a short list of resources that can be easily accessed that may cater for your needs:

- MyLeague (Free App on both Apple and Android)
- [Playrugbyleague.com/coach/coaching-resource-search/](http://playrugbyleague.com/coach/coaching-resource-search/)

If you are aware of other resources please share with other coaches within the club.

Throughout the year there are a number of opportunities offered by various coaches and NRL development staff that all coaches have access to. It is an expectation that all coaches will develop their skills and knowledge by attending whenever possible.

Future coaching roles will be made after considering efforts made toward continued coach development and improvement.

PLAYER BORROWING

As this club sometimes relies on players backing up or playing up in other age groups on occasion, club protocol must be implemented to ensure all coaches adhere to the same process.

If you require a loan of a player that usually belongs to another team, whether it be in the same age group or down one age group, the coach of said player's usual team must be consulted before any approach is made to the player or parent. It is then the usual coach's role to approach the player and parent.

Example: Under 10's need an Under 9 player to fill in. Under 10 coach asks Under 9 coach to seek out an appropriately skilled player. Under 9 coach discusses situation with parent. Under 9 coach then gives Under 10 coach contact details of that parent (only on parent's approval).

This negates two potential problems;

1. Players playing in and against a team well beyond their skill level
2. Teams being short of players because of 'in-house' player movements.

A coach should NOT approach a player or parent from a younger age-group outside of the process above.

SOCIAL MEDIA USE

We encourage all teams to set up a group page within our Club social media page/s. Inevitably, however individuals may already have their own social media platforms therefore any that contain the club's name or logo must have the **current committee's social media administrator as an administrator on their page**. This is to ensure the club remain professional we recommend that such pages are used for the following reasons only:

- Important announcements e.g. Game times and venues
- Sponsorship announcements (Club approved)
- Reporting of results.
- Positive match reports.

Negativity towards players, staff, officials and parents will not be tolerated and disciplinary action will be taken.

Parental permission must be given before any photos or videos are posted or shared.

It is your responsibility to ensure that all team staff, parents and players are familiar with the club's Social Media Policy.

<https://www.gr1.com.au/siteassets/documents-and-policies/2017/circular-352-social-media-policy.pdf>

INJURY MANAGEMENT

Player welfare is the highest priority for any coach. Every player will have a different threshold for pain and different level of resilience to injury. All players should complete a Medical Advice Card each year to ensure team staff are aware of any medical conditions i.e. Asthma.

Below is a brief plan for dealing with injuries:

- First-aid officer should always be first point of call and their advice must be adhered to.
- If a player requires further medical advice, they should not return to the field.
- If a player receives a knock to the head and 'blacks-out', feels nausea or experiences headache, they shall not return to games or training until given written clearance by a medical professional (doctor, not FAO)
- Injuries should always be documented on the NRL Injury report form.
- For a player to return to the field they must meet each of the following requirements:
 - Be in zero danger of further damage to 'injured area'.
 - Must not feel effects of possible concussion.
 - Must be able to properly demonstrate all the skills required of them on the field.
 - Must be reasonably free of pain.
- Copies of Injury reports and medical clearances must be provided to a nominated member of the clubs committee as soon as practical. These forms may also need to be forwarded to the local league to allow for player eligibility reasons.

IF IN DOUBT, ALWAYS BE ON THE SIDE OF CAUTION

Player Development and Coaching Guidelines – Under 13 – Opens

Goal:

Players to continue their development and enjoyment in the game of Rugby League. They are to gain an understanding of the rules of 'International Rules Rugby League', learn a broader range of skills and continue to enjoy the game. Players should develop their knowledge of the game including game-awareness, fitness, nutrition and general health.

Skill Priorities: Those learnt in younger age groups with the addition of;

Skill	Sub-skill
Handling	Contesting high ball
Passing	Long-passing (cut-out & behind option runner)
Tackling	Tackle types for situations
Kicking	Bombs
	Cross-field kicking
	Affective kick-chase
Structure	Block & hook running
	Marker defence (2 markers)
	Line running
Personal Wellbeing	Fitness
	Nutrition
	Recovery
	Injury Rehabilitation
	Lifestyle choices / Wellbeing

Competition Rules:

Under 13's to under 18's play 'International Rules'. All games are competitive. Development and enjoyment are still valued.

Teams consist of a maximum 13 players on the field at any time. There is no minimum time allocation for individual players. Game-time should be based on position, fitness and attendance at training. Ideally teams will consist of 19 players, however, some competitions have player number restrictions.

It is expected that if you are offered a International age group to coach, you will be expected to attend seminars to up skill yourself. You will also be required to attend the relevant courses offered.

Rules can be downloaded from the playrugbyleague.com/referee/laws-of-the-game/

DISCIPLINARY ACTION

Failure to comply with this handbook and any other rules associated with Coomera Cutters JRLC and the [NRL - Coaches Code of Conduct](#), could lead to disciplinary action. This could in some instances include being removed as a coach and or coaching staff at Coomera Cutters JRLC and/or Club membership.

Remember Coaching is a privilege not a right!

Thank you!

We at Coomera Cutters JRLC, acknowledge the fact that you are volunteering your time to help develop the young players within our community. We take this time to show our appreciation towards you, and hope we can create a great partnership that is beneficial for all involved.

If you agree to the terms in the coaching handbook, please sign and date below,

I _____ dated _____
this day, month and year,
agree to the terms and conditions outlined in the 2022 Coomera Cutters Coaches handbook. I do understand that if I fail to adhere to any of the conditions outlined that disciplinary action may be required.

Signed: