

# **NRL Community Coach Education Framework**

2023 CLUB INFORMATION GUIDE



### **Overview**

The National Rugby League has a Coach Accreditation Policy that requires coaches of Rugby League teams to obtain and maintain a Coach Accreditation relevant to the team they are coaching. These courses that provide these accreditations were:

- Modified Games Coaching Course (MGC)
- International Games Coaching Course (IGC)
- Club Coach (CC)
- Senior Club Coach (SCC)
- High Performance Coach (HPC)

In recent times, a more contemporary framework for Coach Development at a Community level has been developed, which has resulted in a new batch of Community Coach Accreditation Courses that have replaced the Modified Games Coaching Course (MGC), International Games Coaching Course (IGC) and Club Coach (CC) courses. Like most things in life, we learn new and better ways to do things. Coaching is no different, we need to ensure we listen to industry experts and learn from research in coaching and development of children.

The project sourced the latest knowledge, evidence, and best practice in how coaches can create the best environment for all the players, which is specific to their age and stage of development. These courses have also been developed in consultation with experienced Rugby League Coaches, Sport Australia, Coaching Industry Experts and the leading academics in Sport Policy, Coaching, Psychology, and Skill Acquisition.

To learn more about the new courses scan the QR code below or visit www.playrugbyleague.com/coach







# **Coach Accreditation Policy**



Under this policy, all community level Coaches are required to complete the relevant entry-level coaching course to coach a Rugby League team. New Coaches will be required to complete the relevant Community Coach accreditation course, whilst current coaches must maintain their accreditation through the relevant re-accreditation process.

The following outlines the accreditations required to coach each specific age groups. Coaches who hold current accreditations may still use these to coach, however they will be required to update these to Community Coach Accreditations once these expire.

#### Coaching Under 6-7's

Coaches of this age group can hold a current Community Coach (6-7's) Accreditation, or a current Modified Games Coach (MGC), Club Coach (CC), Senior Club Coach (SCC), or High Performance Coach (HPC) Accreditation.

#### Coaching Under 8-9's

Coaches of this age group can hold a current Community Coach (8-9's) Accreditation, or a current Modified Games Coach (MGC), Club Coach (CC), Senior Club Coach (SCC), or High Performance Coach (HPC) Accreditation.

#### Coaching Under 10-12's

Coaches of this age group can hold a current Community Coach (10-12's) Accreditation, or a current Modified Games Coach (MGC), Club Coach (CC), Senior Club Coach (SCC), or High Performance Coach (HPC) Accreditation.

#### Coaching Under 13-15's

Coaches of this age group can hold a current Community Coach (13-15's) Accreditation, or a current International Games Coach (IGC), Club Coach (CC), Senior Club Coach (SCC), or High Performance Coach (HPC) Accreditation.

#### Coaching Under 16-18's

Coaches of this age group can hold a current Community Coach (16-18's) Accreditation, or a current International Games Coach (IGC), Club Coach (CC), Senior Club Coach (SCC), or High Performance Coach (HPC) Accreditation.

#### Coaching Under 19s+

Coaches of this age group can hold a current Community Coach (19's+) Accreditation, or a current International Games Coach (IGC), Club Coach (CC), Senior Club Coach (SCC), or High Performance Coach (HPC) Accreditation.

#### Coaching League Tag

Coaches coaching League Tag teams will have to complete the Coaching League Tag module in additional to holding one of the above coach accreditations.







### Coaches adopt a guiding role in making it all about the player

Sport is a wonderful activity for children that can have a positive effect on the development of the child as a player and a person. However, this development doesn't happen by chance and only occurs when they are exposed to a safe and enjoyable learning environment where the Coach adopts a player focused coaching philosophy.

Research tells us that
Coaches who adopt a longterm development approach
are far more likely to have a
positive impact on a child's
life than those who approach
their Coaching with a focus on
short-term results.

There is far more value in coaches shifting to a guiding role where they provide players with the opportunity to learn through concise instruction, informational feedback, and developing a respectful competitive spirit.

# Coaches work on having positive relationships with everyone

Players consistently rate connection with their peers and coaches as being of great importance in their sporting experience. We know the more kids feel valued within the team, the more chance they have of engaging in activities and experimenting without fear of judgment.

Coaches are the key architects in creating an environment that fosters this sense of inclusion and this can be as simple as taking an interest in each player's life outside of Rugby League, or enquiring how school was on a particular day, or ensuring players are respectful of one another.

What's important is that this approach extends to every player and is not only offered to those who may be more capable at that particular stage.

Coaches who value and emphasise positive relationships with their players will help them develop not only as players but more importantly as people.



### Coaches take an active role in shaping a great environment for learning

Coaches are the architect of the learning environment as they are responsible for the planning, facilitating, adjusting, and evaluating of the player experience. All the good things that are possible through sport can occur through the coach focusing on creating a fun and safe learning environment.

This happens by placing an emphasis on long-term development over short-term results. Coaches can do this by minimizing instruction, focusing feedback on effort and improvement, allowing players to learn from mistakes, and prioritising fun and development through games.





# Coaches endeavour to use activities that are fun

The only players who can't be developed through positive Coaching are those who have already left the sport, and of those that do leave one of the main reason they nominate why they left is due to lack of fun. Using activities that are fun is a great place for a coach to start. This means coaches should use game-based activities, where players are challenged and involved, over more traditional, repetitive drills.

Using fun activities doesn't replace the development of a player's competence and confidence, it enhances it and contributes to the development of their connections and character. Fun activities will enhance the skill development of your players, not detract from it.



### Coaches make every effort to keep players safe

Keeping everyone safe is a fundamental obligation for all coaches. Coaches have a duty of care to the players in their team and should always put safety ahead of anything else. This includes physical and emotional safety.

When most coaches think of safety, they might think only of the physical aspect. However, safety relates to much more than just physical safety and should also include considerations around developing respectful, nurturing relationships that avoid isolating people in your group, they should also align with the relevant Working With Children requirements.

Coaches can achieve a safe environment by keeping their equipment, environment, activities, and interactions safe and how they prevent and manage injuries and illness.



# Coaches aspire to improve their coaching

The best coaches are those who prioritise their own development. This will allow you to provide your players with positive environments where they will also learn and develop. Coaches learn best on the job where they have the chance to experiment and learn from their mistakes. However, this learning is enhanced when coaches take the time to acquire some knowledge, through courses and researching, and reflecting on their own coaching.

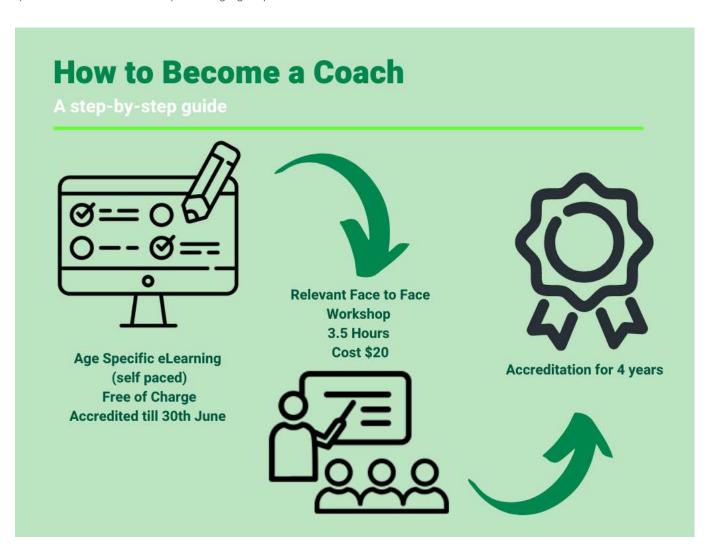
### **How to Become a Coach**

#### **Coach Accreditation Courses**

To become qualified to coach a specific age group, coaches will need to complete the relevant Community Coach Accreditation Course. To do this coaches will need to complete the relevant eLearning course, followed by the relevant Face to Face Workshop. The structure of the learning has been specifically designed in a way to help the coach provide the best possible environment for the players.

The eLearning course is a pre-requisite to registering and attending a Face to Face Workshop.

Upon completing the eLearning course, coaches will receive a temporary accreditation until 30 June 2023. Once they have attended and completed the Face to Face Workshop their accreditation will be finalised providing a qualification to coach the specific age group for four seasons.



# **Coaching Multiple Age Groups**

If a coach is coaching multiple age groups, they will need to obtain the age specific accreditation for each relevant age group. Depending on the age of the teams they are coaching will determine exactly what the coach needs to complete. This may happen to coaches in one particular year, or across multiple years. The design of the accreditation courses allows for coaches to learn about their specific age groups when they are coaching them. Below are a few examples of how this could work.

#### Example 1 - Coaching two similar aged teams in the same year

A coach who is coaching the under 7's and under 11's, they will require both the Community Coach (6-7's) accreditation and the Community Coach (10-12's) accreditation. This means they will need to complete the eLearning for each age group, however, they will only be required to attend one Community Coach (6-12s) Workshop.

#### Example 2 - Coaching one younger and one older age group in the same year

A coach who is coaching the under 7's and under 15's, they will require both the Community Coach (6-7's) accreditation and the Community Coach (13-15's) accreditation. This means they will need to complete the eLearning for each age group and they will need to complete both the Community Coach (6-12's) Workshop and the Community Coach (13-18's) Workshop.

#### Example 3 – Coaching an age group one year, then a different age group the next year

A coach who starts one year coaching the under 7's will be required to complete the Community Coach (6-7's) accreditation, which means the coach completes the 6-7's eLearning and the Community Coach (6-12's workshop). If that coach then takes the team into the under 8's the following year, they will only be required to complete the 8-9's eLearning as they have already attended the workshop the previous year.



# **Community Coach eLearning**



#### Online eLearning

The eLearning element of the course has been designed to provide coaches with all the knowledge they need to start coaching their team. This is the first step in the accreditation process, and ideally, coaches should do this before they start coaching.

Cost:

Free

#### What will Coaches learn in the eLearning?

Coaches will learn about how to create positive coaching environments that result in the players having the best possible experience. As each age group of players is different in the experience they need, the eLearning has been broken up into age group's that provide coaches with knowledge that is very relevant to the ages they are coaching. Throughout the eLearning, coaches will learn:

- Who the players are, why they play, what the enjoy, and how they develop
- What their role is as a Coach
- How to keep everyone safe
- Why relationships are important and how to develop these positively
- How to create great learning environments
- How to plan, deliver, and review a training session
- What happens on game day

Throughout the eLearning, Coaches will gain an understanding of why this is important along with practical examples of how they could so this with their teams.







# How to Complete the eLearning



https://www.playrugbyleague.com/coach/coaching-courses/community-coach/elearning/

#### **Locating eLearning Modules**

Coaches can access eLearning at any time without committing to a specific Face to Face Workshop. Ideally this can be done by a coach before they start coaching. Coaches can access this directly through the QR code.



#### Registering to the eLearning

The following step by step guide will help coaches ensure they can successfully register to an eLearning course without any issues.

#### Step 1

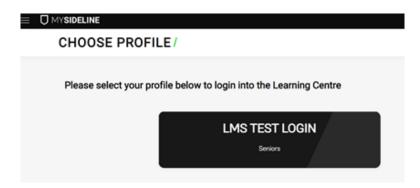
Locate the relevant eLearning course via the links above and click on the **enrol** button to start the registration process.



#### Step 2

You will be promoted to login using your NRL account details. New users who don't have an NRL account can create one here.

If any coaches have issues with accessing thier account, they can contact the support team for further assistance.



#### Step3

Coaches will complete the relevant details and finish the enrollment. When this is completed, they will have access to their course.

# **How to Complete the eLearning**



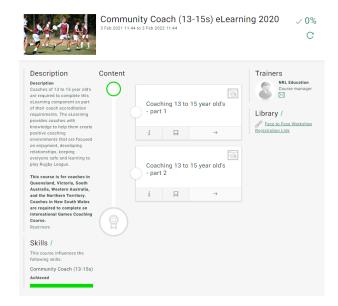
https://www.playrugbyleague.com/coach/coaching-courses/community-coach/elearning/

#### **Accessing the Course**

Once the payment has been made, coaches will be directed into the course room where they will be able to access the eLearning.

The course room will contain the eLearning modules, overview of the course, contact details for support and access to the Community Coach Handbook.

If coaches need to navigate back to this course room, they can do so by clicking on the **My Courses** tab at the top of the page. Then clicking on current courses.



#### **Completing the Course**

Once the coach has completed the modules, the course room will show the modules in green with a tick on them. This is the indication that the modules have been finished. If the modules are in yellow, this means they are in progress and haven't been completed.





#### **Accessing a Certificate**

Once an eLearning course has been completed, a coach will receive a temporary accreditation. Coaches can download a copy of their certificate going to My Course > Completed and selecting the ribbon icon. There will also be a download certificate button in the course room.

Note: Coaches Learning Centre and My Sideline profiles will automatically update when a course is completed.





# **Face to Face Workshop**





# Face to Face Workshop

The Face to Face Workshop is the second step in gaining a Community Coach Accreditation. These workshops have been designed to help coaches improve their knowledge, learn from others, and gain some hands-on feedback. These workshops are strategically planned for later in the year so that coaches can gain a little bit of experience before they attend. This makes the learning far more relevant to the coach.

Cost:

\$20

#### Who needs to complete a Workshop?

A coach will need to complete a workshop once to gain a temporary accreditation. Whilst the eLearning is very age specific, the Face to Face Workshops involve a number of age groups and are designed to account for this.

- There is a Community Coach (6-12's) Workshop for coaches who have completed one or more of the (6-7's) (8-9s), or (10-12's) eLearning modules.
- > There is a Community Coach (13-18's) Workshop for coaches who have completed one or more of the (13-15's), or (16-18's) eLearning modules. Coaches of 19s+ may attend this workshop if they wish, but it isn't mandatory.

A Coach is only required to attend the workshop relevant to the age they are coaching.

#### What's Involved in a Workshop?

Each workshop is 3.5 hours long and will involve a maximum of 25 coaches to ensure the learning environment is of the highest quality. Coaches will spend the first half of the workshop in a series of indoor group activities before heading onto the field for some practical coaching.

The workshop will:

- > Be an opportunity for a coach to clarify and affirm knowledge from the eLearning and their own coaching
- > Provide them with the chance to learn from others (coaches or facilitator) in a similar situation
- > Allow the coaches to do some micro-coaching and gain knowledge and feedback from the other coaches and the facilitator.

#### **PRE-COURSE REQUIREMENT**

All candidates must complete the online eLearning components of the course prior to attending the face to face component. Failure to do so will result in the candidate not being able to complete the face to face component of the course.



# **How to Complete a Workshop?**



www.playrugbyleague.com/coach/coaching-courses/community-coach/face-to-face-workshop/

#### **Find a Workshop**

Scan the QR code, or use the link above, to locate an upcoming workshop in your area.

#### **Workshop Pre-requisite**

Coaches will need to complete an eLearning course prior to registering to a Face to Face Workshop. If coaches don't have this finished, they will see a message with missing pre-requisites

#### **Register to a Course**

#### Step 1

Coaches can find a Workshop near them by using the filters.

#### Step 2

When coaches find the workshop that suits them, the can click on the **enrol** button.

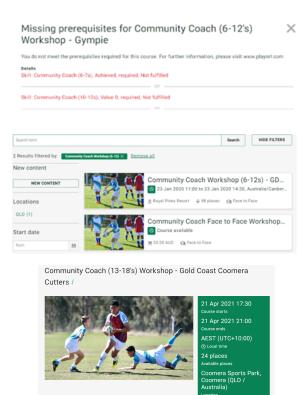
#### Step 3

Complete any extra information and make payment of the course fee. When this is finished, coaches will be taken into the course room for the workshop, which will include the course information and contact details for the course facilitator.

#### **Completing the Workshop**

Once the workshop is finished and the attendance has been marked, the coach will have access to a final certificate and their database record will be updated to a four year accreditation.







# **Re-accreditation to Community Coach**



Online eLearning (Re-accreditation)

Cost: FREE

If a Coach has a Modified Games Coach (MGC), International Games Coach (IGC), or Club Coach (CC) accreditation, that has expired, they will be able to complete an online re-accreditation for a specific age group. If a coach will be coaching multiple age groups, they will need to complete each age specific online re-accreditation course. Once completed, the coach will receive a Community Coach accreditation for 4 years for a specific age group.

#### **Modified Games Coach**

A MGC coach have the following re-accreditations available;

- > Coach Re-accreditation Community Coach (6-7's)
- > Coach Re-accreditation Community Coach (8-9's)
- > Coach Re-accreditation Community Coach (10-12's)

#### **International Games Coach**

An IGC coach have the following re-accreditations available;

- > Coach Re-accreditation Community Coach (13-15's)
- > Coach Re-accreditation Community Coach (16-18's)
- Coach Re-accreditation Community Coach (19's+)

#### **Club Coach**

A Club coach have the following re-accreditations available;

- > Coach Re-accreditation Community Coach (6-7's)
- > Coach Re-accreditation Community Coach (8-9's)
- > Coach Re-accreditation Community Coach (10-12's)
- > Coach Re-accreditation Community Coach (13-15's)
- > Coach Re-accreditation Community Coach (16-18's)
- > Coach Re-accreditation Community Coach (19's+)



For more information, and to complete a re-accreditation, you can scan the QR Code or visit the website

www.playrugbyleague.com/coach/coaching-courses/coach-re-accreditation/community-coach-re-accreditation/

# **Checking Accreditations & Help**

#### How will I know if my Coaches are accredited?

Just like previous Coaching courses, each participant will receive a certificate and database record (in My Sideline) as they progress through the accreditation. There are a number of ways this can be checked, as are highlighted below.

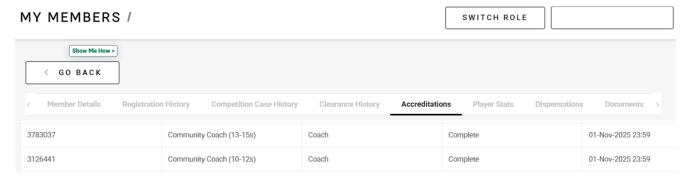
#### When do the Accreditations appear on MySideline

There will be two points when a coaches accreditation is updated. This happens:

- At the conclusion of eLearning they will have a Community Coach (age specific) expiring 30th June of that year.
- At the conclusion of a Face to Face Workshop, coaches will have their database record updated to **Community Coach** (age specific) for a duration of four seasons.

#### **Checking MySideline**

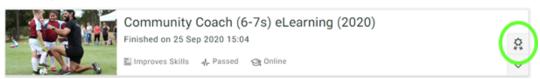
Clubs and Leagues can check coaches accreditations via My Sideline. If they click on a members profile, then click on the **Accreditations** tab, it will list the coaches accreditations. It will display as per the image below:



#### **Checking via the Coaches Account**

If there is any issues checking this via My Sideline, you can always have the coach log in and check this themselves.

- 1. Go to NRL Learning Centre learn.playrugbyleague.com
- 2. Login with NRL account details and select the participants profile you wish to login in as (if multiple user as are assigned to the one email address)
- 3. My courses in the top right have corner
- 4. Completed courses and find the course to download a copy of the certificate. Coaches can also check the accreditation via the **My Accreditation** tab.



NOTE: Coaches Learning Centre and My Sideline profiles will automatically update when courses are successfully completed.

#### Where to get help

If you or your coaches require assistance please visit <u>support.playrugbyleague.com</u> and submit a ticket or email support@playrugbyleague.com



# **COURSE GUIDES**

The following one page course guides provide an overview of each course and can be distributed to potential participants to help them understand what is required to complete each course and where to register.

# Community Coach Course (6-7's)



Junior League coaches of 6-7 year old's are required to complete the Community Coach (6-7's) accreditation course. This course provides coaches with the knowledge to help them create positive coaching environment that are focused on having fun, developing friendships and focusing on fundamentals.



#### What's involved in the course?

Coaches will need to complete two components to become accredited:

- 1. Community Coach (6-7's) eLearning
- 2. Community Coach (6-12's) Workshop

#### **How do I complete the Face to Face?**

You will need to have completed the eLearning modules before you can register into the Face to Face Workshop. To locate and register to a Workshop visit:

www.playrugbyleague.com/learn/6to12workshop

#### How do I complete the eLearning?

Coaches will need to complete the eLearning prior to registering for a Face to Face Workshop. To register and complete the eLearning, please visit:

www.playrugbyleague.com/learn/6to7elearning

#### What do I receive?

Upon completion of the eLearning and Face to Face Workshop, coaches will receive the **Community Coach (6-7's)** accreditation for a period of four seasons.

# Community Coach Course (8-9's)



Junior League coaches of 8-9 year old's are required to complete the Community Coach (8-9's) accreditation course. This course provides coaches with the knowledge to help them create positive coaching environment that are focused on having fun, developing friendships, and focusing on fundamentals.



#### What's involved in the course?

Coaches will need to complete two components to become accredited:

- 1. Community Coach (8-9's) eLearning
- 2. Community Coach (6-12's) Workshop

#### How do I complete the eLearning?

Coaches will need to complete the eLearning prior to registering for a Face to Face Workshop. To register and complete the eLearning, please visit:

www.playrugbyleague.com/learn/8to9elearning

#### **How do I complete the Face to Face?**

You will need to have completed the eLearning modules before you can register into the Face to Face Workshop. To locate and register to a Workshop visit:

www.playrugbyleague.com/learn/6to12workshop

#### What do I receive?

Upon completion of the eLearning and Face to Face Workshop, coaches will receive the **Community Coach (8-9's)** accreditation for a period of four seasons.

# Community Coach Course (10-12's)



Junior League coaches of 10-12 year old's are required to complete the Community Coach (10-12's) accreditation course. This course provides coaches with the knowledge to help them create positive coaching environment that are focused on having fun, developing friendships and focusing on the fundamentals.



#### What's involved in the course?

Coaches will need to complete two components to become accredited:

- 1. Community Coach (10-12's) eLearning
- 2. Community Coach (6-12's) Workshop

#### How do I complete the eLearning?

Coaches will need to complete the eLearning prior to registering for a Face to Face Workshop. To register and complete the eLearning, please visit:

www.playrugbyleague.com/learn/10to12elearning

#### **How do I complete the Face to Face?**

You will need to have completed the eLearning modules before you can register into the Face to Face Workshop. To locate and register to a Workshop visit:

www.playrugbyleague.com/learn/6to12workshop

#### What do I receive?

Upon completion of the eLearning and Face to Face Workshop coaches will receive the **Community Coach (10-12's)** accreditation for a period of four seasons.

# Community Coach Course (13-15's)



Rugby League coaches of 13-15 year old's are required to complete the Community Coach (13-15's) accreditation course. This course provides coaches with the knowledge to help them create positive coaching environments that are focused on enjoyment, developing relationships, keeping everyone safe and learning to play Rugby League.



#### What's involved in the course?

Coaches will need to complete two components to become accredited:

- 1. Community Coach (13-15's) eLearning
- 2. Community Coach (13-18's) Workshop

#### How do I complete the eLearning? Coaches will need to complete the

Coaches will need to complete the eLearning prior to registering for a Face to Face Workshop. To register and complete the eLearning, please visit:

www.plavrugbyleague.com/learn/13to15elearning

#### **How do I complete the Face to Face?**

You will need to have completed the eLearning modules before you can register into the Face to Face Workshop. To locate and register to a Workshop visit:

www.playrugbyleague.com/learn/13to18workshop

#### What do I receive?

Upon completion of the eLearning and Face to Face Workshop, coaches will receive the **Community Coach (13-15's)** accreditation for a period of four seasons.

# Community Coach Course (16-18's)



Rugby League coaches of 16-18 year old's and above are required to complete the Community Coach (16-18) accreditation course. This course provides coaches with the knowledge to help them create positive coaching environments that are focused on enjoyment, developing relationships, keeping everyone safe and learning to play Rugby League.



#### What's involved in the course?

Coaches will need to complete two components to become accredited:

- 1. Community Coach (16-18's) eLearning
- 2. Community Coach (13-18's) Workshop

#### What do I receive?

Upon completion of the eLearning and Face to Face Workshop, coaches will receive the **Community Coach (16-18's)** accreditation for a period of four seasons.

**How do I complete the eLearning?**Coaches will need to complete the

the eLearning, please visit:

eLearning prior to registering for a Face to Face Workshop. To register and complete

www.playrugbyleague.com/learn/16to18elearning

#### How do I complete the Face to Face?

You will need to have completed the eLearning modules before you can register into the Face to Face Workshop. To locate and register to a Workshop visit:

www.playrugbyleague.com/learn/13to18workshop

# Community Coach Course (19+)



Rugby League coaches of 19 year old's and above are required to complete the Community Coach (19+) accreditation course. This course provides coaches with the knowledge to help them create positive coaching environments that are focused on enjoyment, developing relationships, keeping everyone safe and learning to play Rugby League.



#### What's involved in the course?

Coaches will need to complete the Community Coach (19s+) eLearning course. Coaches aren't required to attend a workshop, but they may do so if they wish.

#### Do i need to complete the Face to Face?

Coaches don't have to complete a Face to Face Workshop to gain their accreditation. Whilst it isn't mandatory, they may still attend one if they wish.

www.playrugbyleague.com/learn/13to18workshop

#### How do I complete the eLearning?

Coaches will need to complete the eLearning to become accredited to coach community Rugby League teams 19 years and older.

www.playrugbyleague.com/learn/19pluselearning

#### What do I receive?

Upon completion of the eLearning coaches will receive the **Community Coach (19+)** accreditation for a period of four (4) seasons.

# Coaching League Tag



Coaches of League Tag teams are required to complete the Coaching League Tag module. The module will help educate coaches in the key differences between tackle Rugby League and League Tag.



#### What's involved in the course?

The Coaching League Tag module will help educate coaches in the key differences between tackle Rugby League and League Tag.

#### How do I complete the eLearning?

Current coaches can enrol and complete online module.

www.playrugbyleague.com/learn/leaguetag

#### **Pre-requisites:**

Coaches must hold a current coaching accreditation to be able to register for this module. If a coach does not currently have an accreditation they can complete a Community Coach eLearning course to obtain a temporary accreditation.