

**Guidelines for Wests Junior Coaches**

‘*As a coach you must always remember that, while the physical skills you teach your players may only be used for a short time, the attitudes and values they develop towards themselves and others will stay with them forever’*

Wests Bulldogs Rugby encourages their coaches to:

* Develop your own coaching philosophy and understand how it impacts on your players
* Seek to improve your knowledge of the game...talk to other coaches, view ‘higher level’ training sessions
* Plan effectively for each session
* Provide feedback to all players – give them all the opportunity to improve
* Provide variety and movement in training – coach to satisfy your players needs, not your needs
* Give simple, clear instructions. Kids get confused with yelling or long discussions
* Show discipline and ask for discipline
* Focus on coaching the core skills of the game (catch/pass, tackle, breakdown)
* Commence training with your session goals...then review them with your team at the completion of the session
* Provide feedback to your players using the different medians available to cover all of the learning styles eg – verbal, visual (i-phones, i-pads, diagrams etc)
* Each player must have equal game time, you should keep a record
* Always acknowledge effort at training and during matches.
* Clearly articulate to all players and parents your team rules...If a player doesn’t train then he cannot expect to get regular game time...set high standards and maintain them
* Reward all players with a Man of the Match. This may mean two players per week. Reward effort and not just talent
* Kids play more for the enjoyment and to be with friends. Training and games should be a positive experience for kids and parents.

**Wests Bulldogs Rugby participates in the ‘*It’s Positive or it’s Pointless’* campaign**