

Coach Development - Tackle, Ruck, Scrum

We are pleased to present two (2) coaching courses with a focus on tackle, ruck, and scrum for U11, U13, U15, and High School coaches.

These courses present a valuable opportunity for coach development and to enhance relationships between Clubs and their affiliated High School programs. The ERU will work with the clubs to promote the training sessions and help identify High School programs and open communications between Clubs and nearby Schools.

Course Details

Course	Length	Notes
TackleSmart	180 min (3hr)	Confidently & safely introduce the tackle to new athletes + clearly understand laws of the game relating to the tackle <i>*Eligible for NCCP PD points</i>
Contact Confident	60 - 180 min (1hr - 3hr)	Review the key contact areas (tackle, ruck, scrum), upskill coaches on how to coach following current World Rugby standards.

Note: If you would like to adapt the session length or discuss what is being covered, please book your preferred course time and send your request as a reply to the booking confirmation.

Participants

- U11 - U15 club coaches and High School coaches - max 20 coaches per course
- Player volunteers (recommended 10-12) to facilitate the practical application of coaching techniques. If additional players wish to attend, please reach out to discuss arrangements.

Schedule

- Weekend availability: all day
- Weekday availability: preferred start time on weekdays is 4pm but can start as late as 5:30pm (NB if starting later, indoor space must be available as the sunset is 8pm)
- Location: Your Club facility
- Cost: These sessions are completely free of charge for 2025.

Facility & Equipment Requirements

To ensure a productive and effective session, we kindly request that the following equipment be made available:

- Indoor meeting space
- Outdoor field **weather permitting*
- Rugby balls, cones, and pinnies
- Hit bags and tackle cylinders (sausage bags)
- Scrum machine set up and ready



- A/V hookup preferred but not mandatory
- Additional recommended equipment: tackle suits, crash mats, or other tackle/contact training gear you may have

Next Steps

To participate, please:

- ☒ Confirm your club's interest and availability by booking an appointment via this link [👉 Click here to book a session!](#)
- ☒ Identify the High School programs affiliated with your club and share that list with us
- ☒ Extend invitations to those programs' respective coaching staffs

We look forward to working together to provide a valuable learning experience for both coaches and players! Should you have any questions or require further information, please do not hesitate to contact us.