



THE GOOD COACH'S CODE

At Luctonians RFC coaches of young players should:

- Recognise the importance of fun and enjoyment when coaching young players - most learning is achieved through doing
- Appreciate the needs of the players before the needs of the sport, club or team
- Be a positive role model in all aspects of your behaviour - young people need a coach they can respect
- Keep winning and losing in perspective – encourage young players to behave with dignity in all circumstances
- Respect all referees and the decisions they make (remember it could be you refereeing next week) and ensure that the players recognise that they must do the same
- Provide positive verbal feedback in a constructive and encouraging manner to all young players, both during coaching sessions and games
- Be generous with your praise and never ridicule, shout at players for making mistakes or losing a match

At Luctonians RFC coaches of young players must:

- Provide experiences, which are matched to the young players' ages and abilities, as well as their physical and mental development
 - Ensure all youngsters are coached in a safe environment, with adequate first aid readily to hand
 - Avoid the overplaying of the best players, by using a squad system, which gives everybody a satisfactory amount of playing time - be reasonable in your demands on your players' time, energy and enthusiasm
 - Never allow a player to train or play when injured - always follow professional medical advice in determining when an injured player is ready to play again
 - Ensure good supervision of young players, both on and off the field - you have a duty of care to all of your players
 - Recognise that young players should never be exposed to extremes of heat, cold, or unacceptable risk of injury
 - Encourage respect for all participants – team mates and opponents, as well as match officials
 - Recognise that it is illegal for young players under 18 to drink alcohol
 - Ensure that your knowledge and coaching strategies are up to date and in line with RFU philosophy and be aware of, and abide by, the policies and procedures outlined in the RFU Child Protection Guidance Booklet
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