



# WELSH BACCALAUREATE SKILLS CHALLENGE CERTIFICATE

National/Foundation

## Community Challenge

Welsh Rugby Union - Coaching



**Available for assessment from September 2023**



# WRU – Coaching rugby



## PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit the community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

## BRIEF

The **WRU** has been the guardian of Wales's national sport since 1881. A group of 11 clubs – Swansea, Lampeter, Llandeilo, Cardiff, Newport, Llanelli, Merthyr, Llandovery, Brecon, Pontypool and Bangor – were the original members. This has now grown to over 300 clubs representing every corner of Wales. The national game has seen its ups and downs through the years, but rugby in Wales is more popular than ever. There are around 45,000 boys/men from under 7's up to the senior game registered on the WRU's records, with nearly 6,000 girls/women. That's over 51,000 playing the game in Wales, but there's always room for more.



As an individual or a member of a team (3–6 members) you are invited to make an important contribution to the wellbeing of young people in your school or local community by getting them **participating in rugby**. You will plan and organise how you will spend **10 hours leading a series of rugby sessions** with a specific group of young people. You will create session plans and develop activities to use. You must keep a record of what, who, where, when and how you have delivered your activity. On completion of the activity you will evaluate your performance as a leader and highlight areas for improvement

Coaching structure could be:

- a) Preparation for coaching sessions (2 hours maximum)
- b) Coaching sessions (8 hours)
- c) Feedback

Example of coaching activities:

- a) Preparation of worksheets and area of work
- b) Coaching sessions to include a variety of activities
- c) Provide feedback on how participants can improve and progress

## RESOURCES

Go to the WRU Community Challenge on our Digital Classrooms site:

<https://www.wrudigitalclassroom.co.uk>

## CONTACT DETAILS

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