



Training & Education Resources



The World Rugby & coachup Workbook: Module 1

An Introduction to High-Performance Sports Coaching

INTRODUCTION TO HIGH-PERFORMANCE SPORTS COACHING

Today's Outline.

- **Brain Quiz: Truths & Myths** about developing your coaching.
- **Introduction to coachup:** What makes a high-performing team?



WARM UP
ACTIVITY

BEFORE WE GET STARTED: HOW TO BE A HIGH PERFORMING SPORTS COACH?

- What would be a **great outcome** of this training for **you**?
- What would be a **great outcome** of this training **for your team**?
- What coaching habits are you willing to **start, stop or adapt**?

Today's Outline.

- **Truths & Myths about Coach development**
- What makes a high performing team?



QUIZ: MYTH OR REALITY?

- Talent and aptitude are genetic. We are born with pre-determined potential to learn.

- Thinking (and imagining) about a physical skill (Tackle, pass, kick) and actually performing it result in similar learning gains.



BRAIN STATES FOR PLAYER DEVELOPMENT:

PLAYER BRAIN STATE FOR LEARNING	WHAT'S HAPPENING	WHAT FOR?
Curiosity	Arousal, anticipation, sometimes confusion	Creates attention and activates reward
High energy	Noradrenaline release	Creates emotional tags and associations for easy recall
Healthy Concern	Noradrenaline release (Harmful if exposed over the long term)	Creates a vested interest and increases motivation
Enthusiastic Confidence	Dopamine release	Brain learning from unexpected outcomes, multiplied in a Team
Focused Repetition	Synaptic connectivity	Move skills to habits
Reflection and Calm	Cortisol Drops, Pre-Frontal Cortex (PFC) activity reduced	Opportunity for the brain to have aha! Moments when inwardly focused

MYTHS & REALITIES & LEARNING STATES.

My key notes on myths & realities + brain states **in coaching and player development:**

Today's Outline.

- Truths & Myths about Coach development
- **What makes a high performing team?**



THE COACHUP MODEL OF HIGH-PERFORMING TEAMS:

The 6 dimensions of high performance:

WE

1. Architects of Identity - sense of purpose & shared identity

2. Relationship Curators - the sense of trust & psychological safety

TEAM

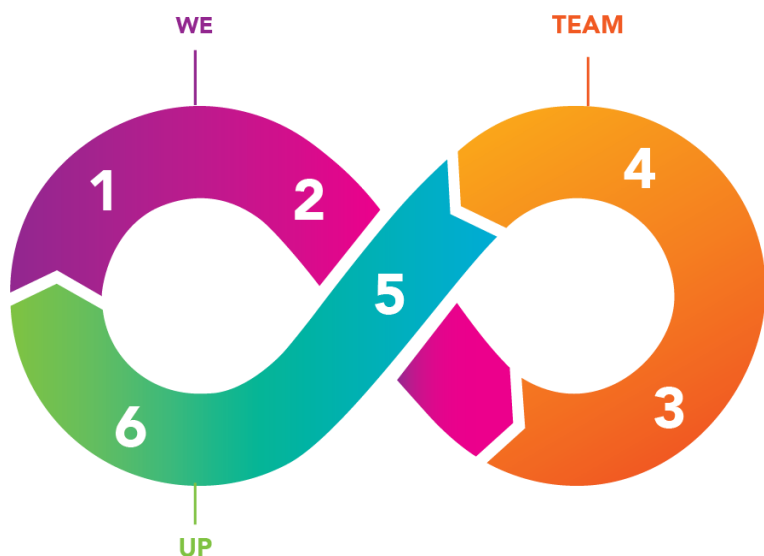
3. Clarity Creators - creating clarity & reducing uncertainty

4. Risk Doctors - mitigating for bias & enhanced decision making

UP

5. Caretakers of Motivation - elevating team motivation & growth

6. Contagious Coaches - creating a culture of feedback & experimentation



THE COACHUP MODEL OF HIGH PERFORMING TEAMS.

My key notes on **the 6 dimensions of high team-performance:**

Your World Rugby & coachup workshop series:


- 6 x ~30 mins Online video workshops
- The *coach-selfie* assessment
- Checklists and workbooks
- Coach Development Plan
- Self-paced
- Video guidance on how to interpret your coach-selfie & how to implement your coach development plan

THE COACH-SELFIE.



coach-selfie



THE COACH DEVELOPMENT PLAN.



COACH DEVELOPMENT PLAN

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ROLES & RESPONSIBILITIES

 COACH	 MENTOR (IF APPLICABLE)
<ul style="list-style-type: none"> Own your own career planning Focuses on improving both strengths & development needs Reflects on and tracks progress 	<ul style="list-style-type: none"> Provides input & feedback to coach (objective & fresh eyes) Offers development suggestions & opportunities Provides guidance, advisory and coaching


Based on your coach-selfie report, your reflections & action steps identified during coachup Workshops, capture the development actions you want to focus on below.

BEHAVIORS TO DEVELOP	SPECIFIC ACTION(S)	REVIEW DATE	SUPPORT / MENTOR NEEDED?	PROGRESS (MARK PROGRESS BELOW)
ARCHITECT OF IDENTITY:			<input type="checkbox"/>	Completed In Progress Not Started
RELATIONSHIP CURATOR:			<input type="checkbox"/>	Completed In Progress Not Started
CLARITY CREATOR:			<input type="checkbox"/>	Completed In Progress Not Started
RISK DOCTOR:			<input type="checkbox"/>	Completed In Progress Not Started
CARETAKER OF MOTIVATION:			<input type="checkbox"/>	Completed In Progress Not Started
CONTAGIOUS COACH:			<input type="checkbox"/>	Completed In Progress Not Started

SUPPORT & RESOURCES TO ASSIST MY DEVELOPMENT



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WARM UP
ACTIVITY

WE: ARCHITECTS OF IDENTITY

Ahead of Workshop #2 pay attention to:

- What **symbols** does your team already use?

- What **uniform, songs, gestures** or **rituals** are used by the team?

FURTHER LEARNING & RESOURCES.



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