



# Helensville Rugby Club junior Coach Development Collaboration 2018

## Overview



**Harbour Sport & Harbour Rugby collaborated in 2018 to support local clubs from within the North Harbour community from a coach development planning perspective.**

*Helensville Rugby Club is a vibrant Rugby Club with a large junior (ages 5-12) player base and therefore quality of coaching and coach retention is a major focus for the committee.*

*Appointed Coaching Manager for the club, Darren Coe, met with Harbour Sport’s Community Coach Advisor, Calvin Buttimore & Harbour Rugby’s Junior Rugby Manager, Vyron Smith to develop a coach development plan to be led and implemented by the club. This strategic document was based off Helensville Rugby Club’s specific coaching needs and aimed to establish “a club with coaches who are competent & confident to deliver a quality rugby experience for all players”. The Coaching Plan had 2 priorities: 1) to upskill all current coaches and 2) to create a culture of sharing & peer support.*

**Harbour Sport & Harbour Rugby then supported the Clubs implementation of this plan by providing 4 upskilling opportunities to a total of 31 coaches throughout the 2018 season**



“This year was a giant leap in terms of coach development for the club. I certainly appreciate outside high quality involvement in my team sessions, the more often the better in my opinion”

“It was great to feel like the club had the coaches back. This was not the case the previous years”

“I think it was a great start and will be very helpful in the future if it can be carried on”

Anonymous junior coaches

**Name:** Calvin Buttimore  
**Phone:** (09) 415 4655  
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# Process

*In order to achieve the 2 strategic priorities in their coaching plan, The following was delivered:*

*Additional to Harbour Rugby's registration workshop at the beginning of the season, a 3-phase model was delivered, with great success — 1) teach the 'what' & session planning workshop; 2) explore 'how' to coach the 'what' & introducing the Play-teach-play model of coaching; and 3) apply the 'how' (play-teach-play model) while less experienced coaches observed and learned new games/drills to add to their toolbelt*



## RESULTS/IMPACT

*Upon completion of the season, we found:*

- ◆ *Coaches reported an average satisfaction of 83% for the support they received .*
- ◆ *A 14% average increase in confidence to coach junior rugby to a high level (compared to pre-season confidence scores)*
- ◆ *100% of coaches learned something useful to strengthen their coaching*

## CONCLUSION/SUMMARY



*Helensville's Coach Development officer, Darren Coe, summarised the year: "We had a few big wins this season, many coaches made a lot of progress with their coaching. 1 or 2 coaches really challenged themselves to adopt a new style of coaching and others immensely improved in confidence"*

*Helensville Rugby Club were acknowledged as 'Junior Club of the Year' at the 2018 Harbour Rugby Awards evening for their outstanding efforts in coach development.*

*From here, an extension Coaching Plan for 2019 has been developed based off successes, feedback and key learnings from implementation of the 2018 Plan.*