Coaching for decision-making in rugby

This is the second of the School of Sport and Physical Education: Sport Seminar Series.

Good decision-making is essential for performance in rugby and other team sports but can be difficult to coach, particularly when trying to use direct coaching and explaining to players what to do. Players in rugby games constantly have to make decisions that depend upon a range of factors such as the team strategy, the stage of the game and the specific nature of the precise moment when the decision has to be made. Good decision making in Games often involves being aware of and adapting to a changing and dynamic environment. This means that developing and improving decision-making requires some replication of match conditions in training. This can help players can learn to make good decisions in an environment where they can reflect upon and consider their decision-making during the session or in session review. This typically requires the use of practice & modified games designed and managed to provide conditions similar to the real match to assist in transferring gains in training to the match as is done in the Game Sense approach. In this presentation coach of the Flying Fijians Rugby Team, John McKee, outlines his use of Game Sense in training sessions to help develop good decision-making skills and explains what it has to offer for rugby coaches at all levels.

Please email sharon.chapman-stead@canterbury.ac.nz by 9 Nov to reserve a space.

Monday November 16

4.00pm - 5.30pm
Undercroft 101
UC Ilam campus
Christchurch

www.education.canterbury.ac.nz
0800 VARSITY (827 748)