





# REFL PLAYER PATHWAY HANDBOOK



# RFL PLAYER PATHWAY HANDBOOK

-  Community Game
-  Non – selective – Professional clubs Supported
-  Professional clubs
-  England programmes – RFL run



PRIMARY RUGBY LEAGUE

# ENGLAND TALENT PATHWAY

'England Talent Pathway' is a coaching programme that aims to increase the number of 12 to 14 year old Rugby League players receiving quality development through the education and training of children's coaches. It is the belief of the Rugby Football League Performance Department that identification pre-puberty of players who may progress to the highest level is flawed, therefore every young player from 12 years old should receive high quality coaching as they all are potentially on the England Talent Pathway.

## **WHAT IS IT?**

England Talent Pathway is an inclusive programme and the first step of the England Player Pathway. The programme is delivered through Community Clubs, Professional Clubs and Schools

The "scheme of work" is a programme of Coach Education, based around 24 blocked coaching sessions that can be used and adapted to meet the needs of young players at any stage, providing holistic development.

## ***Delivery Partners (Professional Clubs)***

- Run a minimum of 3 Development Days that are inclusive to all players that wish to attend.
- Deliver a minimum of 3 CPD events for coaches to compliment the ETP Programme.
- Provide a register of attendance to The Rugby Football League.

# ENGLAND TALENT PATHWAY

## *Delivery Clubs (Community Clubs)*

- Provide coaches that attend a minimum of 3 CPD events either centrally or locally delivered.
- Deliver coaching sessions in line with the ETP curriculum.
- Support players in reviewing their progress and supports differentiation by enabling all players to work on 4 key elements of development, reach their potential and grow a greater pool of potential England players.

This is also under-pinned by cutting edge research as to what attributes are needed to be developed by young players as they move along the talent pathway. The aim is for the England Talent Pathway Program to be seen as the “national curriculum” for 12-14 year old Rugby League players.

This makes it the perfect tool for coaches and secondary school teachers in this age group as they develop players, some often new to the game.

The coachability aspect of learning, empowers the player to understand themselves better and view their performances based on how willing they are to learn, whether they communicate effectively, turn up on time and bring the correct equipment.

The mental skills, give the player a reflective look on themselves, how hard they work throughout sessions, their honesty over their performances and goal setting. The movement section is also a perfect tool for Coaches and PE teachers to assess the physical literacy of learners and links to a multi-sport environment.

# ***ENGLAND RUGBY LEAGUE TALENT PATHWAY SCHOOL***

## ***THE COMMITMENT FROM EACH DELIVERER***

England Talent Pathway also offers opportunity for Schools to be recognised as England Rugby League Talent Pathway Schools. This requires engagement from the teachers and the lessons prescribed delivered within Key Stage 3. This presents a truly national curriculum with opportunities to reach more players than ever before. In order to design this age specific curriculum, many leading coaches and youth specialists were consulted.

This is also under-pinned by cutting edge research as to what attributes need to be developed by young players as they move along the talent pathway. The aim is for the England Talent Pathway Program to be seen as the “national curriculum” for 12-14 year old Rugby League players, making it the perfect tool for coaches in this age group and secondary school teachers, introducing and developing players, often new to the game.

The coachability aspect of learning empowers the player to understand themselves better and view their performances based on how willing they are to learn, whether they communicate effectively, turn up on time and bring the correct equipment.

The mental skills give the player a reflective look to themselves and how hard they work throughout sessions, their honesty over their performances and goal setting by reflecting upon themselves. The movement section is also a perfect tool for Coaches and PE teachers to assess the physical literacy of learners and links to a multi-sport environment.

# THE PROGRAMME HAS 4 KEY AREAS

## MENTAL SKILLS

I bring and use **Correct Equipment**

I want to **Learn**

I **Attend Regularly** and on time

I **Communicate** with others



## COACHABILITY

I am **Honest** about my performance and ability

I can cope with **Physical Contact**

I **Work Hard**

I can **Reflect** on my performance and set goals

# MOVEMENT SKILLS

**Hop, Stick and Grip**

Medicine ball **Chest Throw**

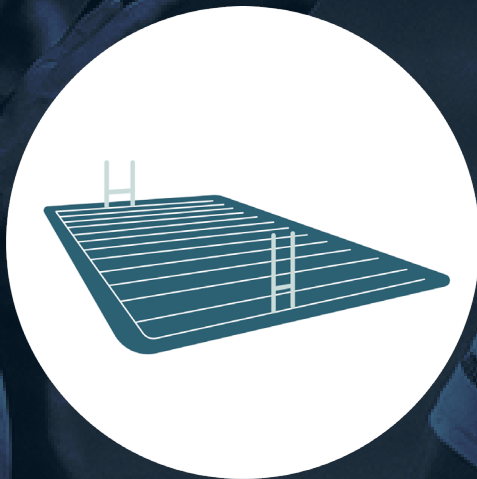
**Run** in a straight line

Turn off **Either Foot**

**Superman**

**Vertical Jump**

**Bodyweight**



## GAME

Running 10m pass **Both Sides**

5m acting half **Back Pass**

Understand role of **Kick Chase**

**Proficient** in move up and retreat in defensive



**RUGBY  
FOOTBALL  
LEAGUE**