



Advances in Rugby Coaching: An Holistic Approach

By Richard Light, John R. Evans, Stephen Harvey, Rémy Hassanin

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Contemporary sports coaching studies have moved beyond simple biophysical approaches to more complex understandings of coaching as a set of social relationships and processes. This is the first book to examine what that means in the context of one major international sport, rugby union. Drawing on cutting-edge empirical research in the five most powerful rugby-playing nations, as well as developments in pedagogical and social theory, the book argues for an holistic approach to coaching, coach development and player and team performance, helping to close the gap between coaching theory and applied practice.

With player-centered approaches to coaching, such as Game Sense and Teaching Games for Understanding, at the heart of the book, it covers key contemporary topics in coach education such as:

- Long term coach development
- Experience and culture in coaching practice
- Positive coaching for youth rugby
- Improving decision-making ability
- Collaborative action research in rugby coaching

Informed by work with elite-level rugby coaches, and examining coaching practice in both the full and sevens versions of the game, this book encourages the reader to think critically about their own coaching practice and to consider innovative new approaches to player and coach development. It is essential reading for all students of sports coaching with an interest in rugby, and for any coach, manager or administrator looking to develop better programmes in coach education.

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Editorial Review

Review

'Supported by contemporary research on rugby coaches and coaching, this book invites coaches to think deeply and reflectively about their practice, and has much to offer them ... Personal meaning is one of those "intangibles" in rugby and forms part of the holistic approach proposed in this book. For me, personally, this has been a massive part of any successful team I have coached.'

Wayne Smith, former Crusaders Head Coach and New Zealand Rugby Union Assistant Coach and current Assistant Coach of the Chiefs

'Coaches and teachers need to guide discovery, allow the players the opportunity to develop their skills and tactics in game-like situations, consistently varying the situations to mimic the game. This book is an excellent resource for all teachers and coaches.'

Eddie Jones, Former Head Coach of the Australian Rugby Union team and current Head Coach of Japan

About the Author

Richard Light is Professor and Head of School: Sport and Physical Education, in the College of Education at the University of Canterbury, New Zealand. He played and coached rugby in Australia and Japan and has conducted research on coaching and learning in sport across a range of sports and cultures

John R. Evans is Associate Professor in the Faculty of Education and Social Work at the University of Sydney. He has extensive experience as a rugby player and coach in Australia, Japan and France and is the first Indigenous Australian to be awarded a PhD in the Faculty of Education and Social Work at the University of Sydney

Stephen Harvey is an Associate Professor in Instructional Methods and a member of Physical Activity and Sport Sciences at West Virginia University, USA. Stephen has an extensive background in field hockey as player and coach and, before moving to the USA from the UK, was a National Governing Body coach educator and active field hockey coach, coaching with the England U16 Boys

Rémy Hassanin is completing a PhD at Federation University Australia under the supervision of Richard Light. Rémy is a French citizen who played and coached rugby in South Africa and France

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