“The pianist doesn’t run around the piano or do push ups with the tips of his fingers. To be great, he plays the piano... The best way to be a great player is to play...”
ATHLETE CENTREDNESS
Empowerment
Ownership
Choice

GAME SENSE
Tactical understanding
Reading the game
Decision making

GAME-LIKE ACTIVITY...

“...provides a catalyst for coach behaviours and a practice setting which supports long-term learning”

RUGBY COACH’S ACTIVITIES AND BEHAVIOURS INSTRUMENT (RCABI)
23,550 BEHAVIOURS

35 HOURS
26.29% SILENT OBSERVATION
19.07% CONFERRING WITH ASSOCIATES
08.96% QUESTIONING
• More & less game-like games
• Adaptive pedagogy
• Microstructure of the microstructure
• Develop declarative knowledge & self-awareness.

• Refine notions of best practice.

• Further research in more contexts!
COACH
knowledge • philosophy
Role Frame

ASSOCIATES
needs • expectations
Role

INTERACTIONS
Organisation • Preparation • Competition

COACHING CONTEXT
situational factors • resources • extraneous factors

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THANK YOU!

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