“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”

R.U.C.O.I.

Time-use analysis

Brewer & Jones (2002)

Ford et al. (2010)
RUGBY COACH’S ACTIVITIES AND BEHAVIOURS INSTRUMENT (RCABI)
23,550 BEHAVIOURS

35 HOURS
The chart depicts the duration of activities across different practice days, measured in hours, minutes, and seconds (h:m:s), for each phase of play: Fitness, Technical, Skills, Phase of play, and Conditioned Game. The chart highlights the specific durations allocated to each phase during the Captain's Run and other practice days, providing insights into the distribution of time spent on each activity type.
FINDINGS

BEHAVIOURS

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!
THANK YOU!

e.t.hall@sms.ed.ac.uk
@EdwardTHall


