

AN INTEGRATED, PLAYER-CENTRED APPROACH TO ENSURE THE FUTURE SUCCESS OF IRISH RUGBY AT ALL LEVELS.

The Irish Rugby Football Union is proud to present its Long Term Player Development Model which, for the first time, provides an integrated framework to facilitate the development of rugby players at all levels of participation and experience. It outlines a philosophy of sound practice and long-term participation, performance and enjoyment of Irish rugby.

The LTPD framework will help to ensure that the experience of training and playing the game is appropriate for the development stage of the player involved. The model is a Player-Centred one, in that the specific characteristics pertaining to each stage are based on the particular capacities of players at each stage of development.

The player capacities across five areas of:

Technical, Tactical, Physical, Mental and Lifestyle, provide the compass by which the I.R.F.U.'s Coach Development Department designs and promotes rugby coaching courses, believing every coach should be appropriately trained and qualified to work with players at each stage in the model.

An integral aspect of the LTPD model is the "essence" of Player, Game and Coach at each stage - this single word summation of the characteristics of these three components throughout each stage acts as a guideline to all participants.

It is important to remember that the LTPD model is not intended to be a production line of world-class players but rather an integrated series of stages to maximise the potential of players according to their own ability and ambition. Ultimately of course, the successful establishment and maintenance of a long-term programme of development will be essential to that small number of players with the talent and aspiration to become elite performers.

The true effectiveness of the Irish Rugby Football Union's LTPD programme will be evidenced by its integration into all of our structures and systems and by the rewarding experiences of players, coaches, parents, referees, supporters and administrators of the game

*Coach Development Department
Irish Rugby Football Union
2006*

How do I find out more about the I.R.F.U Long Term Player Development Programme?

Please contact your local Rugby Branch and ask for the Rugby Development office.

Munster Branch Musgrave Park
Pearse Road, Cork
021 4323563

Leinster Branch 55 Main Street
Donnybrook, Dublin 4
01 2693224

Connacht Branch Galway Sportsground
College Road, Galway
091 561568

Ulster Branch Ravenhill Grounds
85 Ravenhill Park, Belfast, BT6 ODG
048 90 493111

What other resources are available?

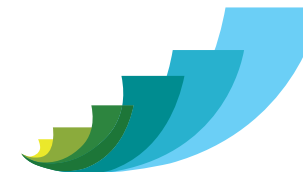
Please log-on to the I.R.F.U. website at: www.IrishRugby.ie to view and download this brochure as well as the accompanying booklet and other information about the I.R.F.U Long Term Development Programme.

How does my club/school implement the Long Term Player Development Programme?

Please contact your local Rugby Branch Development Office (details above) and they will advise you on how your club/school may adopt the Long Term Player Development Programme.

Rugby Branch development staff will meet with your coaches and deliver a presentation on the principles of the programme as well as provide advice on appropriate coaching process across the various stages.

Clubs/schools may sign up to the I.R.F.U. LTPD Charter indicating their commitment to implement the programme.



IRFU LONG-TERM PLAYER DEVELOPMENT FROM 6 TO 6 NATIONS



STAGE

FUNDAMENTAL

LEARN TO PLAY AND PRACTICE

TRAIN TO TRAIN

TRAIN TO COMPETE

TRAIN TO WIN

RETIREMENT/RETENTION

CHRONOLOGICAL AGE (approx)

5-7

7-10

10-12

12-14

15-17 & ADULT TO JUNIOR 2

18-21 & ADULT JUNIOR 1

21 & SENIOR REPRESENTATIVE

ENTER AT ANY STAGE

DEVELOPMENT STAGE

EARLY CHILDHOOD - LATE CHILDHOOD

LATE CHILDHOOD - EARLY PUBERTY

EARLY PUBERTY - LATE PUBERTY

LATE PUBERTY - EARLY ADULthood

EARLY ADULthood - ADULthood

ENTER AT ANY STAGE



1



2



3



4



5



6

ESSENCE & CHARACTERISTICS OF

THE PLAYER

PLAYS

EXPLORES

FOCUSES

SPECIALISES

INNOVATES

SUPPORT

THE COACH

GUIDES

TEACHES

CHALLENGES

FACILITATES

EMPOWERS

PROMOTE

THE GAME

FUN

STRUCTURED

PERFORMANCE

OUTCOME

RESULT

ENJOY