



Code for Coaches

- Remember that as a coach of an "age grade team" you are to act in "loco parentis" and to that extent your duty of care is more onerous than that of a coach to an adult team.
- Lead by example - young people need a coach whom they respect.
- Be generous with your praise when it is deserved. Never ridicule or shout at players for making mistakes or losing a match.
- Teach your players that the Laws of the Game are mutual agreements which no one should evade or break.
- Prepare young players for inter-class and inter-school activities.
- Be reasonable in your demands on the players' time, energy and enthusiasm.
- Ensure that all players participate in matches. The "average" players require and deserve equal time.
- Remember that young players play for fun and enjoyment and that skill learning and playing for fun have priority over highly structured competition. Winning is not the only objective.
- Develop player and team respect for the ability of opponents, as well as for the judgement of referees and opposing coaches.
- Insist on fair play and disciplined play. Do not tolerate foul play, fighting or foul language. Be prepared to take off an offending player.
- Encourage young players to develop basic skills and sportsmanship. Avoid over specialisation in positional play during their formative years.
- Set realistic goals for the team and individual players and do not push young players into adult-like competitions.
- Create a safe and enjoyable environment in which to train and play.
- Do not over burden younger players with too much information.
- Make a personal commitment to keep yourself informed on sound coaching principles and methods, and on the principles of growth and development of young people.
- Be aware of the effect you have on growing children.
- Never criticise the referee and touch judges during or after a match in front of players or spectators.
- Always thank the match officials and if they have made decisions which require clarification, discuss the problems after everyone has changed.
- Seek and follow the advice of a doctor in determining when an injured player is ready to play again.
- Ensure that proper equipment and facilities are available at all times.
- Be responsible and ensure you uphold the ethos of the game and the IRFU.
- Attend coaching courses.
- Support the Code of Ethics and all policies regarding Children in Sport.
- Ensure you and your players are proud of your team, club and efforts during the season.