

ERASMUSRUGBY



UNIT 1 : RESPECT

Aim

Fostering respect in young players is essential for their growth as individuals and as athletes. This value teaches them to recognize the dignity of others, accept differences, value authority, and act with empathy.



- Building relationships based on trust, listening, and cooperation. Helping to develop self-control, frustration tolerance, and a sense of justice .



KM

- Respect is earned and demonstrated through actions.
- Respect is not about agreeing, it's about accepting and valuing the other person.
- Without respect there is no rugby.
- Being respectful is not a sign of weakness, but of maturity and strength.



- Lead by example: the coach must be the first role model of respect.
- Immediately correct any disrespect, explaining why it is not tolerated.
- Praise respectful attitudes in a visible and public manner.
- Create a code of conduct with the players.
- Using language as an educational tool: always clear, firm and respectful.



- Duration of this learning unit: 3h 20'

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UNIT 1: RESPECT

Assessment

Rate the following indicators about the group before (A) and after (D) the session from 1 to 4 points*, and compare them. If the group is new to you, only complete D.

	TO	D
Children pay attention to new things and concepts		
The children listen to the coach's instructions.		
The children follow the coach's instructions.		
The children maintain the positions and alignments established by the coach.		
The children complete the tasks indicated for accident prevention		

* Rating defined: 5 to 7 Points - Unsatisfactory | 8 to 14 Points - Needs improvement | 15 to 19 Points - Meets expectations | 20 Points - Exceeds expectations.

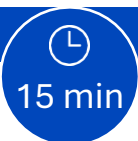
GRADES:

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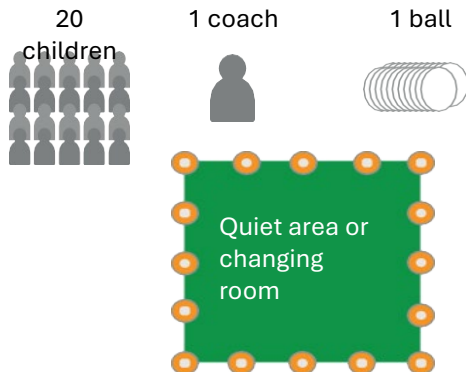


UNIT 1: RESPECT

Activity 1.0 | Circle of Praise - Learning



Resources and planning



KP

- Capturing the players' attention
- Verbalize with the help of the coach if necessary
- Empathy with other colleagues

Tips

- All instructions for the minor categories plus the new instructions may apply to the major categories.

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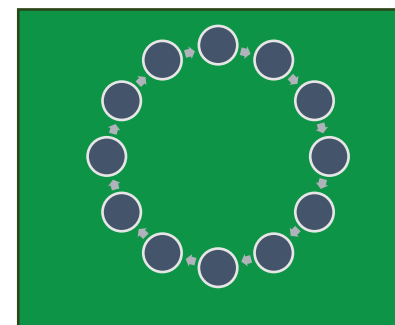


UNIT 1: RESPECT

Activity 1.0 | Circle of Praise - Learning

Procedure | Keep in mind the mileage of the unit

- **Description:** In a circle, each player must say something positive about the partner to their right (it can be an attitude, an action or a quality).
 - The coach begins with an example.
 - A ball can be passed to signal the turn.
 - Emphasize that praise should be sincere and specific.
 - Finally, reinforce the importance of seeing the good in others as a form of respect.

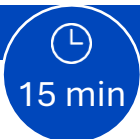


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UNIT 1: RESPECT

Activity 1.1 | Reverse Role - Learning



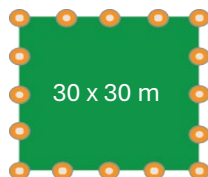
Resources and planning



1 coach



Blackboard and



KP

- Focus on coach and visual guidelines.
- An exercise in appreciation and respect.
- Try to put yourself in the coach's shoes

Tips

- Ages 12 and up. For younger children, roles should be adapted with the help of the coach.

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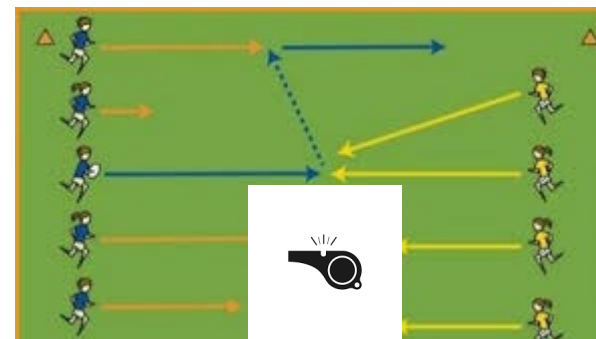
UNIT 1: RESPECT

Activity 1.1 | Reverse Role - Learning

Procedure | Keep in mind the mileage of the unit

- **Description:** In a simulated activity, one group of players takes on the role of coach or referee while the others participate as players. They must referee a play or lead an exercise and then reflect on how they felt and how they were treated by their teammates.

1. Assign clear roles.
2. The coach supervises to ensure that respect is maintained during the simulation.
3. At the end, have a group discussion: How did you feel as a referee/coach? Were you respected? Would you do things differently?



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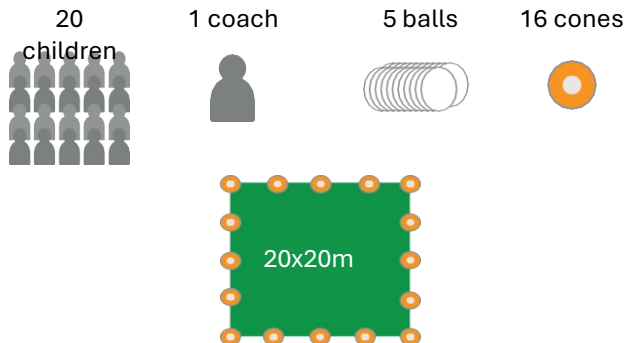


UNIT 1: RESPECT

Activity 1.2 | Positive Card - Learning



Resources and planning



KP

- Effective and positive communication
- Basic game skills
- Reaction to communication
- Be a participant, not a spectator; encourage and praise the positive aspects of your colleague.

Tips

- All instructions for the minor categories plus the new instructions may apply to the major categories.

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UNIT 1: RESPECT

Activity 1.2 | Positive Card - Learning

Procedure | Keep in mind the mileage of the unit

- 1) We defined a playing area of 20x20 meters.
- 2) We organized 2 balanced teams
- 3) We played a simulated match with no contact or medium contact
 - The important thing in the exercise is positive communication.
 - The coach values who helps their teammate in decision-making and who praises them after a good play.
 - We correct negative communication and how to direct that communication of a technical-tactical failure, thus reinforcing self-esteem.
 - The coach awards a "positive card" to players who demonstrate a clear act of respect. These cards are displayed in a visible location and briefly discussed at the end of the session.

