

Glenrothes Rugby Club

Forward's Coach - Senior Squad



Glenrothes Rugby Club are seeking to expand their senior squad Coaching Team for the coming season(s). The successful applicant will be responsible for supporting the club's Head Coach, with particular focus on developing the 1XV and 2XV forwards. The club currently have two senior XV's and have been successful in fielding two teams each Saturday for the last number of years. Fitness, strength & conditioning, skills and testing are core and the successful applicant will be expected to support the Head Coach with this.

The successful candidate will preferably be qualified to UKCC Level 2, or a willingness to work toward and will have a demonstrable track record in a similar role. You will be able to demonstrate good communication and motivational skills whilst providing strong leadership. Glenrothes Rugby Club will fully support and encourage you in your coaching development and attendance at SRU CPD will be encouraged.

Key responsibilities of the role will include:

- Planning micro sessions, taking coaching sessions or parts thereof as required with particular focus on development of forwards
- To bring strength and conditioning experience to support players' appropriate development in this area
- Evaluation of forwards' match performance to feedback into future coaching plans
- Individual player development, both as a whole and with succession planning for forwards in mind
- Assisting the Head Coach, 1XV Manager, 2XV Manager and Captain with team selections
- Taking an active role pitch-side at home and away fixtures with both the 1XV and 2XV

Training takes place at the club's home, Carleton Park, Glenrothes at 7pm on Tuesdays and Thursdays with games on Saturdays and the expectation will be for the successful candidate to attend all where possible.

The position is a voluntary role. Applicants should send a Coaching CV and covering email to our Head Coach Gavin Emerson at rugby04@hotmail.co.uk or contact the current Head Coach on 07590 282049 to discuss the position.

Going places
Open to all
Giving
Local communities an
Enjoyable
Noteworthy
Sociable and welcoming
RUGBY FAMILY