

This is Exmouth Rugby



Assistant Coach

The Assistant Coach has the potential to be a highly influential figure in young players lives. You will work as part of a training team reporting to the Lead Coach. It's an exciting, rewarding and active way of staying in the game and lets you have a direct influence on player's performance and the future of the club.

Ideally you'll need to be:

- Knowledgeable about the game
- Enthusiastic and willing to earn an RFU Coaching Award
- Confident and good at communicating
- Committed to fair play
- Well-organised and a good timekeeper
- Approachable and good with people of all ages
- A good team player

What you'll do:

- Assist the Lead coach to run safe, effective training sessions
- Retain players and work with relevant volunteers to recruit players
- Build team spirit and encourage participation
- Develop individuals' skill, confidence and fitness
- Help select the team and set the tactics
- Work with the Lead Coach and Club Coaching Coordinator to continue learning and developing
- Promote fair play, team standards and codes of conduct

How much time it will take up:

Around 5 hours a week during the season, depending on the level you're coaching at.

What you'll get out of it:

Coaching is a great way to stay fit and pass on your knowledge of the game. Acting as a role model and inspiration to a group of young people and seeing them grow and develop is one of the most rewarding things you can do with your spare time. It's a highly respected role in the community and above all, it's really good fun.

Contact the Chairman of Junior Rugby if you are interested.

Teamwork Respect Enjoyment Discipline Sportsmanship