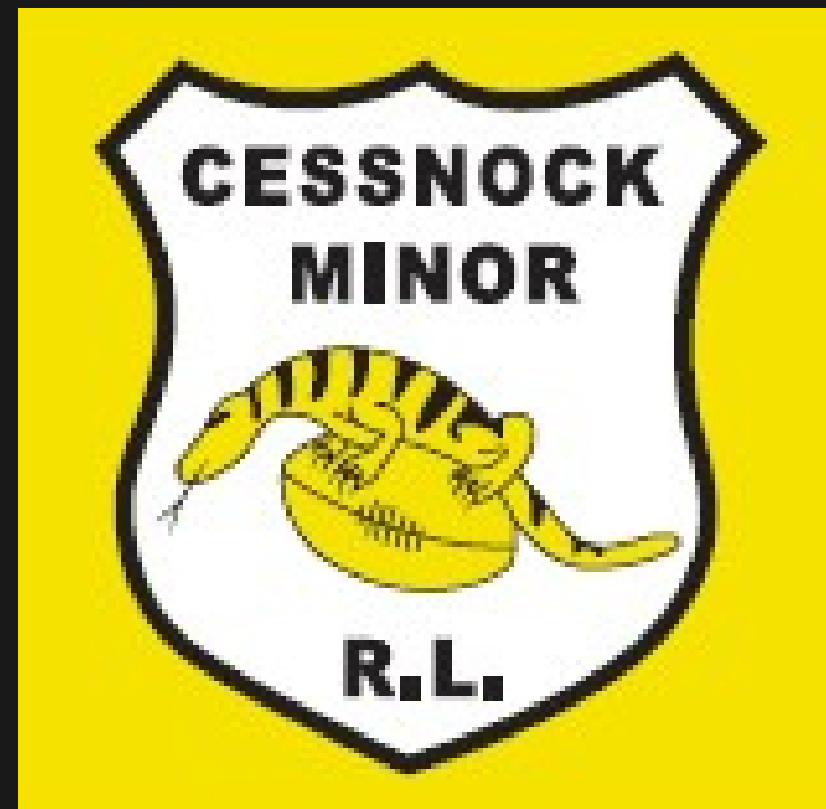


COACH INDUCTION

2026 RELIABLE - SAFE - EFFECTIVE - FUN



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COACH INDUCTION

WELCOME TO CESSNOCK MINOR RUGBY LEAGUE



Description About Us

The Cessnock Minor Rugby League Club (CMRL) is a successful member of Hunter Junior Rugby League and NSW Rugby League.

Formed in 1988 the Club is one of the largest in the Hunter District and has enjoyed great success over the years with numerous Junior Premierships and past players achieving international recognition.

Our Club has built a strong reputation for developing talent, fostering inclusivity, and providing a positive, family-friendly environment for players of all ages and abilities.

Playing community Rugby League teaches crucial life lessons, at CMRL our goal is to ensure an environment where kids can feel safe, whilst becoming strong and ready for life's challenges.

CMRL has over 30 teams competing, more than 200 volunteers and 700+ families and a passionate community backing us!

We are proud to be a Club that values teamwork, respect and community spirit. Our history and commitment to excellence have helped us grow into a cornerstone of rugby league in the region, and together we strive to create opportunities for every player to reach their full potential, both on and off the field.



Matt Ambrum
Coaching Co-ordinator



Belinda Blain
Mod/Int Co-ordinator

Naomi Stevens
Mini Co-ordinator

Deb Swift
Fiona Callaghan / Cat Boorer
Female Co-ordinator

OUR TEAM



We're Here to Help!
Our Coach Development Panel is ready to support you—don't hesitate to ask for guidance.



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COACHING THE CMRL WAY SETTING THE STANDARD FOR SUCCESS

As coaches, you play a vital role in shaping the experience our players have at CMRL. Beyond teaching skills and strategies, you set the tone for how our teams develop both on and off the field.

To ensure we continue to uphold our Club's strong reputation, and provide the best environment for our players, there are four key areas we ask all our coaches to focus on: *being reliable, creating a safe environment, coaching effectively, and making the game fun for everyone involved.*

- ▶ **RELIABLE**
- ▶ **EFFECTIVE**
- ▶ **SAFE**
- ▶ **FUN**



COACH INDUCTION

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COACHING THE CMRL WAY: PILLARS OF SUCCESS



RELIABLE

- Wear your training kit and present yourself professionally.
- Be on time and prepared with a planned session.
- Communicate openly with parents and the office.
- Model positive behaviours: respect, encouragement, and composure.
- Update all accreditation and registration requirements

SAFE

- Ensure players are safe mentally and physically.
- Teach and build tackle safety progressively.
- Inspect fields, check for injuries, and communicate with parents.
- Complete online child safety training and address bullying promptly.
- Be mindful of language—set a good example.

EFFECTIVE

- Focus on connection, character, confidence, and competence.
- Plan purposeful drills with clear outcomes.
- Learn from others—network and refine your approach.
- Reflect on each session and aim to improve.

FUN

- Make every session enjoyable—kids play to have fun!
- Include competition, problem-solving, and engaging activities.
- Play plenty of footy at training.
- Keep it positive—ditch the grumpy coach routine!





RESPECTING COMMUNITY REFEREES

SETTING THE STANDARD



- ▶ **Stay Calm and Composed:**
Yelling and abusive language at referees achieves very little and often escalates the situation. Coaches, players, and parents mirror your behaviours - which can create a toxic environment.
- ▶ **Lead by Example:**
Referees wearing green socks are juniors learning the role. Treat them with respect to set the standard for your team and supporters.
- ▶ **Build Resilience:**
Teach players to respect referees, regardless of decisions, it build character and prepares them for respect in all areas of life.
- ▶ **Important Reminders:**
 - No Negative Feedback: You are not allowed to approach a referee and give negative feedback. However, positive feedback, such as acknowledging a job well done is welcome.
 - Reporting Issues: If a referee acts inappropriately or dangerously: email the Club Secretary at secretary@cmrl.net.au with details. The Club will forward the concern to the refereeing association who will review and take action if necessary.



ENGAGING WITH PARENTS

SETTING A POSITIVE EXAMPLE

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▶ **Clear Communication:**

Keep parents informed regarding training schedules, team expectations, and player progress. Regular updates help to avoid misunderstandings.

▶ **Lead by Example:**

Model respectful behaviour and professionalism. Your interactions with parents set the tone for how players and families will engage with the team.

▶ **Encourage Support, Not Sideline Coaching:**

Remind parents their role is to support and cheer on players, not to coach from the sidelines. This ensures a focused environment for the kids.

▶ **Manage Expectations:**

Help parents understand their child's role in the team, whether they are starting or developing skills. Set realistic goals and foster patience in the process.

Important Reminders:

- Be approachable and listen to parents' concerns with empathy.
- Handle conflicts calmly, always prioritising the players' best interests.
- Respect boundaries: always keep communications positive and professional.
- Encourage a positive atmosphere around the team, ensuring parents feel involved in a constructive way.

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COACH INDUCTION

COACHING RUGBY LEAGUE

EFFECTIVE DRILLS AND GAME-BASED PRACTICES

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▶ **CLOSED DRILLS**

▶ **OPEN DRILLS**

▶ **SKILL BIAS FOOTY**

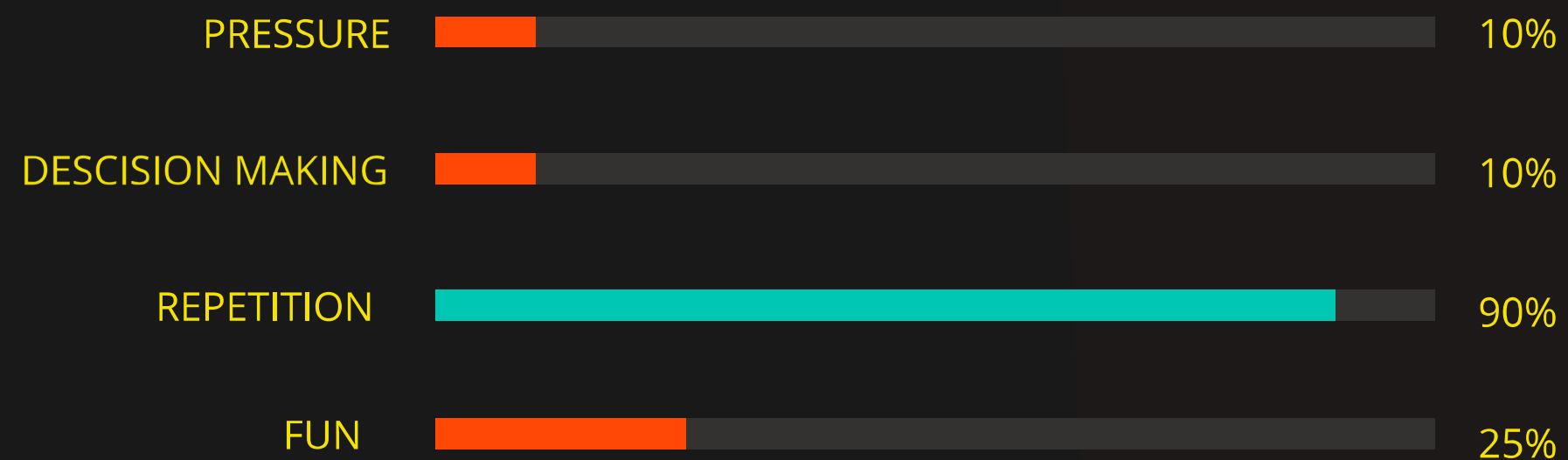
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COACH INDUCTION

CLOSED DRILLS



THE BREAK DOWN



What They Are:

Closed drills are structured, predictable activities that help players work on a specific skill. They usually involve low pressure, little decision-making, and lots of repetition to improve technique.

Fun Factor:

The fun factor tends to drop as repetition increases. The longer you spend on these drills, the more monotonous they can feel, making it harder to keep players engaged.

Time Allocation:

Closed drills should take up **10-15 minutes max** of your session, focusing on skill development with lots of repetition but limited fun. For younger players, keep it even shorter because their attention spans are much shorter.



OPEN DRILLS

THE BREAK DOWN



What They Are:

Open drills are less structured and more flexible, encouraging players to make decisions and adapt to different situations. These drills often involve higher pressure, more decision-making, and moderate repetition.

Fun Factor:

Open drills are generally more fun because players have the chance to make choices and engage in unpredictable situations. The fun factor is higher compared to closed drills, as players enjoy the variety and challenge.

Time Allocation:

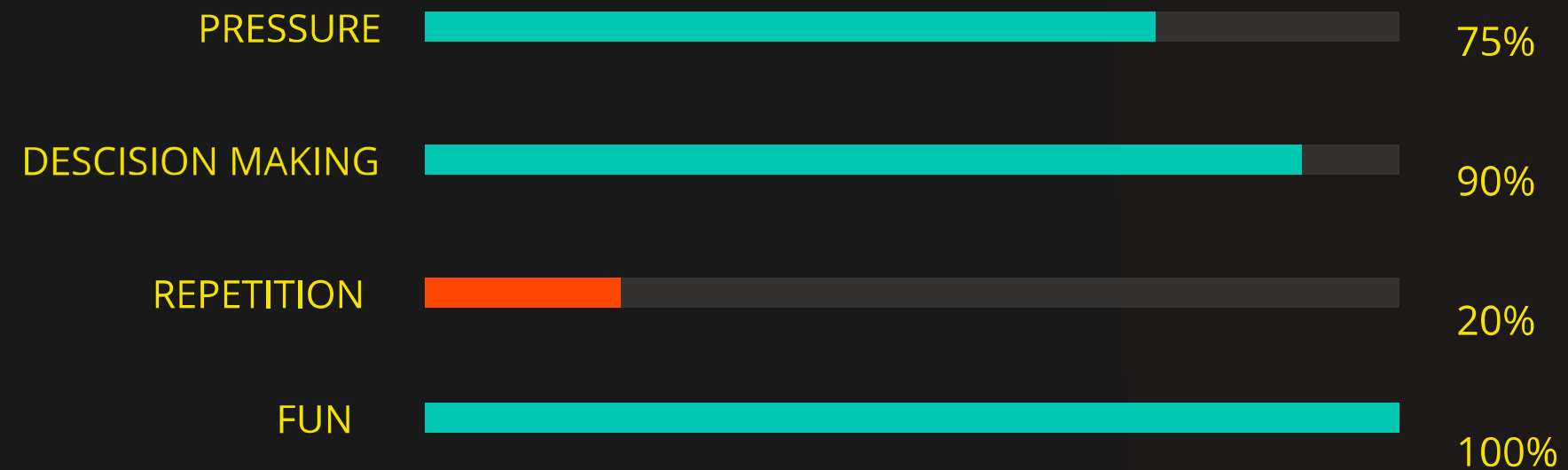
Open drills should take up around **15-20 minutes max** of your session. These drills should be the core of the session, providing players with the opportunity to apply skills in a more game-like setting.



SKILL BIAS FOOTY



THE BREAK DOWN



What They Are:

Skill-biased games, or deliberate play, are game-like activities where the focus is on developing specific skills in a more realistic, competitive environment. Players are encouraged to apply what they've learned in an unstructured, game-based setting, often with a focus on one or two key skills.

Fun Factor:

These games are the most fun for players because they're competitive, dynamic, and closely resemble actual game situations. The freedom to make decisions and apply skills in a real context makes these activities highly engaging.



Time Allocation:

Skill-biased games should take up a **minimum of 20-30 minutes** of your session, as they give players the chance to test their skills under pressure while having fun. They're essential for developing game awareness and problem-solving abilities.

