

# AUSTRALIAN RUGBY UNION PERFORMANCE ACADEMY



**PERFORMANCE  
ACADEMY**



# ARU PERFORMANCE ACADEMY

## Developing Excellence in Player and Coach Development

The Australian Rugby Performance Academy (ARPA) is a camp based performance program for players and coaches. The first ARPA high performance player and coach program will be run in late December 2016 (see dates and venue listed below) with the intention of conducting a full year's schedule of programs in 2017. This compliments the current learning and accreditation program offered to coaches and offers players between the ages of 15-17 years, positional specific development, core skill focus, representative and talent development opportunities.

Players and coaches will benefit from instruction from some of Australia's leading coaches across position specific, unit and team play, as well as the full range of high performance capabilities including: athletic performance, sports science, game analysis and leadership.

### ARPA COACHES:

The ARPA elite coaches consists of many former and current Wallaby coaches, experienced Super Rugby coaches, national development staff as well as experienced professionals across all areas of player development.

### WORLD BEST POSITIONAL SPECIFIC SPECIALISTS

As part of the program specialist coaches are being invited to attend and play a key role in both player development and coach mentoring. The ARU is engaging our strong network of Classic Wallabies, former Wallaby coaches and players, as well as Super Rugby and National Development Staff.

### ARPA's AIMS:

- To take players with great potential and equip them with the Rugby and social skills required of a professional Rugby player.
- To provide a centre of excellence for the development of Rugby players, coaches and professional staff in the areas of skills enhancement, conditioning, nutrition, physiotherapy and related sports sciences.
- Position specific former Wallaby or professional coaching staff coaches – **one coach to every two players.**
- To work with existing ARU Pathways programmes for further development of local junior talent.
- Continue to improve and provide coaching opportunities for coaches in Australia.
- Provide a 7's Academy for men, women and 7's specialty coaching.
- Work with existing ARU elite youth pathway programs for further development of domestic youth talent.

### NATIONAL PROGRAM INTEGRATION

- National literacy including ARU Age Grade themes and core skill development focus
- ARU Player and Coach Development models
- ARU accreditation on successful completion of program requirements
- Access to Rugby Learning Centre masterclass videos, webinars and resources
- Continual Professional Development (CPD) points that are associated for ARU re-accreditation framework



## ARPA PERFORMANCE PILLARS

Coach and Player Development - Education - Personal Excellence

### ARPA DEVELOPMENT AREAS

Provision of daily training environment

Performance

Tactical

Technical

Physical

Positional Specific

Core Skill

### PLAYER AND COACH SUPPORT AREAS

Medical & Education

Personal Excellence qualities

Personal Excellence Support

Athlete Management

### ARPA FRAMEWORK

Player Performance Programs	Coach Performance Programs
Emerging Players Course	Emerging Coach Program
Talent Development Players Course	Talent Development Coaches Program
Performance Players Course	Performance Coaches Program
Sevens Performance Course	Performance Sevens Program
Positional Specific/Unit Skills Workshop	Coach the Coaches Workshop

- **Theory** – covers advanced principles of coaching such as sport pedagogy, fundamental movement skills, program management, positional specific, incorporating the ARUs Coach Development ecosystem as well as national values and coaching principles. Courses are conducted with a mixture of classroom-based, webinars and workshop-based teaching. Assessment and development comes in form of on course reviews, self-reflection and mentor lead individual development programs.
- **Technical** – covers the coaching specific considerations such as current performance demands, specific training methodologies, techniques, individual, unit, mini unit, and team focus strategies. The application and knowledge of analysis tools and performance measures (skill, unit, individual) are also a key focus of both player and coach technical development.

Jayson Brewer  
Head of Coach Development