

Foreword

Coaching is about enabling players to learn and develop their performance.

The coaching model called “Teaching Games for Understanding” (TGfU), or “Games Sense” as it is also known around the world, is a recognised approach that enhances learning by providing realistic, decision making opportunities, as they might occur in the actual competition.

TGfU at its very heart requires that performers think / react to sport-based problems and, therefore, become more fully self-aware, and hence better players.

Congratulations to Dan Cottrell in developing a creative resource in rugby that encourages the use of a “games” approach to coaching. Using such an approach will help players young and old to understand the actual game of rugby, to practise skills in rugby contexts, to learn tactics and to become more informed decision makers.

Coaches will enjoy using these rugby games as much as the players. This book provides a great start to give coaches ideas for games that can be used as they are or which can be easily adapted to suit the needs of the players.

Just remember, one of the key arts to coaching is knowing when to stand back and let the learning happen and when to step in to facilitate the learning. That is, when to “let the game be the teacher”.

Yours in coaching,



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