

WOMEN'S HEALTH WEBINAR SERIES



**SUPPORTING GIRLS IN RUGBY –
AND KEEPING THEM IN THE GAME**

WOMEN'S
RUGBY



**WORLD
RUGBY**

1 | COACHING CHILDREN

Coaching Children

Creating the right learning environment is crucial to ensure that every child is given the best opportunity to reach their fullest potential in a safe and secure environment.

[Open link](#)

Courses for development programmes

World Rugby face-to-face courses and accreditations.

[Open link](#)

Safeguarding Essentials

This course explains what safeguarding is, why it is important, and how you can help reduce safeguarding risks and respond appropriately to any safeguarding concerns.

[Open link](#)

Rugby Rising Play

World Rugby's first bespoke girls participation programme designed to support efforts in introducing teenage girls to rugby in a progressive and enjoyable manner.

[Open link](#)

Rugby Ready

This programme is intended to raise awareness of good practice and help stakeholders manage the inherent risks of a contact sport by putting appropriate safeguards in place.

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Activate

The Activate programme is a physical preparation resource that coaches can use to prepare their players for the physical requirements of rugby.

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2 | CONTACT CONFIDENT

Contact Confident

This resource aims to create evidence informed coaching activities that promote confidence, physical competence and safety in the contact area.

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Tackle Ready - a guide to safe and effective tackling

The Tackle Ready programme provides an in-depth framework which focuses on five key stages.

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Concussion Management

This resource is aimed at anyone involved in Rugby and designed to ensure that players who suffer concussion are managed effectively to protect their long-term health and welfare.

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3 | ICOACHKIDS / ICOACHGIRLS

ICOACHKIDS

ICOACHKIDS is a global movement whose mission is to promote sport policy, education and practice that puts kids first.

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ICOACHGIRLS

Resources on how best to shape and support the youth girls teams. Insights into skills, approaches and the ways you can devise strategic and importantly, positive experiences are all here.

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Free Courses for Youth Sport Coaches

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4 | STRENGTH & CONDITIONING FOR THE DEVELOPING GIRL

Conditioning for Female Rugby Players

This course is designed to equip coaches with foundational knowledge and skills in conditioning practices specifically tailored for female players. Through a series of modules, coaches will gain insights and practical techniques that can be applied to training female players effectively.

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Women in Sport toolkit

This free toolkit helps schools and organisations make sport more inclusive and appealing to teenage girls. It offers guidance, research insights, and communication tips. The toolkit supports teachers in creating a positive, girl-centred approach to physical activity.

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National Strength and Conditioning Association (NSCA) position statement on long-term athletic development

A list of 10 pillars of successful long-term athletic development are presented, which summarize the key recommendations detailed within the NSCA position statement.

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Youth Performance and Fitness—Strength and Conditioning Information for Parents

This article will provide insight on the current research and expert opinions of the leading sport coaches, strength coaches, and researchers involved in providing sound, well-developed strength and conditioning programs for youth.

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