

Overview

The Rugby Advantage **External Coach Assessment Tool** (E-CAT) is designed to provide coaches with specific areas where their practice can be assessed, graded and provided with a plan of action to improve their coaching practice. The E-CAT is relevant for any coach at any level. The Rugby Advantage will provide international coach education experience to improve your practice.



E – CAT COMPETENCY'S

- ✓ World Rugby Coach Educator
- ✓ Coach Development Manager with Play Rugby USA
- ✓ Former Higher Education Coaching Lecturer
- ✓ MSc in Coaching Science
- ✓ BSc (Hons) Sports Coaching
- ✓ USA Rugby L300 in Coaching
- ✓ Published Coaching Author

- ✓ Presentation Skills
- ✓ Creation of the Environment
- ✓ Problem Based Learning
- ✓ Effective Communication
- ✓ Self & Peer Reflection
- ✓ Participant Development
- ✓ Technical / Tactical Knowledge