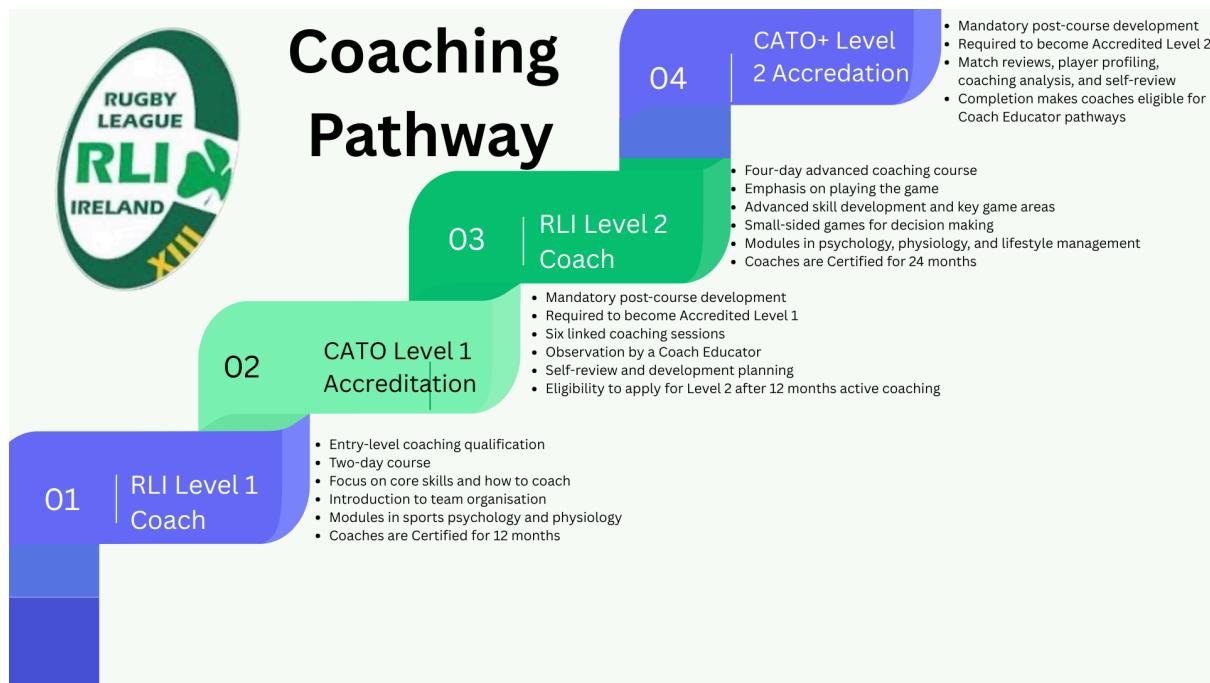


# Rugby League Ireland - Coaching Pathway



## Step 1: RLI Level 1 Coach

### Purpose

The Level 1 qualification is the entry point to coaching within Rugby League Ireland. It equips coaches with the knowledge and skills required to introduce rugby league to new participants in a safe, structured, and positive manner.

### Course Overview

- Two-day course
- Emphasis on coaching core skills
- Strong focus on *how to coach*
- Module on team organisation to support basic game understanding
- Introductory modules in sports psychology and physiology

### Certification Status

- Coaches who successfully complete the course are **CERTIFIED for 12 months**, enabling them to coach
- Certification is time-limited and conditional on completion of post-course development

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## Step 2: CATO – Level 1 Accreditation

### Purpose

CATO is a structured programme of continued professional development designed to consolidate and apply learning from the Level 1 course.

### Structure

CATO operates across four areas:

- Consolidation
- Application
- Team
- Observation

### Requirements

- Minimum of **12 months active coaching**
- Planning, delivery, and review of **six (6) linked coaching sessions** appropriate to the coached group
- At least **one session observed** by a Coach Educator
- Completion of a **self-review**, identifying **three (3) coaching development points**

### Outcome

- Accreditation at Level 1
- Eligibility to apply for the Level 2 qualification (subject to experience requirements)

Failure to complete CATO within the 12-month certification period will result in **withdrawal of Level 1 certification**.

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## Step 3: RLI Level 2 Coach

### Purpose

The Level 2 qualification develops coaches' ability to coach the game in greater depth, with a strong emphasis on playing the game and developing player decision-making.

### Course Overview

- Four-day course
- Further development of core skills
- Focus on key areas of the game (e.g. the ruck)
- Use of small-sided games to develop problem solving and decision making
- Expanded modules in psychology, physiology, and lifestyle management

### Eligibility

- Accredited Level 1 coach
- Minimum of **12 months coaching experience** post-Level 1

### Delivery Options

1. Four days face-to-face delivery (**recommended**)
2. Two days equivalent home study (completed in advance) plus two days on-course

### Certification Status

- Coaches who successfully complete the course are **CERTIFIED for 24 months**, enabling them to coach at Level 2

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# Step 4: CATO+ – Level 2 Accreditation

## Purpose

CATO+ supports advanced coach development through reflection, analysis, and applied practice, ensuring sustained coaching standards at Level 2.

## Structure

CATO+ operates across:

- Consolidation
- Application
- Team
- Observation

## Requirements

### 1. Game Reviews

- Completion of **five (5) match reviews**
- Identification of coaching interventions following each review
- Evaluation of intervention effectiveness in subsequent matches

### 2. Player Profiling Task

- Selection of one player
- Profiling during training and matches using the approved template
- Completion of a review and discussion with the player
- Development of an agreed individual action plan

### 3. Coaching Analysis / Text Review

- Review of a coaching text or film
- Minimum **250-word written analysis**

- Identification of key messages and impact on coaching practice

#### **4. Coach Self-Review**

- Structured reflection on coaching performance across the CATO+ period

#### **Outcome**

- Accreditation at Level 2
- Eligibility to apply for **Level 1 Coach Educator training**

Failure to complete CATO+ within the 24-month certification period will result in **withdrawal of Level 2 certification**.

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## **Key Definitions**

- **Certified:** Permitted to coach for a defined period following course completion
- **Accredited:** Qualification confirmed through completion of required post-course development