

# Wolves: Best practice welcoming new players



## Attract and Welcome

1. Proactively welcome the new player – remember their name & personal details.

Make sure they know what's happening and where.

Join in the team warm-up (run by Captain, under guidance of Coach)

Do a quick presentation round (30 secs per person) of whole team – Name, and a fun fact (fav TV show etc)

## Create confidence with basics

2. Have an experienced (retired/injured?) player introduce foundation elements like gum shields, boots

Intro to ball-handling and basic skills (pass backward, run forward). Link to any sport they have played previously.

Have the same player buddy up with the new joiner for at least 4 weeks.

## Join in with the team (when ready)

3. Keep the right pace for the new joiner – repeat the basics as much as needed.

Work on falling & tackling using bags. Watch the team train drills such as rucks and explain why they appear in the game

Walk the pitch and explain the lines. **Finish by recapping, and giving the link to the Rugby Ready Online Course**

**Round off by joining the wider team for Touch and cool-down / help to feel welcome, part of the team and get an adrenaline rush!**

