

# **Oceania Rugby Mentoring Program – Through the eyes of a participant.**

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## **Preface.**

Rugby Australia, through the Department of Foreign Affairs and Trade (DFAT), provided funding for coaches from the Pacific to attend, participate and be mentored in October 2023 as part of the Australian Rugby Shield competition in Brisbane. This paper reflects on the learnings from this program.

## **Through the eyes of a participant.**

The Australian Rugby Shield (ARS) Program strengthened and developed my knowledge in coaching. I was able to identify and name my weaknesses in the field of coaching and realize what my strengths were. These were found during the filling in of the DISC profile through Athlete Assessments, a Brisbane-based company Rugby Australia use through the Performance Coach Program. The DISC has opened my understanding of the many concepts that a coach must face in order to be a better coach. The purpose of the coach DISC was to familiarize coaches with the many stages (Natural style and Adaptive style) there are in the life of a coach.

Upon joining ARS Programs, webinars conducted by each mentor were a must to participate. I've evaluated how I could become both a mentor and mentee. The 3 stages or levels of using mentoring in a form of formality. And how it can also be done in the Forms of formality. Upon becoming a mentor – there are qualities or requirements that need to be met. There was empathy and honesty, these were values of a mentor. With these I've identified how I could become a mentor for my players and being a mentee to learn from former coaches or current coaches as well.

Through ARS – my content of understanding expanded when given the chance to analyze a game video between Argentina – for defense and Scotland – for attack. From there I've learned how to analyze players from different countries and their skills. Whilst analyzing I've implemented my skills and understanding of rugby into conducting my analysis of the game. Coaching can be conducted in many ways.

Tasks of conducting a training program – involving certain practices. Such as specifying Ball Carrier skills – body position, how to take the ball into contact, power leg drive, space, decision making and score the try. During this training – I was assessed by two other peer coaches. With their feedback I was able to improve more into being a coach during training.

Learning professional experience, involved working within the ACT Griffins (Senior Men's) team environment, we were able to work with the ACT coaching staffs and I've learnt how they share their ideas to showcase their knowledge and share their experience in the field of coaching and everyone focus on key roles. Not only I learnt and gained something new, also I've had the opportunity to share my own knowledge and experience to the coaches and players during game and review feedback, key point to help the coaches and players for the team performance and get the best out of the coaches and players.

The follow-up questions to consider for further development would be: How do I share what has been learnt with my players and people I work with? This journey has been about getting the best out of a team's management and players, working collaboratively empowering others and providing opportunities and decisions and making sure everyone understands. It is ever evolving and developing!

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