

Specialist Throwing Coach (Contractor)

This role will deliver expert technical coaching across the women's performance and pathway programmes. They will support players from the National Talent Pathway through to the Women's National Team, with a focus on improving line-out throwing performance. The role combines immediate performance support with long-term player development, helping to create consistent technical standards and an aligned coaching approach across the Women's National Team, Central Programme, National Academy, Celtic Challenge and wider pathway.



About the role

This is a specialist contractor role, with delivery requirements agreed across the Women's Performance and Pathway programmes according to programme needs, player priorities and the annual performance calendar, which would include some evening and weekend work. The contractor will operate as part of the wider coaching and performance team while providing specific technical expertise in lineout throwing.

Key Responsibilities:

- **Performance Coaching** – Deliver specialist throwing coaching within the WNT, Central Programme, National Academy, Celtic Challenge and National Talent Pathway environments, supporting players to perform consistently under pressure and within the demands of the international and professional game.
- **Technical Development & Analysis** – Assess and develop individual throwing technique and execution under pressure. Utilise video and performance analysis to provide objective feedback and identify areas for improvement.
- **Individual Player Development** – Work directly with identified players to support their technical development, contributing specialist input to Individual Development Plans (IDPs), setting clear development priorities and monitoring progression over time.
- **Pathway Development** – Support the identification and development of emerging throwing talent across the pathway, helping players build the technical foundations required to progress towards international and professional rugby.
- **Coach Collaboration & Alignment** – Work collaboratively with the WNT Forwards Coach, National, Academy, Pathway and Celtic Challenge coaches to ensure a consistent and connected approach to lineout throwing. Share knowledge, coaching practices, and technical insights to strengthen wider coaching capability.
- **Programme Delivery** – Provide specialist coaching support at agreed training camps, sessions, competitions and performance activities across the WNT, Central Programme, National Academy, Celtic Challenge and National Talent Pathway.
- **Review & Continuous Improvement** – Monitor player progress and contribute to the ongoing development of the women's lineout throwing programme through evidence-informed practice, performance review and the sharing of best practice across the pathway.

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Stakeholders

This role works with a wide variety of internal and external stakeholders to ensure collaborative working across all areas:

- Heads of Women's Performance & Pathways
- National Academy Manager
- WNT Forwards Coach
- High Performance colleagues
- Rugby Development Colleagues
- Clubs, schools and universities

Logistics

Location: Oriam Performance Centre / SG Murrayfield / Scotstoun Stadium

Fee: £150 per session (based on 8 hrs per session)

*"Our ambition is that everyone in Scottish Rugby feels a sense of '**belonging**' by being clear on the **purpose** of their role, feeling **valued** as a member of the team, and **connected** to colleagues across all areas of the organisation"*