

## Enhancing Coaching Development in South African Women's Rugby: Insights from Coaches and Players on Effectiveness

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**Abstract :** Sports coaching is marked by inherent elements of complexity. Coaches constantly encounter ambiguity, as they are unable to have complete certainty regarding the perspectives and expectations of stakeholders. Moreover, the coaching environment is characterised by its dynamic nature and intricate micro-political dynamics which further add to the complexity that coaches must navigate. This research study offers a unique perspective on the practical manifestation of coaching effectiveness in the South African (SA) context, where the sport is in its early stages of development. With a predominant presence of male coaches training female players and players originating from diverse sporting backgrounds, including a majority of those who commence their rugby careers at the university level, this exploration, along with practical recommendations, becomes essential. It allows for a nuanced understanding of coaching practices within a rugby system that concurrently focuses on development and high performance. By integrating the views of both players and coaches, insights are gained that extend traditional assessments, enabling a comprehensive understanding of coaching effectiveness and its implications in this evolving Women's Rugby landscape. Through semi-structured interviews, the research delves into their assessments of coaching strategies, methodologies, and outcomes, aiming to understand coaching efficacy and its impact on player development. The findings contribute to a nuanced understanding of coaching effectiveness, paving the way for evidence-based recommendations to enhance coaching development and positively impact the sport's growth and success in SA.

**Keywords :** women's rugby, coaching effectiveness, coaching, rugby, coaching education

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