

## **Academy Sessions**



### **Rugby**

#### **About Our Rugby Academy Sessions**

Throughout our rugby sessions our RFU qualified coaches work on five basic skills in order to develop students' ability to play and understand the game:

**Passing:** Whatever position a player ends up playing, passing will be a core part of their role. There is no excuse for any player not being able to deliver a variety of passes effectively or selecting the best pass to use in different situations. All players should be competent at delivering clearing passes, spin passes, orthodox passes and pop passes, and in both directions.

**Running/Evading:** We focus on the key running skills common to all players – acceleration, changing pace, changing direction and running efficiently backwards and sideways. Running skills will form a part of each session plan.

**Support Play:** All players need to understand their supporting roles in the game. They must communicate effectively with the ball carrier to tell him exactly where they are and when they want the pass.

**Tackling:** Players will learn to execute a variety of tackles in different situations, and to make these tackles efficiently. We will work on individual technique and include tackling drills and games in every training session.

**Decision making :** Some players are natural decision-makers, but it's important that all players learn how to make good decisions under pressure.

#### **Classic/Premium Plus Academy**

The Academy package also includes full board onsite or host family accommodation, expert tuition and at least 2 full days excursion per week. Also included are a full and varied onsite social and sports activities programme during the day as well as an action-packed evening social program all fully organized and supervised by our energetic PLUS staff.

**Group Min Size 20**

**1 Coach every 15 players**

**2 Hours per day x 5 Sessions = 10 Hours (over 2 weeks)**

**Price per player £ 72.00**

**Please note: Academy add on options must be confirmed at least five weeks prior to group's arrival.**