



# RUGBY SKILLS

Bede’s Rugby Skills Academy offers students an opportunity to improve their Rugby skills. Rugby is an exhilarating sport that demands teamwork, agility and precision. In this Academy, students will develop essential Rugby Skills, from passing and tackling to understanding the rules and strategies. Along the way, students will enrich their vocabulary with rugby-specific terminology, enhancing your ability to appreciate and discuss this dynamic sport.

## OBJECTIVES

- To develop an understanding of some key technical rules of rugby
- To increase confidence in game scenarios and key decision making
- To practice technical skills such as passing, catching, kicking, and tacking, ensuring a strong foundation for playing the game effectively
- To gain a comprehensive understanding of rugby rules, positions, and gameplay strategies, enabling confident and informed participation in matches
- To cultivate teamwork and communication skills crucial for effective collaboration with teammates, both on and off the pitch
- To foster a sense of sportsmanship, fair play, and respect for opponents, officials, and fellow players, promoting a positive and inclusive rugby environment
- To enrich students’ rugby vocabulary with specific terminology related to positions, moves, and game situations, enhancing your ability to discuss and analyse rugby matches.

## SUMMARY

CENTRE	Dicker (12–17 years)	VENUE	Grass Pitch on-site
HOURS	4½ hours per week (3x 1½ hour sessions)	DAYS	Tuesday, Thursday and Friday
LEVELS	Beginner, Elementary, Intermediate and Advanced	INSTRUCTION	One coach per 10 students
FEE	£245 per week	DATES	Dicker – Week 4: 21/07/2024

Minimum number of students is required for the Academy to run. If an Academy is cancelled a refund will be given.