

English TM THROUGH + Rugby

“Our coaches strongly believe that lessons learnt on the pitch should transfer into life, and there is a focus on helping young players to develop into responsible, thoughtful and courteous leaders.”

EXSPORTISE
HEAD OF RUGBY

Our boys' rugby programme has been developed to meet the needs of every type of rugby player. We take pride in establishing a strong sense of team spirit.



We cover both physical skills and the mental aspect of rugby. This includes ball handling, kicking, tactical aspects of the game, game awareness and strategy. We also focus specifically on teamwork and communication.



Every player is given the chance to lead and take control of training and transfer what they have learnt in an exercise or drill into an actual game situation.

All players are assessed at the beginning of the programme to ensure that they are appropriately grouped and real progress is made.

English skills develop quickly on the pitch as players have to communicate their ideas, needs and opinions to fellow players in a pressurised environment.

Above all, students leave Exsportise with a strong sense of confidence as individuals and as valued rugby players.



> OUR OBJECTIVE IS....
to develop players in terms of their skills and fitness, but also their mental attitude and discipline.



COURSE DETAILS

- 15 hours of coaching per week
- Boys only. Suitable for all ability levels with a minimum of one year's experience
- Physical skills including handling, speed, general fitness, creating and attacking space, footwork and kicking
- Technical skills including strategy, game awareness, teamwork and communication
- Mental skills including decision making, leadership and mental strength

Average Coaching Ratio

1:10