



# Minety Rugby

## THE ACADEMY SQUAD

U16, U17 & U18'S





## THE ACADEMY SQUAD

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We are creating a new 'Academy Squad' at Minety next season; this will sit at the top of our Junior Rugby section and cater for the U16, U17 and U18 age groups.

### Why are we creating an Academy?

The purpose of this Squad is to provide an opportunity for players to...

- 1) Continue their development with RFU qualified coaches, experienced in working with youth players,
- 2) Have the opportunity to trial for Representative honours and
- 3) Successfully transition from youth to adult rugby in a managed and controlled way.

As a coaching team at Minety we are very aware of the challenges that Clubs and Young players face as they grow from Youth to Adult players of the great game of Rugby. We have seen other clubs/squads literally disintegrate as they haven't managed this transition properly. So to make sure that this does not happen at Minety we have made the decision to establish 'The Academy Squad'.

### What is The Academy Squad?

All players in the U16, U17 and U18 squads will be registered as part of *The Academy Squad*, and benefit from the quality of coaching and mentoring that ensures each player receives the support that he needs.

*The Academy Squad* will be, as a minimum, run by RFU Level 2 qualified coaches, with support and assistance from Level 1 coaches, RFU specialist support coaching, a qualified Strength and Conditioning Coach and access to physiotherapist support.

### Training

We will normally train twice during the week with matches played on Sundays.

In addition to this we will have opportunities for training on Sundays when we do not have a match, and may run classes at local gym's or sports centres when the weather makes conditions unplayable outside.

As part of the development of both the team and the individual we will be arranging specialist or focussed training with external experts and/or resources.

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## Personal Development Plans

As part of *The Academy Squad* each player will benefit from a personal development plan. The plan will cover aspects of physical fitness, mental development and rugby skills to help make each squad member achieve their best.

We will also be encouraging players within *The Academy Squad* to study for IRB and RFU Coaching qualifications. These start with the online 'Rugby Ready' and 'Laws' exams and work through TAG, 'Rugby Ready' Practical, refereeing and Level 1 awards.

When players have achieved a formal qualification, as part of their development plan we would then find suitable opportunities, under the right mentoring and supervision, for them to coach younger players both within the Club but also at local schools. For those looking to go to University, this will help them stand out when they write their personal statement as part of the application process!

## Representative Rugby

We have, as a Youth section been successful in achieving representative honours for a number of our players, we have had District and County representatives from U14-U17 and participated in the RFU School of Rugby programme. As a member of *The Academy Squad* you will continue to be pushed forward for any and all opportunities that we believe we help your development.

## Matches and Competitions

As *The Academy Squad* we will be entering a number of the competitions that are organised by Dorset & Wilts as well as scheduling a number of friendly games for training and development.

Matches are typically played on a Sunday afternoon with a 2pm KO, and the organised Competitions we have entered are ...

### U17's D&W's Cup

**What it is:** This Cup is a traditional knockout cup with subsidiary 'Bowl' or 'Plate' competitions.

**When is it:** There are 4 rounds in this competition played in October / November.

**Eligibility:** To play in this competition the players must have been born after 31<sup>st</sup> August 1993 (i.e.: U17/U16).

### U17/18's Merit Table

**What it is:** this is the league 'backbone' to the season, with all Clubs in both counties participating. The Table is split into groups, and we are likely to be in Division 2 (North) with six other Clubs such as Swindon, Frome, Melksham, Warminster and Supermarine.

**When is it:** The league involves playing the other clubs on a home and away basis during the season.

**Eligibility:** To play in this competition the players must have been born after 31<sup>st</sup> August 1992 (i.e.: U18/U17/U16).

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## U18's D&W's Cup

**What it is:** This Cup is a traditional knockout cup with losers going into a 'Bowl' or 'Plate' competition. From the first round the Cup includes both Dorset and Wiltshire Clubs.

**When is it:** There are potentially 4 rounds in this competition played in March / April.

**Eligibility:** Again for those born after 31<sup>st</sup> August 1992 (i.e.: U18/U17/U16).

## Links with the Senior Club

The coaching teams of both the senior teams and of *The Academy Squad* will be working together to manage your transition to senior rugby. This will involve assessment of you being ready to play adult rugby, and then at the right time an introduction to training and then playing as part of the 1<sup>st</sup> or 2<sup>nd</sup> XV's of the Club.

All players in the U17 and U18 age groups will be registered members of *The Academy Squad* and as such the Head Coach of *The Academy Squad* will sanction their participation in adult rugby.

## Subscriptions

The Subscriptions and match fees for *The Academy Squad* are decided by the Club Committee and they are yet to be set for the forthcoming year.

## Clothing and Kit

We provide and clean 'playing shirts' for all of our matches and we will have available for purchase branded kit for squad members, this will include hoodies, track pants, polo shirts, t-shirt, shorts and socks for wearing on training and match days.

## Sponsorship

As ever the Club, both as a whole and as *The Academy Squad*, is looking for any and all sponsorship that we can find. If you know anyone that might be interested in supporting us bring rugby to over 200 young people then please let a member of the coaching team know.

## CONTACT DETAILS

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### Club Head Coach:

Cliff Garland, 07903 816386

### The Academy Squad Head Coach:

Daniel Thomas, 07784 943000

### The Academy Squad Manager:

John Willcock, 07760 178575

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## 2010/11 PRE-SEASON TRAINING PLAN

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### Dates

Summer training starts on Wednesday 30<sup>th</sup> June and take place every Wednesday from 6.30-8.30 at the Playing Fields.

We move to twice weekly training Tuesday 10<sup>th</sup> and Thursday 12<sup>th</sup> August, and then will train from 6.30-7.30 on Tuesday and 6.30-8.30 on Thursday.

Matches are played on Sunday afternoons with kick-off typically at 2pm and our first competitive match is likely to be on Sunday 12<sup>th</sup> September in the Merit League.

### Wednesday 30<sup>th</sup> June: Session 0: Fitness Testing

- Discuss the pre-season aims
- Discuss the player 'contract' and your commitment to the schedule.
- Establish a 'benchmark' for our fitness levels

### Wednesday 7<sup>th</sup> July: Session 1: Handling and Introduction to Unit Plays

- Hand out the Play Book
- Introduction to handling drills and exercises
- Every training session will include time for individual **Positional Skills Sessions ('PSS')**: which will work on the development of key positional skills

### Wednesday 14<sup>th</sup> July: Session 2: Handling and Extending Options Plays

- Warm-up
- Development of handling concepts

### Wednesday 21<sup>st</sup> July: Session 3: Continuity Skills

- Warm-up
- Introduce basic Continuity - awareness, support running, and a pass
- PSS: Each player should now start to be identifying areas that they need to work on

### Wednesday 28<sup>th</sup> July: Session 4: Continuity - Passing Out of the Tackle

- Warm-up
- Consolidate sessions 1,2 and 3

### Wednesday 4<sup>th</sup> August: Session 5: Continuity, Rucking and Unit Skills

- Warm-up
- Introduction to basic Rucking and Contact skills
- Unit Skills: Forwards: The Lineout and basic back play Lineout: Lifters and Jumpers Throwers & Backs: Basic passing (1, 2 & 3 phase with controlled support)



### **Tuesday 10<sup>th</sup> August: Session 6: Passing, Contact and Team Skills**

- Warm up
- Handling skills
- Contact Skills
- Team Skills – Isolating defenders and identifying space.

### **Thursday 12<sup>th</sup> August: Session 7 - Fitness Testing**

- How are we progressing?

### **Tues 17<sup>th</sup> August: Session 8: Introducing Your Team Pattern - Lineout Focus**

- Warm-up
- Lineout as an Attacking option

### **Thurs 19<sup>th</sup> August: Session 9: Introducing Your Team Pattern - Lineout Development**

- Warm-up
- Using the lineout as an attacking and 'Offensive Defensive' option

### **Tues 24<sup>th</sup> August: Session 10: Introducing Your Team Pattern – Scrum Focus**

- Warm-up
- Introducing the scrummaging options

### **26<sup>th</sup> August: Session 11: Introducing Your Team Pattern - Scrum Development**

- Warm-up
- Developing our options from the scrum, both attacking and defensive

### **Tues 31<sup>st</sup> August: Session 12: Continuing Team Pattern**

- Warm-up
- Bringing it all together!

### **2<sup>nd</sup> September: Session 13: Fitness Testing Review**

- Warm-up
- Fitness Review, have we met our targets?
- Review of the summer training programme
  - Continuity
  - Option plays
  - Basic defensive structure
  - Offensive line outs
  - Offensive scrums
- Setting of Individual's goals for the next training period

### **Sunday 5<sup>th</sup> September: Registration and Training Session**

Formal start to the 2010/11 Season

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**Tues 7<sup>th</sup> September: Regular season training – fitness/individual skills focussed**

Normal season training sessions start here, building on the fitness and skills developed over the summer.

**Thurs 9<sup>th</sup> September: Regular season training – Unit/Team skills focussed**

Match preparation

**Sunday 12<sup>th</sup> September: Match**

1<sup>st</sup> competitive match in the Merit League

