



RUGBY ACADEMY

Shiplake College

9-17 years

The coaching delivered by professional coaches will focus on all aspects of the game and may include tackling, taking the ball into contact, ball handling skills, performing skills under pressure.

The coaching methods will depend on the age of the students. The sessions will be given in English and will include key vocabulary for the game.



Who can take part

For the coaches who may travel with groups of students, there is a great opportunity to exchange ideas with the academy coaches and pick up the latest techniques from the coaches of some of the World's best rugby players

Included

- 15 hours of English per week
- 12 hours of rugby coaching by professional coaches
- 1 Full Day Excursion (per week)
- 1 Half Day Excursion (per week)
- Ardmore Rugby top

Selling points

- Qualified Rugby coaches
- There will be competitions and incentives to give the course a 'competitive edge'.

Rugby Academy Sample Programme (2 weeks)*

	Morning	Afternoon	Evening
Sunday	Welcome to Ardmore		
Monday	Lessons	Rugby Training	Welcome Icebreaker Games
Tuesday	Lessons	Rugby Training	Egg Protector
Wednesday	Lessons	One Half Day Excursion to Windsor Castle	Talent Show
Thursday	Lessons	Rugby Training	Casino Night
Friday	Lessons	Rugby Training	Disco
Saturday	One Full Day Excursion to London, Thames River Cruise and Westminster Walking Tour		Sports Tournament
Sunday	Sports and Leisure Activities on Campus/ Optional Excursion		Movie Night
Monday	Rugby Training	Lessons	Capture the Flag
Tuesday	Rugby Training	Lessons	Find Dr Ardmore
Wednesday	One Half Day Excursion to Reading Town and Museum	Lessons	Karaoke
Thursday	Rugby Training	Lessons	Rounders
Friday	Rugby Training	Lessons	Disco
Saturday	One Full Day Excursion to Oxford, Oxford Castle and Universities Walking Tour		Mini Olympics
Sunday	Goodbye Ardmore		

English Lessons: 15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon. **Rugby training:** 12 hours per weeks (3 hours per day, 4 times per week). **Excursions:** One half day and one full day excursion per week. *The Programme may vary due to operational reasons.

FOR MORE INFORMATION:

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