

SPORTS ACADEMY

Our Academy offers comprehensive coaching in football, dance, and rugby, each designed to harness and develop the talents of our participants. Join us for an unforgettable experience where you can enhance your skills, make new friends, and enjoy the thrill of your chosen sport.

Football

Our football coaches have expertise across all areas of the game; tactical, technical and overall player development. Strengths and weaknesses are identified and focused on to bring out skills and ability in every player. Sessions are planned by our team of highly qualified coaches who group players according to ability, to ensure that players are always challenged within their sessions.

All practice sessions focus on the principles of play, sportsmanship and helping teams build confidence and identity - all whilst having as much fun as possible of course! We look at using the 4 corner model - Technical, Physical, Social and Psychological - to develop the players. We look at tactical lines using vertical spaces, aerial spaces and horizontal spaces with the objective of trying to get players to develop a strategic plan to ensure tactile use of spaces.

During the planning of sessions, we use drills and game based coaching to ensure that we look at areas where possession in possessions and out of possessions with defensive transitions moving into attack transitioning from Defence.

Dance

Our talented, highly qualified dance teachers cover a wide spectrum of dance disciplines and deliver a creative, inspiring, fun and energetic programme of classes. Students will be exposed to Modern, Contemporary, Hip Hop & Folk dance genres full of fun, imaginative and exciting choreography. Always a hugely popular choice, our dance classes offer something for everyone!

Rugby

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.

Activity Specifications

Our sessions are tailored to accommodate various levels of experience and expertise, ensuring every participant benefits from our expert coaching. Below are the key specifications for our activities, outlining the general structure and schedule for the sessions.

Minimum group size: 10

Number of students per coach: 15

Sessions per week: 2 x 2 hour sessions (4 hours per week)

Bookings

If you would like to book Sports Academy sessions, please get in touch with our sales team to make an enquiry.