

## Somerset Schools of Rugby

Schools of Rugby are an RFU initiative which has now become an integral part of the player pathway.

Its aim is *'To identify and develop young players and athletes who have the potential to play at the elite levels of the game in England'* focussing on *'the core technical skills together with tactical appreciation of the game'* along with *'key lifestyle, fitness and mental components which will help them reach the highest levels of performance'*

Somerset Rugby is delighted to be involved in such an important programme and would like to congratulate any players that have been selected over the last two seasons.

The programme works in conjunction with the Counties Rugby Development Partnership, the England Rugby Academy at Bath and the Rugby Football Union's Coach Development department, to bring you high quality and innovative sessions that will help to develop you as an athlete.

Somerset ran their second School of Rugby Programme in August 09.

Age Group	Number of players that attend
U13	88
U14	99
U15 and U16	21

During the morning sessions players were given the opportunity to fine tune their ball handling, contact and tackling skills along with improving their overall game sense and understanding of rugby.

Within the afternoon sessions they worked through a personal Strength and Conditioning programme, were given advice on injury prevention and guidance on athlete nutrition.

After each session players were asked to review their performance focussing on strengths and weaknesses with reference to the assessment criteria. From this review and with guidance from their coaches, they set themselves targets to work on throughout the forthcoming season.

### Provisional dates and nomination structure for this season

U13, 3 players from each school and club to be nominated to attend one of two development days. 20 - 25 players selected for the SoR group who will be invited to attend two further days on **Tuesday 1<sup>st</sup> and Wednesday 2<sup>nd</sup> June.**

U14, players to be nominated and selected from the Super 6 festival. The 20 selected players will be invited to attend sessions on **Tuesday 1<sup>st</sup> and Wednesday 2<sup>nd</sup> June.**

U15, players will be selected from the County U15 team by the County coaches. 15 – 20 boys will be invited to sessions on **Wednesday 14<sup>th</sup>, Thursday 15<sup>th</sup> and Friday 16<sup>th</sup> April.**

U16, players will be selected from the County U16 team by county coaches 10 – 15 boys will be invited to sessions on **Wednesday 14<sup>th</sup>, Thursday 15<sup>th</sup> and Friday 16<sup>th</sup> April.**

U17, players will be selected from the County U17 team by County coaches 5 – 10 boys will be invited to session on **Wednesday 14<sup>th</sup>, Thursday 15<sup>th</sup> and Friday 16<sup>th</sup> April**