



YEAR 9 RUGBY TRAINING DAY @ WINCHESTER RFC REVIEW OF THE DAY

On Wednesday 21st of September Winchester Rugby Football Club held a Training Day aimed at Year 9 Boy Rugby Players supported by the University of Winchester.

The day's programme was as follows:-

- 09.30 Registration
- 10.00 Players divided into positional groups and were given coaching by experts in that area of the game. This proved very successful and saw some outstanding improvements in technique and skill. Some of the player's comments were "That they never get time to be coached on an individual basis at club or school".
- 11.00 Drinks/snacks break laid on by Goldstripe Events management as part of it's community rugby programme.
- 11.10 Unit skills Backs and Forwards. Players were brought together to build on the individual skills they had learnt and to work on these in Forwards and backs play to get them ready for the afternoon's games. Players now had the benefit of expert coaching but also observation and error correction from the other coaches as well.
- 12.10 Dinner Pasta based meal Sponsored by Winchester University
- 12.40 Short Talk by WRFC U14s Manager
- 13.00 Festival – The festival was based on achievement and not just winning or being the best, Attitude, Team work and progression from the morning. The games were refereed by the morning's coaches, during which players were still being coached and helped to play their position within the team framework
- 14.30 Finish

The day was organised and run by First Contact Sports on behalf of Winchester RFC as part of its on-going community programme. The coaches were as follows.

Chris Ashwin

Backs
England Students
Premiership Rugby Bristol
European Championship Bristol
Championship Newbury
Currently Barking Div 1

Andrew Henderson

Backs
England Students
Championship Newbury and
Rotherham
National league rugby with Jersey
Currently Barking Div 1

Rob Arthur

Forwards
RFU Level One Coach / Fast Track
level 2
Coach at Bath Uni and Academy
Plays Bath Uni 1st XV
National league Rugby 1st XV
Hampshire Player 14s to 21's

Paul Beckett

Forwards
RFU Level 2, Hants Rugby player
Long Standing Community Coach
WRFC 25 Years
Head Coach County U 18s Girls
Regional Coach County U 18s Girls

Jerry May

RFU Level Two
Basingstoke RFC CRC
RFU Coach Developer
Scrum Factory / Prop Idol coach

Rob Gould

Backs
RFU Level 1
Foundation Referee
First Contact Sports Coach
Plays Southampton RFC
Multi Skills Coach
Quad Athletics Coach

Anna Russell

RFU Level 1
Foundation Referee
First Contact Sports Coach
Multi Skills Coach
Quad Athletics Coach
WRFC Hon Sec
WRFC Coach Girls Rugby

Apart from improving the players' rugby knowledge and skills the day was seen as a recruitment drive to recruit players for WRFC U14s side. A short talk was given at lunch by the WRFC U14s Coach/Manager Gareth Lloyd Jones.

The afternoon consisted of a number of contact games of 10 minutes one way. All games were deemed as friendly's although the Winchester University Achievement Award was given to the team who put in the most effort during the course of the day.

I would like to take this opportunity to thank the schools, the players and teachers who participated in this great day. They were:-

Swanmore
Test Valley
Romsey
Westgate

Proudly supported by



The University of Winchester
Achievement Award 2011
Was won by

Swanmore
College of Technology

On a final note I would like to say a big thank you to Amy Fenton of Winchester University for all her hard work and support and Charlotte Moore for her persistent chasing and cajoling of the schools.

If you or your school would like to join in the WRFC community programme please contact me on info@firstcontactsports.co.uk

Robert Memory

RFU Level Three,
First Contact Sports Coach,
WRFC and Community/Schools Liaison for WRFC