

ABOUT OUR CLASSES

Rugby



This program is designed to captivate children, the instructor provides individualized attention, guidance, and positive reinforcement to each child. They create a supportive and inclusive environment that encourages children to take risks, learn from mistakes, and enjoy the learning process.

Starting tennis at a young age allows children to develop and refine their skills over time. By establishing a strong foundation and understanding of the sport early on, they can progress to more advanced levels of play as they grow older.

Rugby Toddlers



We believe that fun is the key to engagement and long-term participation in sports. We design our program with age-appropriate activities and games that capture the imagination of toddlers and ignite their passion for the sport. We prioritize creating a positive and inclusive atmosphere where every child feels comfortable and encouraged to participate.

Rugby Rascals



Combining the teaching of rugby and soft skills provides a unique opportunity for children to develop both athletic abilities and essential life skills. At our program, we recognize the value of integrating rugby with the teaching of soft skills, fostering holistic development in children.

Rugby offers a platform for children to learn and practice various soft skills in an active and dynamic setting. Through teamwork, communication, and leadership opportunities, children develop valuable interpersonal skills.

OUR CURRICULUM

Physical education classes including Football, Teeball, Hockey, Athletics & Rugby.

What kids learn

Children are taught the core skills within Rugby such as equipment handling, projection skills, reception skills, reactions & tracking skills. Each aspect is taught in a progressive manner, with reminders of their progress we aim to motivate students to continue to develop their athletic ability under our encouraging guidance. Understanding some children may have more difficulty with specific skills our coaches simplify activities so that the moments involved in the technique are practiced before teaching the technique.

Attention to soft skills

Along side teaching students to play sports we also focus on developing their soft skills. At the beginning of each session our coach will highlight a behavioural skill which is tailored to the group needs. Throughout our session we reflect back to the soft skill rule and encourage our students to apply it during the session. With the aim of developing positive behavioural attributes we strive towards catering to each child's needs. Our coaches are aware of the limitations some children may have and are prepared to take the patients required to make a difference!

RUGBY CURRICULUM

Rugby Rascals

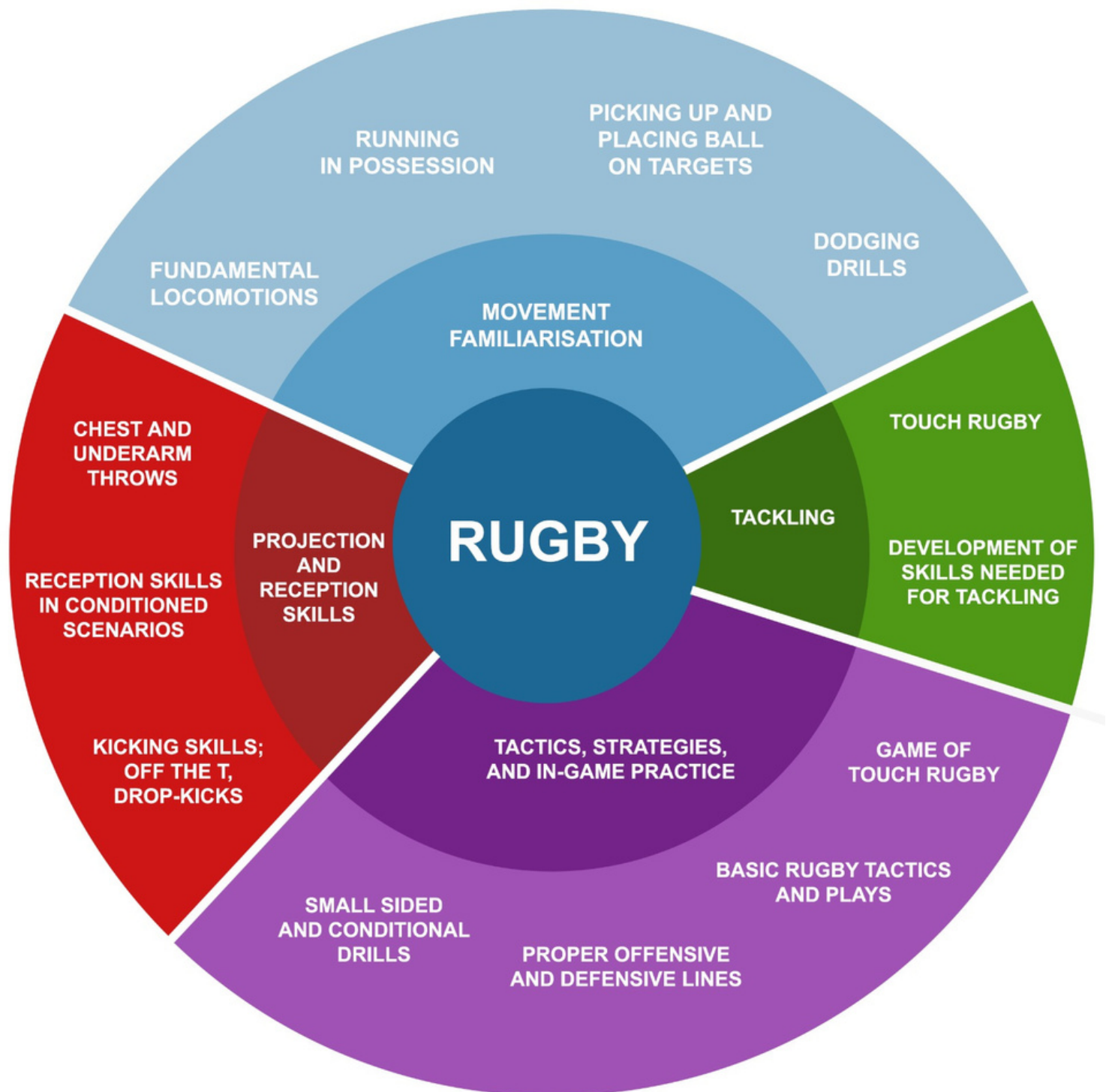
Level 1: Rugby RASCALS

Duration: 8-12 weeks (1 session per week)

The Island Sports Beginner Rugby Program is designed to introduce children between the ages of 3 and 7 to the exciting world of rugby in a fun and safe environment. This program focuses on developing fundamental skills, promoting teamwork, and fostering a love for the sport. Led by experienced coaches, the program provides age-appropriate activities and drills that cater to the unique needs and abilities of young children.

Key Features:

- 1. Introduction to Rugby Basics:** The program starts by introducing children to the basic concepts of rugby, including passing, catching, running, and kicking. Through engaging and interactive activities, children learn the foundational skills necessary for rugby while having fun.
- 2. Skill Development:** The program emphasizes the development of essential rugby skills. Coaches use a progressive approach, gradually building on each child's abilities. This ensures a positive learning experience that boosts confidence and skill acquisition.
- 3. Age-Appropriate Training:** The Island Sports Beginner Rugby Program tailors its training sessions to suit the specific age groups of children. Coaches utilize age-appropriate equipment, modify drills, and adjust the complexity of activities to ensure optimal engagement and skill progression.
- 4. Fun and Inclusive Environment:** The program prioritizes creating a fun and inclusive environment where children feel comfortable and confident to participate. Coaches use creative teaching methods, interactive games, and teamwork-oriented activities to make learning enjoyable and foster a sense of camaraderie among participants.



Skill	Teaching point	Teaching point	Teaching point	Teaching point	Teaching point	Teaching point
Rugby						
Play games that promote spatial awareness	Running with the ball	Rugby Tag	Soft Rugby dodgeball	Various tag games	Flag rugby	drag sprints
Positions	Line out	Maintaining a team line				
Striking	Kicking rugby balls of T's	Drop kicking rugby balls	aligning your foot with the ball and maintaining visual contact			
Handling	non-dominant hand on the bottom half of the ball	fingers should be spread apart	palm facing upward	Create a stable base	Position the ball securely against the side of your forearm	forearm muscles to grip the ball firmly.
Handling	dominant hand on the top half	Tuck the ball into your body	against your chest or abdomen	Keep your elbows in		
Hand-Eye Coordination	catching a rugby ball	two-handed chest pass	spin pass	one-handed offload	maintaining eye contact	juggling, handball, or playing catch with smaller balls
Grip and Swing Technique	body facing the target.	shadow swings	correct swing path	Follow through	knees slightly bent	Release Point
Evasion	Side Step	Swerve	Change of Pace	Feints and Dummies:	Evasive Running Patterns	
Fitness and Conditioning	endurance drills	Strength drills	Agility drills	Dynamic warm ups	Body weight exercises	