



**"Developing Young
Rugby Players
to be Mentally
Strong & Resilient"**

OUNDE RFC ACADEMY

Developing Players by Design

Introduction

Welcome to Oundle Rugby Football Club's Academy. Our mission is to foster the development of young athletes to become top-tier rugby players and exemplary individuals, embodying the values of our club. We are dedicated to creating an environment that nurtures talent, promotes continuous learning, and instils the core values essential to success both on and off the field.



Aly Kachra - Chairman

Mission Statement

Oundle Rugby FC aims to set the highest standards in player development, driving success through a well-rounded approach focusing on technical, tactical, physical, and mental growth.

Our goal is to develop players who are committed to the club's ethos and aspire to be part of the 1st XV team.



Key Development Steps

Season & Session Planning:

Introducing simple objectives, developing them, practicing, improving, deploying, and reviewing.

Consistent Progression:

Maintaining consistency throughout the development stages, ensuring understanding and building blocks are firmly established.

Senior Coaching Involvement:

Engaging senior coaches and players in the development process to provide mentorship and role models.

Best Environment:

Creating an environment conducive to learning, growth, and enjoyment of the game.





The Development Pathway

Junior Academy (U13 – U15)

Core Focus:

- Aerobic Capacity
- Flexibility
- Communication
- Feedback

Skill Introduction:

U13:

Core skills (Catch/Pass, Breakdown)

U14:

Introduction to our play
(Defence, Attack)

U15:

Technical Development –
(Lineout, Scrum, Decision Making,
Dominant Tackles, Patterns, Scrum
Launch, Defence, Attack)



Academy (U16 – U18)



Core Focus:

- Game Management
- Positional Focus
- Benchmark Performance
- Senior Transition
- Mental Conditioning
- Physical Conditioning
- Technical Feedback

1st XV Playbook Integration

Senior Academy (U19 – U23)

Core Focus:

- Senior Level Exposure
- Transition Focus
- Academy Player Contracts
- Development Programmes
- Personal Performance Goals



Building Blocks for Success

Player-Centred Development:

We emphasise the holistic development of each player, ensuring they are well-rounded athletes.

Coach Continuous Development:

Regular CPD sessions, mentorship from senior coaches, and structured goal-setting are integral to our approach.

Core Values:

Our program is built on the pillars of Respect, Discipline, Sportsmanship, Teamwork, and Enjoyment.



Coach & Player Retention



Player Involvement:

Active participation in their development journey.

Coaching Standards:

High standards maintained through continuous professional development.

Fun Environment:

Ensuring enjoyment is at the heart of all activities.

Support and Purpose:

Providing robust support systems and clear purposes for all developmental activities.



Oundle RFC Academy

Together, we will strive to develop future rugby stars and exceptional individuals, setting standards for others to follow in our sport.

If you would like to be apart of our Academy or need further information, please feel free to contact us.

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