

ELITE RUGBY PERFORMANCE

#JOINTHEACADEMY



edusportacademy.com

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CHRIS HEWING

FOUNDER



When I created the Edusport Academy back in 2011, I could not have imagined the success we would have had.

I was young and where I lacked in experience, made up with enthusiasm. I was always totally convinced in the power of education and had a steadfast ambition to combine sport, education and an experience abroad. It was the strength of this idea that transformed a thought into reality and now 9 years later, I have seen a concept grow into one of the most respected sporting academies in the UK.

In the last 9 years, we have seen the Academy grow in size and stature. We have become full members of the Scottish FA, been awarded the exclusive UEFA Club License, created history by winning the South of Scotland League, diversified, continued to develop and now accept students in Football, Rugby, Basketball and Dance though above all, we have helped change lives.

With over 400 students passing through the Edusport Academy since 2011, we have seen our students grow into fine young men (and women). We have taken a paternal pride in watching them develop in all areas of their efforts. I have seen students come to the Academy with hardly any English, who today are bilingual. I have seen a student obtain 19/20 in English on his Bac, where he previously scored 3/20. I have seen a rugby man lose 18kg. I have seen countless students amass an amazing amount of self confidence that will serve them well forever. I have seen life long friendships formed. I have seen some students sign professional contracts, many move to America on scholarship and more and more stay in Scotland beyond their year in

the Academy. I have even employed some, who were once students, are now my colleagues ! I have since met with former students who have opened their own business. I have watched proudly as some former students become parents and as owner of the Academy, I am proud to call a number of our former students friends.

It hasn't always been easy and we have had our challenges along the way, though we have always remained fiercely loyal to our core values and our 'etat d'esprit' where people and personal development are ALWAYS the most important single factor at the Edusport Academy.

I have been fortunate to have been able to surround myself with some of the most competent and professional people in Scotland. You will need to go a very long way to find a better, more qualified and more 'human' staff than that which we have at the Edusport Academy. Our staff are the bedrock of our success and something which I am very proud of.

The Edusport Academy is a simple yet effective proposition and it works. It has been tried and tested. What we have discovered is that if you put good people together in a professional environment, the results and the progress are astonishing. My responsibility as the director of the Academy is to bring these people together and offer the very best conditions for our students to succeed.

Good people, motivated and ambitious, working together in a respectful, professional environment for collective and individual progression, that is the Edusport Academy of today.



MISSION STATEMENT

At Edusport Academy we aim to develop every player who comes to Scotland.

We will empower you with the ability to be independent and give you the opportunity to grow as a person. We aim to give you the tools to equip you not just to progress in the year but tools that will serve you well in the course of your life. On the court our objective is to teach you to improve every aspect of your game. This comes in the form of sessions that are designed and planned to a high standard covering all technical, tactical, physical and psychological aspects of the game. If any level of player is self-motivated they will progress and it is the responsibility of the coaches' and staff to help any motivated player to fulfil their potential.

Every player who fully engages will benefit from the experience of coming to the Academy.

THE COACHES



GARY STRAIN

Gary is an experienced rugby coach at both club and international level.

His playing days had him represent clubs like Newcastle Falcons and the Glasgow Warriors. He also had a spell at RC Massy Essonne in France during his career.

Gary is now a highly regarded coach and educator certified with World Rugby and Scottish Rugby Union, working with the Scottish U17 National Team as well as with the BT Glasgow Warriors Academy. He also works with Scotland Women's team and the Scotland Mens U18s as a scum coach.

As a Coach he is the holder of the UKCC Level 3 coaching diploma as well as the UKCC Level 2 Strength and Conditioning.



NIC HUMPHRIES

Nic is an experienced coaching on the Scottish Rugby scene.

He initially worked for the RFU in Yorkshire within the Community Department doing school and club development projects but specialised in College and University rugby.

After this he moved back to Scotland and worked for Scottish Rugby in the Performance Department. During that time he was based in Glasgow and the West developing players through the academy system. Jonny Gray, Scott Cummings, Magnus Bradbury and Zander Fagerson being some of the players to come through the academy.

He also coached within the Scotland Age grade system at U16, U17 & U18 with his highlight of his career, being Head Coach when Scotland 18s played a double header v Romania.

Whilst working for the Academy, Nic also currently works at Biggar Rugby Club overseeing their academy system and coach development programmes. Through this he has helped produced many International Age Grade players and a full female Internationalist Sarah Denholm.

THE RUGBY PROGRAMME

The rugby programme is based in Glasgow, built to immerse the players in to the heart of Glaswegian 'ways'.

Players join one of the many local rugby clubs in and around Glasgow competing in National or Regional leagues – these clubs are rich in history and will challenge your rugby as well as your English! We focus on four pillars of development through the season, Technical, Tactical, Physical and Mental Skills. Our coaches will support players through sessions developing you as a player and individual and endeavouring to make your Rugby experience in Scotland as enjoyable as possible.



THE PHYSIO TEAM



ROSS ANDERSON

Ross is a full qualified Sport therapist, he has a key role in the staff of the Edusport Academy. Ross has a lot of experience, the majority of this coming from working for many years at Scottish Championship club, Partick Thistle FC.

Ross' has a great communication with our students and is always on hand to offer expert advice and treatment to those who need it. His main function is to ensure that our players are well and stay in the best physical condition possible.



ROSS URQUHART

Ross is our newest physio who works with all sports involved within the academy.

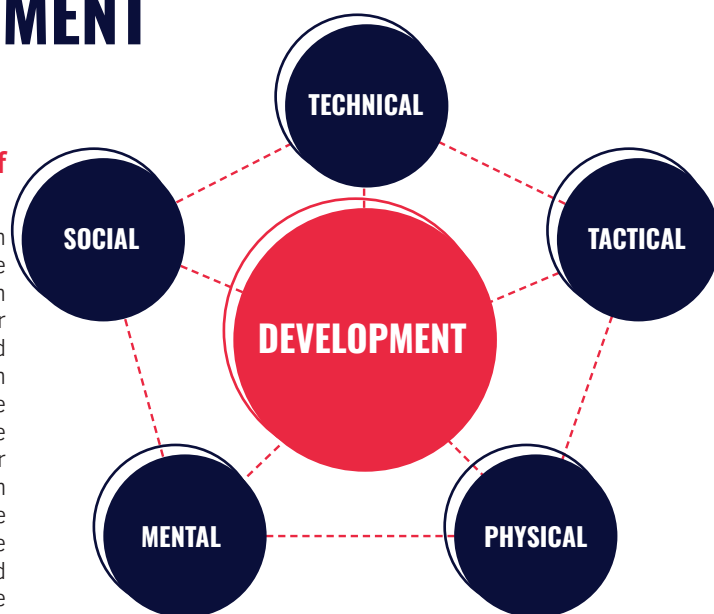
He qualified as a Sport Therapist in 2018 when he graduated from City of Glasgow College whilst also gaining an outstanding academic achievement award for finishing top of his class.

Ross' main role is to ensure the fitness and health of our students, he holds weekly physio clinics where our students can book appointments for any issues or concerns, and is present at some rugby trainings.

PLAYER DEVELOPMENT PHILOSOPHY

We believe in the development of player being driven by the player.

It is important that a player can steer their own development and performance, the importance of the coach is to challenge their learning in an encouraging and testing environment. In order for players to improve they must be challenged and overcome these challenges through determination and use of feedback from the coaches. We expect players to fail and make mistakes, but through this the way the player can learn from this and overcome it, even master it, making a player a more complete and driven player. Sessions will be competitive in nature and will have testing and measured process to gauge improvement throughout the year.



PLAYING COMPETITIVE RUGBY GLASGOW CLUBS

For your competitive rugby you will be inserted in to one of the local rugby clubs in and around Glasgow.

This will not only give you a welcome to Glasgow's social and cultural background, it will challenge your English and the level of rugby you will play. Glasgow has many amateur clubs scattered across all the National and Regional Leagues in Scotland. You will align to a club that will challenge your level, but also allow you match time to develop your game.

Training is Tuesday and Thursday nights with matches on Saturday afternoons. You will be expected to give a weekly match report to the other players and coaches within Edusport Academy.



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**MY SUPPORT CLUB TRUSTED ME
AND INTEGRATED ME DIRECTLY INTO
THEIR FIRST TEAM, THE PLAYERS
AND MANAGERS WERE VERY
WELCOMING TO ME.**

**IN SCOTLAND THE GAME IS REALLY
BASED ON SPEED AND MAKING THE
BALL LIVE,
I'VE MADE A LOT OF PROGRESS
IN TERMS OF MY VISION AND
TECHNIQUE.**

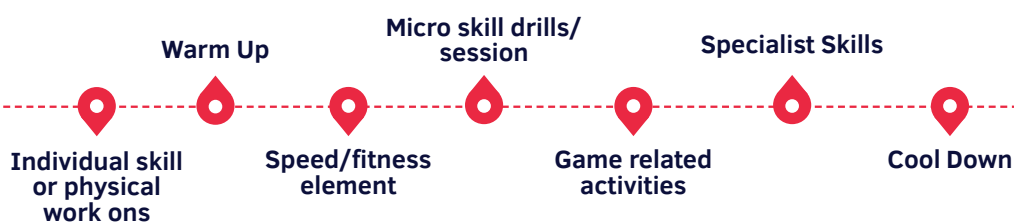


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COACHING PHILOSOPHY

We coach in an environment where technical, tactical, physical and psychological points are made clear to all players. There is a mix of drill and game based coaching, but it all stems back to the core principle that we are allowing the player the chance to accelerate their development through a challenging environment where we expect mistakes to happen. What we won't accept is 'sloppy' or continuous easy mistakes. We expect players to push their limits each session and we as coaches will strive to create that platform for them to do so.

BASIC OVERVIEW OF SESSION:



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	EDU RUGBY SKILLS	ENGLISH STUDIES	EDU RUGBY SKILLS	ENGLISH STUDIES	ENGLISH STUDIES		
AFTERNOON	GYM		GYM		GYM	CLUB MATCH	REST DAY
EVENING		CLUB TRAINING		CLUB TRAINING			



4 WEEK CYCLE FOR COACHING PRINCIPLES



WEEK ONE

Defending
Individual tackle technique

Attacking
Handling & spatial awareness



WEEK TWO

Defending
Individual tackle technique

Attacking
Pass technique & support lines



WEEK FOUR

Defending
Tackle technique & defensive alignment

Attacking
Offloading & support

WEEK THREE

Defending
Chain of 3

Attacking
Handling & 1 on 1 evasion



ATTACK

- Core skills: Evasion, Running, Handling, Offloading, Support Play
- Speed and width of play
- Running Lines
- Realignment
- Breakdown skills
- Structured play
- Counter attacks
- Set piece & play from
- Layers of attack
- Kicking skills
- Creating and executing overlaps.

DEFENCE

- Core skills: Tracking, Footwork, Tackling, Communication
- Alignment and speed of press
- Roles in defence
- Spacing and Speed of Realignment
- Operating in different systems
- Kick receipt
- Turn overs
- Exit strategies



EXAMPLE OVERVIEW OF **ATTACK** SESSION

Handling & spatial awareness **continuity in attack**

BREAKDOWN OF SKILL:

- Hand, eye and hip placement
- Transition of ball across torso
- Finish of hands, hips and feet
- Depth, width and angle of support
- Scanning and movement

COACHING KEY FACTORS

- Hands up and reach for ball (eyes over fingers)
- Point at target on release of ball
- Scan for space and move in to space

EXAMPLE OVERVIEW OF **DEFENCE** SESSION

Individual Tackle Technique **stop attack going forward**

BREAKDOWN OF SKILL:

- Tracking & footwork
- Line speed, late dip and shoulder contact
- Push and grab, leg drive and tackle completion
- Ground to feet speed

COACHING KEY FACTORS

- Eyes on attackers hips
- Lead foot in close to attacker
- Shoulder contact and leg drive





STRENGTH AND CONDITIONING

- Strength and conditioning programme bespoke to individual needs. Use of the university gym facility.
- Speed technique drills and runs
- Aerobic and anaerobic components in each session

TESTING

Fitness tests are completed for monitoring 3 times across the season cover the areas below:

- **Weight:** You will be expected to weigh and monitor yourselves weekly (in KG)
- **Power:** Standing Broad Jump
- **Speed:** Measured by speed gates across 10m, 20m & 40m distances
- **Aerobic Capacity:** Bronco test
- **Anaerobic capacity:** 150m repeated sprint test



NUTRITION

Workshops completed at college

PLAYER TO COACH MEETINGS:

Three times a year surrounding testing. This will be feedback on your performance within the rugby programme and an opportunity to set goals within training.

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MEDICAL SECTION

There will always be a physiotherapist at training.

However the importance of managing injuries, keeping appointments and completing rehab/prehab exercises are of real importance. This is a vital resource that players must take responsibility for:

01

ALERT COACHES AND PHYSIO WHEN INJURY HAPPENS

02

BOOK AND ATTEND PHYSIO APPOINTMENT

03

KEEP CLUB COACH AND EDU COACHES UP TO DATE ON INJURY

04

COMPLETE ALL REHAB AND PREHAB

05

ATTEND ALL BOOKED CLINICS 100%!

06

ATTEND ALL BOOKED CLINICS 100%!

Following the medical protocol is vital to accelerate the return to play. Communication will happen between physios and coaches but you are responsible for your injury and a speedy but safe return to play.

CONCUSSION

A concussed player or suspected concussed player will immediately stop all exercise and complete the Scottish Rugby Concussion guidelines.

AGE GROUP	GRTP STAGE 1 MINIMUM REST PERIOD	CAUTION!	GRTP STAGES 2 TO 5	CAUTION!	GRTP STAGE 6 MINIMUM RETURN TO PLAY INTERVAL
Children and Adolescents (aged 18 and under)	14 Days	Return to play protocol should be only started if the player is symptom free and off medication that modifies symptoms of concussion	4 Stage GRTP Progression every 48 hours , if symptom free	Contact sport should be authorized only if the player is symptom free and off medication. MEDICAL CLEARANCE RECOMMENDED	14 day rest + 8 day GRTP = Day 23 post injury
Adults	7 Days		4 Stage GRTP Progression every 24 hours , if symptom free		7 day rest + 4 day GRTP = Day 12 post injury



CAUTION

Any player with a second concussion within 12 months, a history of multiple concussions, players with unusual presentations or prolonged recovery should be assessed and managed by health care providers with experience in sports-related concussions.



#THEBESTYOU

SCOTLAND

Edusport Academy, 272 Bath Street,
Glasgow G2 4JR

FRANCE

Edusport Academy, 121 rue du château,
92100 Boulogne-Billancourt

email: info@edusportacademy.com

web: edusportacademy.com

macron

PEOPLE
MAKE
GLASGOW

GLASGOW
SCHOOL OF ENGLISH

UNITE
STUDENTS

CI
CRUYFF
INSTITUTE

TESCO