



**DOLLAR**  
ACADEMY

**RUGBY**

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**Rugby Skills & Conditioning Programme**  
**August 14th – September 2nd**  
**2023**







# DOLLAR ACADEMY

## Objectives

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- Provide a positive experience for all levels of rugby player
- Develop not only rugby playing ability but positive young men with strong character and values
- Create a culture that players, coaches and parents are proud to be part of
- Provide pupils with the opportunity to be the best they can be
- Create an enjoyable learning environment where pupils are challenged and develop resilience







# DOLLAR ACADEMY

## RUGBY

WEEK ONE	Mon 14th Aug	Tues 15th Aug	Wed 16th Aug	Thurs 17th Aug	Fri 18th Aug	Sat 19th Aug
10.30-12.30	Seniors 1st XV Pitch	Seniors 1st XV Pitch	Seniors 1st XV Pitch	Seniors 1st XV Pitch	Seniors 1st XV Pitch	Seniors 1st XV Pitch
10.30-12.30	Form 3 Hill Pitch	U16's 2nd XV Pitch	Form 3 Hill Pitch	U16's 2nd XV Pitch	Form 3 Hill Pitch	U16's 2nd XV Pitch
10.30-12.00	Jnr 1 Thornbank	Form 2 Hill Pitch	Jnr 1 Thornbank	Form 2 Hill Pitch	Jnr 1 Thornbank	Form 2 Hill Pitch
10.30-12.00	Jnr 2 Jnr Pitch	Form 1 Thornbank	Jnr 2 Jnr Pitch	Form 1 Thornbank	Jnr 2 Jnr Pitch	Form 1 Thornbank



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## RUGBY

WEEK TWO	Mon 21st Aug	Tues 22nd Aug <b>In-Service</b>	Wed 23rd Aug <b>In-Service</b>	Thurs 24th Aug	Fri 25th Aug
All Day	Seniors Hold Fast Challenge				
9.30-11.30	U16's 2nd XV Pitch				
3.30-4.45	Form 3 Hill Pitch	Seniors 1st XV Pitch	Form 2 2nd XV Pitch	Seniors 1st XV Pitch	
3.30-4.45		U16's 2nd XV Pitch	Form 1 Hill Pitch	U16's 2nd XV Pitch	
3.30-4.45		Form 3 Hill Pitch	Jnr 1 & Jnr 2 Thornbank	Form 3 Hill Pitch	

### Saturday 26th Aug

	Seniors	U16's	Form 3	Form 2	Form 1	Jnr 2	Jnr 1
8.30-10.00				2nd XV Pitch	Hill Pitch	Jnr Pitch	Thornbank
10.15-12.00	1st XV Pitch	2nd XV Pitch	Hill Pitch				



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WEEK THREE	Mon 28th Aug	Tues 29th Aug	Wed 30th Aug	Thurs 31st Aug	Fri 1st Sept
3.30-4.45	Seniors/U16's 1st XV Pitch	Seniors 1st XV Pitch	Form 2 2nd XV Pitch	Seniors 1st XV Pitch	
3.30-4.45	Form 2 2nd XV Pitch	U16's 2nd XV Pitch	Form 1 Hill Pitch	U16's 2nd XV Pitch	
3.30-4.45	Form 1 Hill Pitch	Form 3 Hill Pitch	Jnr 2 Jnr Pitch	Form 3 Hill Pitch	
3.30-4.45	Jnr 2 Jnr Pitch		Jnr 1 Thornbank		
3.30-4.45	Jnr 1 Thornbank				

### Saturday 2nd September

1st XV &  
2nd XV

U16 A&B

Form 3  
A&B

Form 2  
A&B

Form 1  
A&B

Jnr 2 A&B

Jnr 1 A&B

Festival of  
Rugby

Festival of  
Rugby

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Festival of  
Rugby





# DOLLAR ACADEMY

## RUGBY

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### Kit you require for every session:

- Training Shoes
- Boots
- Shorts
- Training Shirt
- Socks
- Towel
- Water Bottle
- Gum Shield
- Tracksuit/Jogging Bottoms (bad weather)
- Tracksuit/Training Top (bad weather)
- Wet Weather Top
- Snack
- Sun Cream
- Hand Sanitiser







# DOLLAR ACADEMY

## RUGBY

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### OUR VISION

“To encourage and develop Dollar Academy players to be the very best they can be on and off the field.”

### COACHING PHILOSOPHY

“To create an enjoyable working environment based on excellence and intensity with constant goal setting, targets and feedback. Driving a value based culture in which everyone lives those values. To develop all players to their full potential. To build long term consistency and stability through focused training and preparation. To develop an intense desire to achieve our best. Building on success by never being content to stand still, always moving forward and embracing change on the way.”

### PLAYING PHILOSOPHY

Closely aligned to the Scottish technical blueprint, all our teams will aim to play a high tempo, creative, exciting, fast, style of rugby that no team can live with both in attack and defence – playing without fear.

- High Tempo, Calculated Risk, High Reward Rugby
- Get as excited when we don't have possession as we do when we have it.
- Ideally, we make a good decision if not we make a bad decision but we never make no decision
- Never compromise on our standards

