



# UXi INTERNATIONAL RUGBY INSTITUTE JUNIOR ACADEMY



Welcome to the UXi Sport Junior Academy programme where we aim to develop **future Springboks!**

This professionally developed programme is aimed at the age group U/15 - U/17 players learning a new position and transitioning from junior rugby into a more structured version of the game.

The fundamental knowledge and skill required for a position, interpretation of coach gameplans, mastering an understanding of the age appropriate fitness and conditioning are the building blocks to becoming a professional rugby player.

At this age group rugby becomes more competitive and scouts are already looking out for talent that is exceptional. The risk of injury also increases exponentially as competition increases, and therefore it is imperative to start focussing on physical strength and conditioning that is also position specific.

All Coaches are World Rugby Level 2 certified and led by World Rugby Level 3 professional senior coaches at every Institute, with a collective over one hundred years of rugby coaching experience at national and provincial level.

## The UXi International tailor-made programme focusses on the following:

**Core Master:** Learning and perfecting the fundamental skills needed in rugby to successfully accomplish the team objective on both defence and attack. We focus on various styles of passing, decision-making on attack in a variety of match-related scenarios, tackle technique and selection and becoming an expert in the art of the breakdown both on attack and defence.

**Positional Pioneer:** Learning a new position or mastering one can be challenging and at times intimidating. The programme's position specific training is focussed to coach the understanding of the primary and secondary roles and responsibilities. Players confidence will be built to enable them to lead in their age group as an innovative, well-conditioned, thought-provoking pioneers.

**Conditioning Captain:** The concept of conditioning should be associated with the underpinning understanding of being the fittest and strongest on the field. The fitness and conditioning coaches will teach and coach the fundamental understanding of why fitness and conditioning are important to not only reduce the risk of injury but to assist the player to become fitter, better and stronger.



## INTRODUCING THE C.A.R.D.S. PRINCIPLE:

CREATIVITY

AWARENESS

RESILIENCE

DECISION-MAKING

SELF-ORGANISATION

The CARDS principle is utilised to also focus on the "coaching through games" concept by World Rugby. The aim is to ensure that the new skills taught are carried over into a match.

All skills in Core Master and Positional Pioneer are implemented in making use of the CARDS principle. This allows the player, as a developing athlete, to implement newly taught skills, in a structured, yet unstructured match-related scenario.

The ultimate GOAL of the Junior Programme is to develop skilled players that can make creative decisions under pressure with skills that allow for execution of the decisions with the required tact and skills!



## DAYS/TIMES AND DURATION

Monday and Tuesday 15:00 - 16:30 (90 minutes) to include:

- ▶ Conditioning
- ▶ Position Specific Skills
- ▶ Core Skills

## FEES:

DURATION	Registration application fee (once-off)	Month-to-Month	3 month contract (once-off save R500)
Month-to-month	R450	R2 000 (8 x 90 min sessions per month)	R5 500
Rugby clothing Kit once-off	R1 250 (optional)		



### NOT SURE ABOUT CAREER CHOICES?

 We can help you!


Contact Thea Miller: [thea@sport.uxi.edu.za](mailto:thea@sport.uxi.edu.za)

### GENETIC BRAIN PROFILING (MY SPORTS CODE)












The My Sports Code Genetic Brain Profiling system is able to quickly identify your unique blueprint by making use of modern technological methodologies, comparing your genetic preferences and combining that, with our tried and tested formulas. Thus, providing you with customised guidance and advice relating to your unique needs in order to assist you in discovering yourself within a couple of minutes.

## HOW TO APPLY FOR REGISTRATION:

- ▶ **STEP 1:** Complete the player and parent application form
- ▶ **STEP 2:** Receive a quotation
- ▶ **STEP 3:** Accept the financial agreement
- ▶ **STEP 4:** Pay the registration fees, first month coaching fee and/or clothing kit fee
- ▶ **STEP 5:** Receive registration confirmation

 For more information contact **JC Hector (Director of Rugby Institutes):**  
[JasonH@sport.uxi.edu.za](mailto:JasonH@sport.uxi.edu.za)

## NATIONAL FOOTPRINT

-   **Western Province Rugby Academy**  
📍 Central Stellenbosch, Western Cape
-   **Cheetahs Institute of Excellence**  
📍 Toyota Stadium, Bloemfontein, Freestate
-   **Pumas Rugby Institute**  
📍 Mbombela Stadium, Nelspruit, Mpumalanga
-   **Griquas Rugby Institute**  
📍 Windhoek Lager Park, Kimberley, Northern Cape
-   **Harlequins International Rugby Institute**  
📍 Harlequins Sports Club, Pretoria, Gauteng
-   **Limpopo Blue Bulls Rugby Institute**  
📍 Nylstroom, Limpopo

