



7 BAMBOOS RUGBY



SCHOOL PROGRAMME

Our coaching isn't just about rugby – it's a complete personal development programme

7 Reasons to go with 7 Bamboos Rugby

Your students will:

- 1. Be stimulated. No long tactics talks – we'll kick off with a game of rugby sevens where everything happens in a very short and intense time frame: succeed, lose, run, pass, kick, all under pressure – so they'll learn fast.**
- 2. Discover their motivation, refine their skills and learn how to build positive relationships, whatever their personal starting point.**
- 3. Learn how to focus, build on strengths and ignore distractions.**
- 4. Experiment, play, practice and reflect constantly – there's no tedious waiting around.**
- 5. Accept responsibility for their decisions and mistakes, building the confidence to challenge us.**
- 6. Learn how to think and act like a professional athlete.**
- 7. Touchdown at the end of the programme with a tremendous sense of accomplishment.**

Contact

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7 Bamboos Rugby:

High quality development coaching for young people