



THE MILLBRAE WAY

WELLINGTON SCHOOL



What Wellington School can offer you.

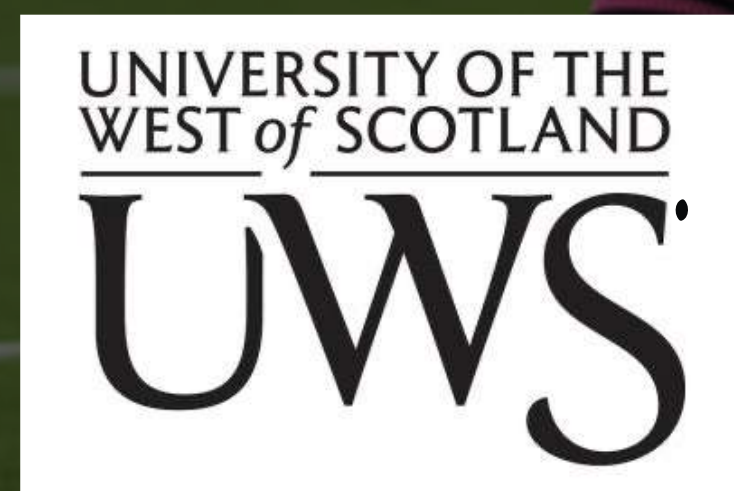
- Free membership to Ayr RFC.
- Aligned to an SRU Super Series Franchise (Ayrshire Bulls)
- Top level coaching from Ayrshire Bulls and Ayr RFC Coaches via the Millbrae Way.
- Teams from Primary level through to Under 18, training twice a week plus games.
- U15 / U16 and U18 teams all in the top club competitions in the country.
- Access to Ayr RFC Academy - S and C Provision/ Nutritional advice/ Video analysis and additional skill sessions.
- A thriving environment with a clear performance pathway.





Purpose

“Be at the Forefront of Club Rugby in Scotland”





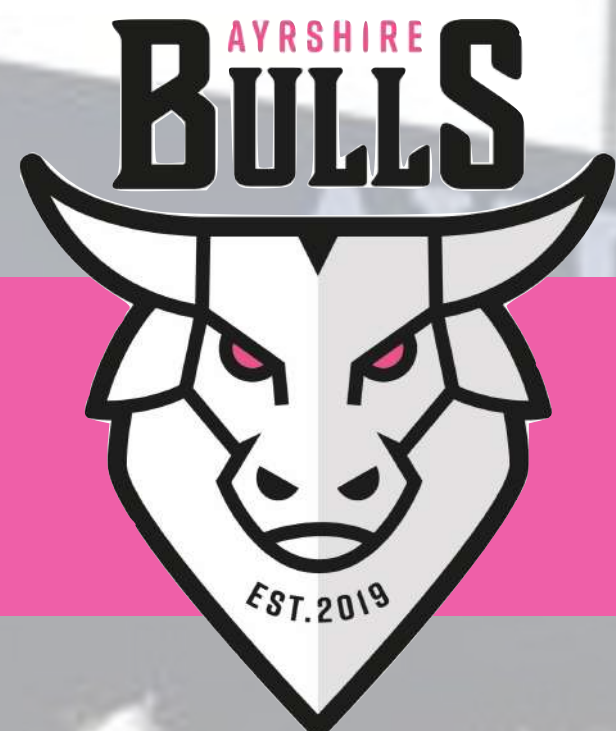
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WHAT DOES THIS LOOK LIKE?



- **A thriving culture across the club.**
- **Developing quality players and coaches.**
- **Successful teams on the pitch.**
- **Continuing to push boundaries and drive the club game in Scotland.**
- **Putting the club at the heart of the Community.**





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HOW DO WE ACHIEVE THIS



- **Cultures and Behaviours - Reference the club values more and increase visual presence.**
- **Cohesion- Align the entire club from Bulls to S1.**
- **Coach Development**





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CULTURES AND BEHAVIOUR



- **What are the values of the club?**
- **Respect, Enjoyment, Achievement, Lifestyle**
- **Each team to create its own Identity to give them purpose.**
- **Bring these to life, Images around the club and online.**
- **Always come back to these and reference these.**





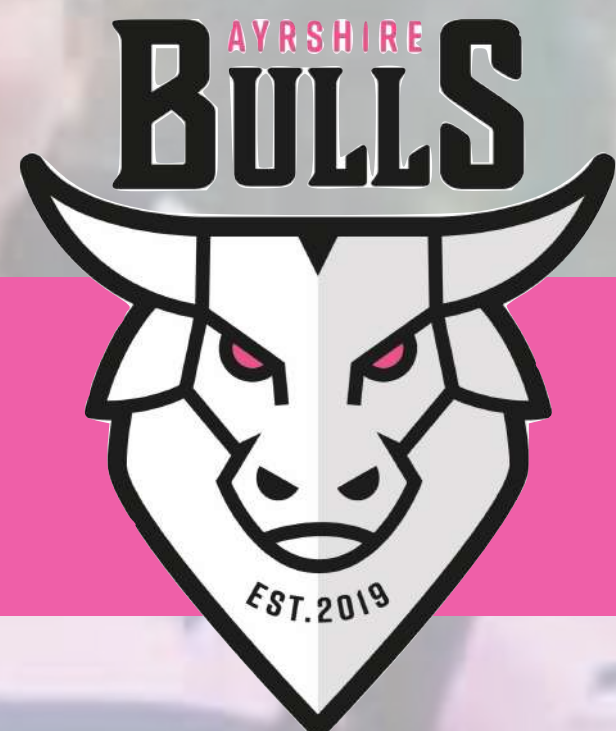
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COHESION



- **Core Principles of Play/ Game Plan.**
- **Core Calls\ Language**
- **Bank of Coaches**





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COHESION- PRINCIPLES OF PLAY



- **Attack / Defence / Set Piece Documents.**
- **Key games and skill practices to develop how we want to play.**
- **Session Design**





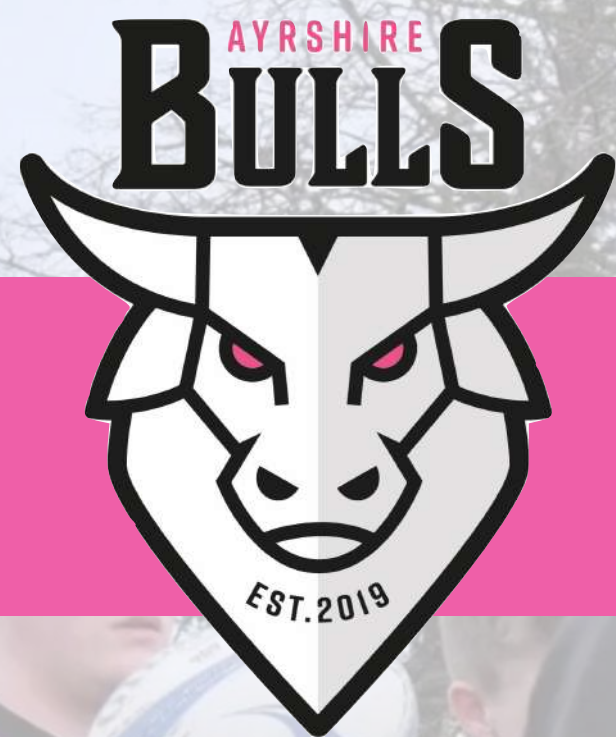
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COHESION- CORE CALLS/ LANGUAGE



- Bulls core calls used throughout the club to aid transition at all Levels.
- Coaches become more transferable between teams.
- Mainly from Bulls-U16s under this core principles apply.



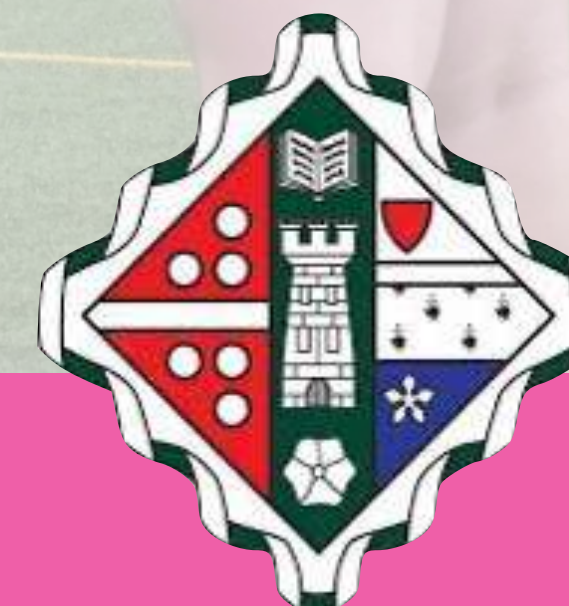


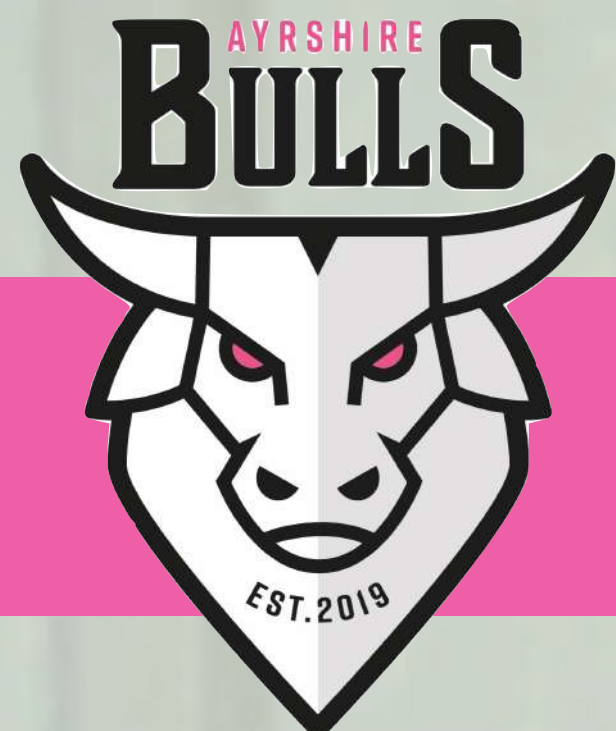
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COHESION- BANK OF COACHES



- Using our coaching resources to the best of our abilities to align the vision.
- U18/U16s Coaches supported by the senior club coaches. (1 Evening a week)
- Bulls/Club players to facilitate U15s down to S1.
- S and C support to be Included.





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COHESION-COACH DEVELOPMENT



- CPD opportunities through coaching workshops.
- Use of core games and skill practices and how to tailor to the needs of their teams.
- Build relationships.
- Educate players.
- Gain qualifications.





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IMPLEMENTATION



Ayr RFC Youth Calender													
Team	Coach	Training Night	W/C - 7/8/23	W/C - 14/7/23	W/C -21/8/23	W/C -28/8/23	W/C -4/9/23	W/C - 11/9/23	W/C 18/9/23	W/C - 25/9/23	W/C - 2/10/23	W/C - 9/10/23	W/C - 16/10/23
U18s	Seniors Coach	Tuesday	FC- Attack		Pat- Set Piece/ BD	CG- Attack		PM- Setpiece/ BD	FC- Attack		Pat- Set Piece/ BD	CG- Attack	
		Thursday	RF- Defence			DK- Defence			RF- Defence			DK- Defence	
U16s	Seniors Coach	Tuesday	CG- Attack		PM- Setpiece/ BD	FC- Attack		Pat- Set Piece/ BD	CG- Attack		PM- Setpiece/ BD	FC- Attack	
		Thursday	DK- Defence			RF- Defence			DK- Defence			RF- Defence	
U15s	Bull/ Club Player	Wednesday		RF			FC			RF			FC
U14s	Bull/ Club Player	Wednesday		RF			FC			RF			FC
U13s	Bull/ Club Player	Wednesday		RF			FC			RF			FC





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