



B6 RUGBY ACADEMY

PLAYER DEVELOPMENT PATHWAY

The aim of this pathway is for male and female players to understand the competitive nature of the game and begin to develop physically for the demands of the level at which they play.



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Learning to Compete - Playing the Game, Developing Performance

In addition to your subject lessons and programme of study in the Sport department here at B6, weekly rugby sessions from September include (Monday AM / Wednesday PM):

- Dual Code specific conditioning
- General participation in sport and physical activity
- Diet and nutrition
- Individual technical training
- Tactical awareness
- Match analysis and understanding of the game
- Life management skills
- Psychological development



Partners on the programme:

The B6 Rugby Academy is endorsed by **Ryan Brierley, a professional rugby player for Salford Red Devils**. Ryan will be involved and act as a 1 to 1 mentor for the students with their action plans.

Head Coach of Westhoughton Lions, Jayden Sandford will be the main coach for 4 hrs a week.

Neil Hart, Senior Community Development Officer - Active Lives Team

Salford Red Devils Elite Development Squad (REDS) will support the programme by monitoring the development of all players and provide opportunities for students who excel to access the clubs performance pathway.

Dave Crouch, Director of Bolton Rugby Union

Adele Morton, Director of Bolton Women's Rugby Union

Entry for the B6 Rugby Academy is available to students studying one or more of the following subjects:

Physical Education A Level, Sport Science Triple/Single Vocational A Level, and Public Services Triple/Single Vocational A Level. Mixed programmes are available where students can choose to combine both A Levels and Vocational A Level subjects, very few colleges allow this type of subject combination. For more information on courses and entry requirements please see our website www.bolton-sfc.ac.uk