



**THE SHARKS
ACADEMY**



COACHING PROGRAMME

**THE SHARKS ACADEMY IS A
WORLD-CLASS RUGBY ACADEMY
WHICH IS ACCREDITED BY SA
RUGBY AND UNIQUE IN ITS
STRATEGIC PARTNERSHIP
WITH THE SHARKS**

PROGRAMME

The Sharks Academy provides an educational foundation based on a good balance between the following components:

ACADEMIC OPTIONS

- 1a. Higher Certificate in Fitness (eta College) | Year 1
- b. Advanced Certificate in Fitness - Sports Conditioning | Year 2
- 2a. Higher Certificate in Sports, Recreation and Fitness Management (eta College) | Year 1
- b. Diploma in Sport & Recreation Management (eta College) | Year 2 & 3
3. Higher Certificate in Marketing (IMM Graduate School) | 1 Year min
4. Higher Certificate in Export Management (IMM Graduate School) | 1 Year min
5. BCom Degree in Marketing and Management Science (IMM Graduate School) | 3 Years min
6. BBA Degree in Marketing Management (IMM Graduate School) | 3 Years min
7. BEd Degree in Intermediate Phase Teaching (Embury Institute of Education) / 4 Years min
8. Gap Year Program (Non-Academic Offering facilitated by The Sharks Academy) / 1 Year only

SHARKS ACADEMY MEDICAL TEAM

All the players have access to medical services at The Sharks Academy Medical Centre. This sets us apart and ensures we are unique in the South African Market.

1. Doctor
2. Physiotherapist
3. Biokineticist

FACILITIES

All Academy activities at JONSSON KINGS PARK, Home of The Sharks.

1. Lecture rooms
2. Gym facilities
3. Training fields
4. Lunch facilities
5. Offices
6. Medical rooms

ADDITIONAL ELEMENTS INCLUDE

1. Range of clothing
2. Healthy and nutritious lunches
3. Gym facilities
4. Team building
5. Attending Sharks matches at JONSSON KINGS PARK

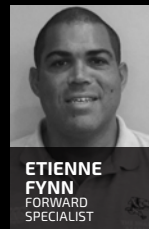
THE TEAM



"The **continued success** of our graduates and the pride with which they play for **The Sharks, Springboks** and other professional teams is testament to the **unique balance of our offering.**

This is based on a strong partnership with The Sharks and various academic partners allied to an **international class coaching team** - blending into a product which has a **proven track record.** Talented players joining us from school become part of a proud structure which can develop them into **becoming world-class players."**

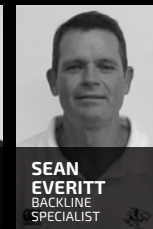
ETIENNE FYNN
MANAGING DIRECTOR



ETIENNE FYNN
FORWARD SPECIALIST



MIKE VOWLES
FORWARD SPECIALIST



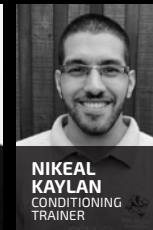
SEAN EVERITT
BACKLINE SPECIALIST



PIETER TERBLANCHE
CONDITIONING MANAGER



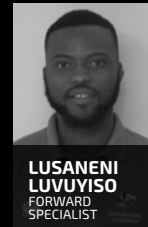
MOEMELI MAX MOEKETSI
CONDITIONING TRAINER



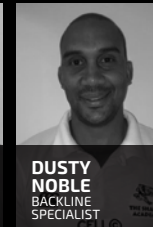
NIKEAL KAYLAN
CONDITIONING TRAINER



GRANT BELL
BACKLINE SPECIALIST



LUSANENI LUVUYISO
FORWARD SPECIALIST



DUSTY NOBLE
BACKLINE SPECIALIST

WEEKLY PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07h45 - 08h00	All players meet on KP6 registration	All players meet on KP6 registration	All players meet on KP6 registration	All players meet on KP6 registration	All players meet on KP6 registration
08h00 - 09h00	Rugby session shadow/ participate	Rugby session shadow/ participate	Rugby session shadow/ participate	Rugby session shadow/ participate	Rugby session shadow/ participate
09h00 - 10h00	S&C - rugby specific Observe / understand	S&C - rugby specific Observe / understand	S&C - rugby specific Observe / understand	S&C - rugby specific Observe / understand	S&C - rugby specific Observe / understand
10h00 - 10h30	Shower	Shower	Shower	Shower	Shower
10h30 - 12h30	Academic lectures or practice review	Academic lectures or practice review	Academic lectures or practice review	Academic lectures or practice review	Academic lectures or practice review
12h30 - 13h30	Lunch Venue: Fidelity	Lunch Venue: Fidelity	Lunch Venue: Fidelity	Lunch Venue: Fidelity	Lunch Venue: Fidelity
13h30 - 14h00	Extras - PSS/ CORE	Extras - PSS/ CORE	Extras - PSS/ CORE	Extras - PSS/ CORE	Extras - PSS/ CORE
14h00 - 14h30	Practice preview (academy & club) or Review for academic participants	Practice preview (academy & club) or Review for academic participants	Practice preview (academy & club) or Review for academic participants	Practice preview (academy & club) or Review for academic participants	Practice preview (academy & club) or Review for academic participants
EVENING	Club - forward, back or head coach role	Club - forward, back or head coach role	Evening off	Club - forward, back or head coach role	Club - forward, back or head coach role

SHARKS ACADEMY COACHING PROGRAMME



**“SUCCESS IS WHERE
PREPARATION AND
OPPORTUNITY MEET.”**
BOBBY UNSER

MENTORING

1. Establishing a Relationship
2. Profiling Individuals / Groups
3. Empathy – Not Weakness – Emotional Intelligence
4. Question Technique
5. Structure – Outcome Based
6. Differing Approaches to Individuals – Based on “B” Why is it Important
7. Man Management – How / Why?
8. Assessments
9. Evaluations
10. Feedback
11. Self-Reflection
12. Self-Evaluation
13. Access to Experts both Internally & Externally to bounce ideas off

EVALUATION

1. Standard Format applied to all Evaluations
2. Reports – Quarterly
3. Knowledge – Rugby Specific
4. Coaching Methodology
5. Player Management – How does the coach manage individuals / teams
6. Playing Philosophy
7. How to Self-Reflect
8. Planning
9. Execution
10. Reflection
11. Evaluation of the Team's Performance
12. Outside Expert Input and Evaluation

OPPORTUNITIES

1. Graded as suited to U19 / U21 / Seniors
2. Education Pillar fully completed
3. Mentoring by assigned mentor – report complete and clear on potential
4. Agreement signed – individual held to it
5. Committed to a minimum of one (1) year back to local KZN Rugby
6. Floating – 1, 2, 3 which is adjustable release at all times
7. Evaluation
8. Exchange options – UK / Europe
9. Placement by committee – to club rugby

COACHING MODULES

MODULE 1: PRINCIPLES OF PLAY - ATTACK / DEFENCE

- Attack
- Gain Possession
- Go Forward
- With Support
- Continuity
- Pressure
- Reward
- Defence
- Contest Possession
- Go Forward
- With Support
- Continuity
- Pressure
- Reward

MODULE 2: POSITIONAL REQUIREMENTS

- Prop loosehead / tighthead
- Hooker tight / loose
- 4 Lock
- 5 Lock
- Openside Flank
- Blindside Flank
- Eightman
- Scrumhalf
- Flyhalf
- Inside Centre
- Outside Centre
- Wingers
- Fullback

MODULE 3: CORE SKILLS

- Catch & Pass
- Evasion
- Contact Continuity
- Ruck & Maul
- Tackle
- Decision Making

MODULE 4: POSITION SPECIFIC SKILLS

- Prop loosehead / tighthead
- Hooker tight / loose
- 4 Lock
- 5 Lock
- Openside Flank
- Blindside Flank
- Eightman
- Scrumhalf
- Flyhalf
- Inside Centre
- Outside Centre
- Wingers
- Fullback

MODULE 5: UNIT SKILLS

- Scrum
- Lineouts
- Kickoff Receipt
- Kickoff Attack
- Backline
- Scrumhalf / Flyhalf
- Centres
- Back Three (Wings/Fullbacks)

MODULE 6: TEAM PLAY

- Attack Systems
- Defensive Systems
- Patterns of Play
- The Kicking Game

MODULE 7: SPECIALIST SKILLS

- Front Row / Scrummage
- Lineout Play
- Breakdown
- Kicking
- Tackle / Defence

MODULE 8: INTERVIEW WITH SPECIALISTS

- Front Row
- Lineout
- Breakdown
- Kicking
- Tackle / Defence

CONTACT US

CONTACT US FOR MORE DETAILS ON OUR PROGRAMMES

ADDRESS:

2ND Floor, Admin Building, JONSSON KINGS PARK Stadium,
Jacko Jackson Drive, Stamford Hill, Durban, 4001

POSTAL:

PO Box 201254, Durban North, 4016

TEL:

+27 31 303 2931

EMAIL:

annelien@sharksacademy.co.za

WEB:

www.sharksacademy.co.za

INTERESTED?

FILL IN THE FORM BELOW TO FIND OUT MORE

NAME

D.O.B

CELL

EMAIL

SCHOOL

PROVINCE

PROGRAMME

RUGBY

SOCCER

REFEREE

POSITION (IF APPLICABLE)

GUARDIAN'S NAME

GUARDIAN'S CELL

GUARDIAN'S EMAIL

NOTES

RETURN THIS FORM TO THE SHARKS ACADEMY STAND OR
VISIT WWW.SHARKSACADEMY.CO.ZA TO APPLY



**THE SHARKS
ACADEMY**

APPLY NOW

www.sharksacademy.co.za