

School, College or University Benefits

Your STUDENTS can have direct access to over 180 videos and plans including skills, fitness drills, gym activities, diet sheets and recovery methods plus much more.

This will help them reach higher levels of performance than can be achieved by the traditional 1 or 2 training sessions a week.

RUGBY
LEAGUE COACH
YOUR ELITE RUGBY COACH ONLINE

Your TEACHERS can have direct access to over 150 videos and 100 pages of plans and diagrams of skills, game plans, tactics, ready-made training sessions and season plans.

Coaches can also access the Strength and Conditioning sections for fitness drills, gym activities, diet sheets and recovery methods (plus much more).

This gives ready made content for lessons and after school activities .

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