

# HSBC



## HSBC Penguin Coaching Academy

### Hong Kong 7s Festival



ON COURT LE BALLON A LA MAIN

HSBC Penguin Coaches Bruce Ruthven and Claire Cruikshank

9th April 2018

The Penguins were out in force in Hong Kong not only showing their skills at the 10s event but also laying on coaching sessions for the future starts of the game in the HSBC village from Thursday 5th to Sunday 8th April. Children aged between four and fourteen years old participated in sessions coordinated over the four days by Bruce Ruthven from Stewart's Melville College and Claire Cruikshank from Edinburgh University.

Players were put through their paces by a warm up from a member of the Hong Kong Rugby Union conditioning team before moving into the main body of the training session. Players played various conditioned games focussing on hand-eye coordination, and practiced their evasive running skills with sidesteps, dodging and swerving in small sided games. The players were also taught the importance of good ball handling skills, catching and passing as well as ball handling skills tests. The players participated in relay races combining the skills they had just learnt and finished with a game of Stadium Ball which gave them the opportunity to beat defenders and score tries under the posts. The coaches talked about what good sportsmanship is all about and the importance of teamwork which the children acknowledged as part of being a great rugby player.



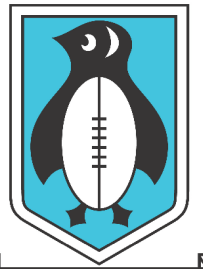


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The sessions that were coordinated over the four days were all fully booked every day and proved to be a very popular part of the HSBC Village. The players who participated had a great time and looked to enjoy the sessions very much with some fantastic feed-back received over the four days from both players and parents. Bruce Ruthven commented: *“The sessions have been a huge hit with both boys and girls, they were all super enthusiastic and had a great time. The quality of the skills on show from the youngsters was superb and the pace and of the small sided games and Stadium Ball was first class to watch. Well done to all the individuals who were involved, and we wish you all the best as future stars of the game. We hope we created a few great memories great for you!”*

