TENEO
SA'S NO.1 ONLINE SCHOOL

RUGGA SKILLS
RUGBY ACADEMY

Rugga Skills Rugby Academy

Ages 3 - 18

Rugby skills development: Ball-handling and catching skills. Agility, footwork, balance and coordination. Spatial awareness and decision-making (Rugby IQ). Self-discipline, goal-setting and teamwork

Online & In-Person Activity



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About

Interactive, coach-led live sessions. Short, engaging drills that improve movement, coordination and fitness. Students feel part of a team, even while learning remotely. Builds social interaction, confidence and resilience.

Duration

Throughout the year as well as holiday schedules. Wednesdays, online. Group sessions can also be arranged where we have franchises (Middelburg/ Witbank/ Pretoria/ Groblersdal/ KZN)

Cost

2025 Fees: R200 once-off registration fee + R250 Per month.
2026 Fees: R300 once-off registration fee + R300 per month

Payment terms:
7 days from invoice

Programme requirements:

A safe open space (approx. 2m x 2m) — indoors or outdoors, Rugby ball (or any soft ball for beginners), 4 small household markers (e.g. cones, plastic cups). Device with camera & microphone (laptop / tablet / phone). Stable internet connection for live sessions (minimum 5 Mbps recommended). Access to Teneo's online platform to join sessions

Student responsibilities:

Ensure their practice area is clear and safe before starting the session. Bring the required items: ball, markers, water bottle. Complete any at-home weekly challenges or skill tasks to track progress.



Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now