



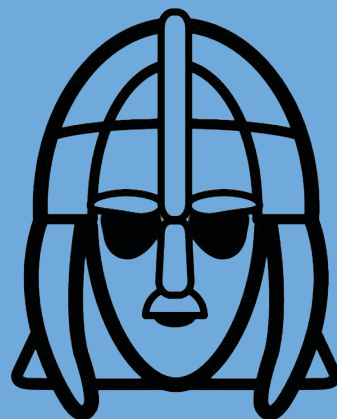
# Woodbridge Rugby Club



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## Warriors - Senior Men 2019-2020 Season Review

June 2020  
Laurence Denvir





# Season in Review – 2019-20

In early June the Senior Men's Squad got together to review the results of the End of Season Survey and it is fitting that I report back to our members and supporters with a summary.

## Executive Summary

Pre-season training for the squad began in early June last year and the players and Management Team wasted no time in addressing fitness levels and reinforcing good fundamental skills mostly through a process of gamification (a move away from traditional “drills” and towards a series of player-driven games where specific skills are rewarded through points and players can challenge, change, cheat and ask for clues in attempt to maximise success).

***“they had started playing an exciting brand of rugby”***

The whole squad should be commended for embracing the new coaching team and playing philosophy from an early stage, with the collective efforts resulting in 3 wins from 3 in pre-season fixtures vs Upminster, Southwold and Beccles.

In terms of the season proper, by this point you will probably know the resultant positions in the respective league tables which speak for themselves, with the 1s finishing 4th up from 9th the previous season and the 2s ending up 2nd up from 7th. Congratulations to all those involved!

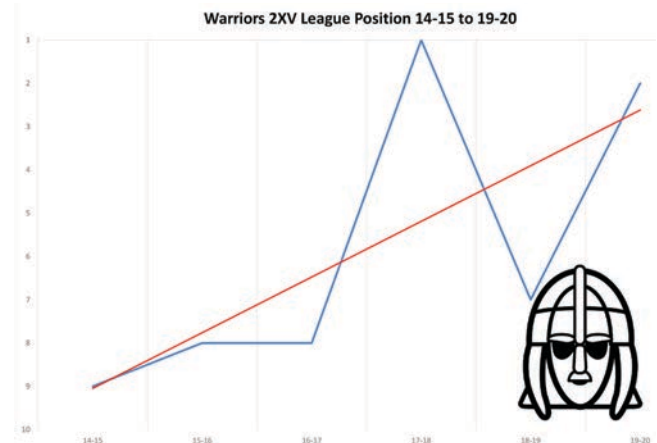
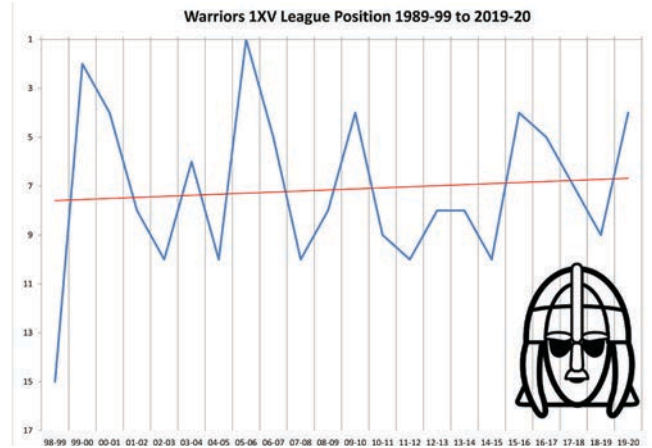


## London &amp; SE Division - London 3 Eastern Counties

		Table		Fixtures		Results		Match Reports											
#	Team	Pl	HW	HD	HL	AW	AD	AL	W	D	L	F	A	Diff	TB	LB	Pts	Adj	
1.	West Norfolk	16	9	0	0	7	0	0	16	0	0	620	174	446	14	0	78	14	
2.	Cantabrigian	16	8	0	0	7	0	1	15	0	1	814	151	663	14	1	76	15	
3.	Ely	16	8	0	1	2	0	5	10	0	6	489	272	217	8	4	52	12	
4.	Woodbridge	16	5	0	3	2	0	6	7	0	9	388	316	72	5	3	36	8	
5.	Ipwich YM	16	4	0	4	3	0	5	7	0	9	310	452	-142	5	2	35	7	
6.	Fakenham	17	5	0	4	1	0	7	6	0	11	346	496	-150	6	4	34	10	
7.	Crusaders	17	4	0	4	2	0	7	6	0	11	319	734	-415	7	1	32	8	
8.	Thurston	16	5	1	2	1	0	7	6	1	9	295	363	-68	3	1	30	4	
9.	Wisbech	17	4	0	3	2	0	8	6	0	11	248	540	-292	4	0	28	4	
10.	Thetford	17	5	0	3	2	1	6	7	1	9	379	398	-19	6	5	16	-14	
11.	Bye	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12.	Beccles	16	2	0	6	1	0	7	3	0	13	211	523	-312	2	2	-14	-26	

## Eastern Counties Greene King League - EC25

																		Table		Fixtures		Results		Match Reports					
#	Team	Pl	HW	HD	HL	AW	AD	AL	W	D	L	F	A	Diff	Scoring four tries		Losing Bonus point		Pts	Adj									
1.	Brightlingsea	15	7	0	0	7	0	1	14	0	1	725	211	514	12		1		71	13									
2.	Woodbridge 2nd XV	13	5	0	2	4	0	2	9	0	4	550	290	260	10		0		46	10									
3.	Mistley	13	6	0	0	3	0	4	9	0	4	392	255	137	7		1		45	8									
4.	Felixstowe	14	4	0	3	4	1	2	8	1	5	457	226	231	7		3		44	10									
5.	Maldon II	13	5	0	1	3	0	4	8	0	5	376	239	137	7		2		43	9									
6.	Colchester IV	14	3	1	3	2	0	5	5	1	8	204	311	-107	4		1		18	-5									
7.	Harwich & Dovercourt II	14	1	0	6	2	0	5	3	0	11	250	687	-437	5		0		17	5									
8.	Sudbury Tigers	14	3	0	5	2	0	4	5	0	9	209	501	-292	3		0		15	-7									
9.	Aldeburgh & Thorpeness	14	0	0	7	0	0	7	0	0	14	156	599	-443	3		0		-17	-17									



In reviewing the 2019-20 season, I think it is useful to look at What Went Well (WWW) and how it could be Even Better If (EBI) certain actions are taken....

## What Went Well

To give the players credit, from an early stage in the season, the message from the spectators on the touchlines was that they had started playing an exciting brand of rugby:- following a structured phase play, hitting the space and off-loading with soft(er) hands, before releasing the ball wide to explore opportunities created by stretching the opposition.

Led by the inimitable and brave captaincy of JP Hart in the 1s and Jack Jermyn in the 2s, the boys played high-tempo rugby in all areas of the pitch.

***“the victories  
vs Thurston and  
Wisbech away were  
extremely sweet”***

The early investment in fitness paid dividends with the line-speed in defence consistently applying pressure on the opposition and creating many opportunities for the team as they successfully turned the ball over.

As the season progressed so did the team's game management skills: recognising through the experience which strategy would pay dividends in a variety of positions on the field.

Other more gradual improvements were also seen in the scrum where, a relatively smaller pack, held up against larger opposition with a focus on synchronisation, binding and body position.

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## Even Better If.....

However, we don't intend to rest on our laurels too long. Despite the premature end to the 2019-20 season, similar to the unrelenting mentality of Michael Jordan in "The Last Dance" after being unsuccessful in the few play-offs when the Bulls lost during his tenure, thoughts and actions are being directed to how next season could be "even better if"....

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A series of action points on how we could improve next season were clearly identified in the end of season review Zoom call. However, we must avoid

putting the cart before the horse in the sense that the team(s) need to get behind a clearly defined objective before organising ourselves and moving forwards.

The consensus at the Club is that both the 1s and the 2s are top three teams. The 1s therefore need to make some adjustments to capitalise on missed

opportunities, especially away, where availability has seriously impacted the chances of coming away with a victory.

***"both the 1XV and the 2XV are top three teams"***

Whilst the victories vs Thurston and Wisbech away were extremely sweet, there was a real bitterness to losing a number of games which were within our grasp such as vs Ely, Thetford, Fakenham and Crusaders without mentioning the pain of losing to Beccles on what can only be described as a quagmire.

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The team now needs to go through a process of evolution, not revolution, fine-tuning the basics such as decision-making in going forward, communication in support, being ruthless, yet disciplined, in contesting possession and being more clinical and consistent in the set piece, providing the platform and continuity (for the high numbers) to score points, especially in the red zone!

The 2s have demonstrated that, if they so desire, they can finish top of the league next season. They are not alone in that increased attendance at training and participation in the game between fixtures can, and will, win games.

It is important to highlight that the Senior Men's Squad comprises 2 teams:- the 1st XV and the 2nd XV. Operating as a "squad" has many benefits, not least depth of talent, competition for places, offering a "game for all" with differentiated ability levels etc.

It is with that in mind that we finish last season and start next season under the banner #onesquad.

To further bolster this motto, we are pleased to announce that Club stalwart, Jamie Smith, will transition to Player-Coach of the 2nd XV. This will give the players and captain, Jack Jermyn, some experienced support. Thank you

***"Operating as a  
"squad" has many  
benefits"***

Jamie. In addition, I'm delighted that Neil 'Johno' Johnson has agreed to join me as Co-Head Coach allowing us to continue to tap into his expertise and insights since joining the Club in 2007. I'm also pleased to confirm that both Douggie Ives and Werner Hefer will continue to work closely with us as we look to provide both consistency and diversity of coaching. Please also give a very warm welcome to Jonathan Brooks who joins us as Manager of the Senior Men's Squad.

***"Last but by no means least, I would like to give a nod of thanks to the members of the Committee who make the Club what it is and whose tireless work behind the scenes makes everything possible for the squad".***

Neil 'Johno' Johnson	Co-Head Coach
Douggie Ives	Coach
Werner Hefer	Coach
Jonathan Brooks	Senior Men's Manager
JP Hart	1XV Captain
Jamie Smith	2XV Player-Coach
Jack Jermyn	2XV Captain





Despite the uncertainty surrounding the season ahead, I am tremendously excited about being around this group of players next season.

It is extremely motivating as a coach when over 70% of the players, when asked “what motivates you to attend training?”, answered “to improve my individual skills and performance”.

Individual players should and will be recognised for their efforts with the end of season awards as and when government guidance permits them to take place. The names are in, the awards are engraved, the beers are on ice and the BBQ grill can be fired up soon enough!

*“ Finally, I would like thank all members of the Club across the different teams and sections as well as the supporters week in week out for the warm welcome to the Club and for their support. Together with the players and management team, stay safe and we look forward to seeing you all soon”*



Laurence Denvir

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