

Rugby Six Nations

Henshaw can't cut back on his screen time



Eamon Donoghue

Video analysis is now part and parcel of the life of an elite rugby player

During Irish camp Robbie Henshaw can spend up to five hours a day in front of a screen, and that's before he even gets to go through his Geography and Economics slides.

Study goes on the back burner during the Six Nations, the Leinster and Ireland back simply can't be in two places at once. This week he's to sit his mid-terms in UCD, only he can't because he's at a training camp in Belfast.

Three years down and with only one semester to go, he'll re-schedule and get through it, as he always does. But for now he has plenty of rugby study to focus on.

"I'm spending at least one hour a day in front of a screen, not including meetings," the Athlone native explains. "You have your own video analysis room in Leinster and in Ireland for the players. And even when you're at home we have an app called Hudl - we have to log on and have a look at it in the evenings so yeah it's pretty constant."

"To give you a brief synopsis on what we do in Carton House - every team meeting that we have consists of video footage, every backs and forwards meeting we have consists of video footage."

"Each meeting will last between 30 minutes and one hour - and on average there would

be two to three meetings per day. Especially Thursday and Friday. So it's a lot of time spent in front of a screen."

In Ireland's first match of the Six Nations against England, Henshaw returned to the position he played most of his rugby in before breaking into the Irish senior setup in 2013.

"Obviously there's definitely a difference in analysis when you're changing position - so moving back to fullback there's a variety in your plays and new lines of running that you have to learn off. As well as looking at the opposition kickers so the 10's and the nines and how they kick and what their favourite type of kick is and the side they kick off and to. And the length of the nine's box kicks. So yeah there's a lot of different analysis between centre and fullback."

Homework

"If you do your homework it will pay off, but I think you have to be constructive. So I tend not to sit there and just go through it, I make sure I have a plan - who I want to look at, what player I want to look at, what his tendencies are and how to exploit them. That's how I would go about my work."

The 25-year-old explains that rugby analysis would generally consist of a review of training, a review of games and then a preview of oppositions, your opposite number. And of course going over your plays.

"We have a box set of plays and you'd look at why you'd run a certain one. What part of their defence you want to exploit and what part of their attack you want to break down. We'd look at the analysis and the footage and then go outside and walk through it with the ball in hand - so it's not just visual but you have to go and do it afterwards so it's cementing it in your head then."

"It's nice when it does work out and everyone gets their detail perfected. The perfect example is the try that Jacob Stockdale scored away to Scotland where that was a move



Robbie Henshaw at fullback against England: 'There's definitely a difference in analysis when you're changing position.' PHOTOGRAPH: GARY CARRINPHO

As well as being in his final semester of an Arts degree in Geography and Economics at UCD, two years ago Henshaw began his first business venture as a director and shareholder of Henshaw Eyewear. Inspired by his own experiences, they provide sunglasses and specifically designed 'blue-block' glasses to deflect the blue light given off by screens.

Eye strain

"With all the time in front of the screen I was suffering from eye strain, and my eyes were getting itchy and dry. Particularly at night, because your body clock wants to shut down when the sun goes down and I was

wondering why I was having bad sleeps.

"Now I put on my glasses

“Every team meeting that we have consists of video footage, every backs and forwards meeting we have consists of video footage”

around seven or eight at night and I definitely have seen an improvement.

"I also wanted to tip my toe in the water of a venture and it's

evolved nicely, we are selling now in 80 opticians around the country. I'm enjoying the challenge but I can't get too carried away because obviously the main job is rugby and my job is to focus on staying fit and getting back on the pitch and putting in good performances.

"I'm still struggling a little bit with a dead leg, which is very frustrating because I picked it up in training which isn't ideal. But I'm hoping to be back for the France game."

Robbie Henshaw is an ambassador for the national sight loss agency and his blue-block glasses can be ordered at www.henshaweyewear.com

Six Nations Statistics

Sequence of fixtures has let Wales rotate



John O'Sullivan

Coaches juggle a competitive Six Nations with World Cup long lists

just two alterations, Gareth Davies coming in at scrumhalf and Corey Hill, a try scorer against England, joining the outstanding Alun Wyn Jones in the second row.

Wales have used 31 different players in total across the three matches, as the graphic illustrates, and the only position in the starting team which Gatland has tinkered with consistently is scrumhalf; Tomos Williams (v France), Aled Davies (v Italy), and Gareth Davies (v England) have worn the number nine shirt.

The sequence of fixtures has facilitated Gatland's plans to rotate, but that's unlikely to be the case in the final two games. In a World Cup year all six head coaches are juggling the twin focus of being competitive in the Six Nations and working through a long list of players who might make the 31-man squads for Japan.

Turnaround

Joe Schmidt has called on 32 players to date, and given a six-day turnaround between

10

Wales were able to make 10 changes for the second match against Italy

the French and Wales games that figure is likely to increase, injuries notwithstanding. There is only one position in the starting team in which Ireland have fielded three different players in as many matches and that's number eight.

CJ Stander suffered a facial injury against England, Jack Conan was hampered by an abdominal strain after the Scottish match, and Jordi Murphy played there in Rome.

Scotland have employed 34 players to date, but coach Gregor Townsend has had little choice in some instances given injuries. Blindsided flanker was an issue for the Scots, with San Skinner, Raya Wilson and Magnus Bradbury wearing the six jersey.

French coach Jacques Brunel has chosen 32 players to date, but doesn't seem to be able to decide his best fullback or inside centre. Maxime Medard (Wales), Yoann Huget (England) and Thomas Ramos (Scotland) have worn the 15 shirt, while in the same sequence Wesley Fofana, Geoffrey Doumayrou and Gael Fickou have donned the 12 jersey.

England and Italy have employed the fewest players at 28. Injuries to Mako Vunipola and Itoe forced Jones' hand a little, and one suspects that he will make swingeing changes when Italy visit Twickenham.

Pro14 News

Leinster to open centre of excellence at Donnybrook

The development will be the first of five planned centres throughout the province

JOHN O'SULLIVAN

Leinster are set to open the first of what it hopes will be five centres of excellence throughout the province in Donnybrook next month. The 6,000 square foot building is at the Old Wesley end of the ground incorporating the old Leinster Branch offices and will house a gymnasium, meeting rooms, changing rooms and offices. It cost €1.3 million to build.

Mick Dawson, CEO of Leinster Rugby, explained the thought process behind the Donnybrook facility and those that will be created in other educational hubs around the province.

"The schools system is fantastic but also there are an awful lot of other kids outside the traditional rugby playing schools who are playing rugby."

"For them to thrive and develop a lot of the time their parents have to drive them to Dublin for extra sessions. The likes of Sean O'Brien and Tadhg Furlong, whose parents were fantastically supportive, we would like to have a centre closer to where they live. We are looking at working with IT Carlow, King's Hospital and IT Dundalk, where we would partner those people."

"We are nearly finished the one in Donnybrook. We will be able to cater for more of the sub

academy, those in their first year out of school, just developing them, giving them better facilities and also our underage teams. We will also be able to cater for the IRFU underage teams and maybe their Sevens programme if they want to train there.

"Donnybrook will cost about €1.3 million. We have been helped by philanthropy, a number of people have contributed towards that cost. It will be known as the Ken Wall Centre of Excellence."

Funding

In terms of funding the overall project, Leinster will look to apportion a percentage of any surplus arising from a Celebration Dinner to commemorate the 10 year anniversary of the province's Heineken Cup victory in 2009. A donation will also be made to Our Lady's Children's Hospital, Crumlin, at the be-

hest of the players who were involved in the Michael Cheika-coached European winning team.

The dinner for 1,000 people will take place in the RDS Main Hall on May 28th with tables of

€1.3m

The cost of Leinster's new centre of excellence at Donnybrook

10, costing €2,900, €4,500 and €7,500 of which there are a limited number remaining.

Dawson said: "There are no raffles, no auctions. We have never gone near the Leinster corporate market. This is not an attempt to raise money. If there is any surplus it will go to the Children's Hospital and the development of the Leinster centres of excellence."

The then head coach Cheika, Rocky Elsom and the remainder of the 2009 squad will be in attendance, including three members of Leinster's current coaching cadre, Leo Cullen, Felipe Contepomi and John Fogarty.

RDS redevelopment

Leinster are also in the process of fine-tuning their application to redevelop the Anglesea Stand at the RDS under the Government's large capital infrastructure fund for large scale sports development. The project is estimated to cost €30 million and the paperwork has to be submitted by April 17th.

It is a joint venture from Leinster rugby and the Royal Dublin Society who together will raise 50 per cent of the required finance while seeking Government funding for the balance. The project already has a naming rights partner. It would in-

Briefs

Soccer

FA investigate Manchester City over alleged Sancho payment

The English Football Association is investigating allegations that Manchester City paid £200,000 to Jadon Sancho's agent when the player was 14.

German magazine *Der Spiegel* claimed City made the banned payment to agent Emeka Obasi in relation to the deal that took the youngster to the club from Watford in 2015. Under Premier League rules, clubs are not permitted to offer financial inducements to a player under 16 or any person connected with that player.

City responded to the allegations on Friday, saying in a statement: "The attempt



Jadon Sancho moved to Dortmund in August 2017

to damage the club's reputation is organised and clear."

Sancho did not make a first-team appearance for City and moved to Borussia Dortmund for £8m in August 2017. He has been one of the Bundesliga's outstanding players this season.

Soccer

Nantes lodge complaint over Sala payment from Cardiff

Nantes have lodged a complaint with Fifa over Cardiff's refusal to pay the first instalment of the £15 million transfer fee for Emiliano Sala, world football's governing body has confirmed.

The 28-year-old Argentinian striker died in a plane crash in the English Channel on January 21st, two days after the Premier League club had made him their record signing.

After an initial outpouring of mutual grief, Cardiff and Ligue 1's Nantes have been at loggerheads over that fee, with Nantes demanding payment as agreed in the contract, while Cardiff have



Emiliano Sala: died in plane crash on January 21st

said they want to wait for the investigation into the crash to be completed.

Having received no payment, however, the French side have carried out their threat to take the matter to Fifa's Dispute Resolution Chamber.

Cycling

Women's pursuit team breaks Irish record in top 10 finish

Irish riders had a strong showing on day one of the UCI Track Cycling World Championships in Pruszkow, Poland.

The women's team pursuit squad of Orla Walsh, Mia Griffin, Alice Sharpe, and Kelly Murphy impressed on their world championships debut, breaking the national record of 4 minutes 31.66 seconds by more than two seconds in qualifying. They clocked a time of 4 minutes 29.148 seconds, netting tenth in the competition.

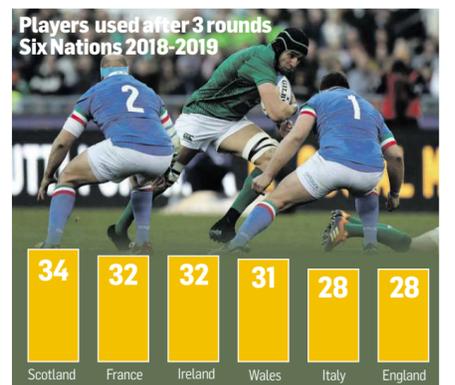
"To come from the European Championships last summer, which wasn't a great ride, to top 10 in the world with everyone showing up



Ireland's Lydia Gurley during the Women's Scratch Race.

with their A-game is a great achievement for us, a new team," said Walsh.

Lydia Gurley had an aggressive ride in the women's scratch race, launching a solo move. She was reeled in with two laps to go, and placed 12th.



Results round-up

Cricket

FOURTH ODI (Grenada) **England 418** for 6 (J Buttler 150, E Morgan 103), **West Indies 389** (C Gayle 162, D Bravo 61, M Wood 4-54). **England won by 29 runs.**

Cycling

UAE TOUR - Stage 4 (Palm Jumeirah to Hatta Dam): 1, C Ewan (Lotto Soudal) 197 kilometres in 4 hours 27 mins 7 secs; 2, M Moschetti (Trek-Segafredo) at 2 secs; 3, P Roglic (Team Jumbo-Visma) same time; 4, Q Jauregui (AG2R La Mondiale) at 5 secs; 5, L Mezgec (Mitchelton-Scott); 6, W Kelderman (Team Sunweb) both same time. **Irish:** 18, **D Martin** (UAE Team Emirates) same time; 89, **S Bennett** (Bora-Hansgrohe) at 4 mins 51 secs. **General classification** (after stage 4): 1, P Roglic (Team Jumbo-Visma) 14 hours 5 mins 10 secs; 2, A Valverde (Movistar Team) at 21 secs; 3, D Bauk (Groupama-FDJ) at 38 secs; 4, E Buchmann (Bora-Hansgrohe) at 46 secs; 5, W Kelderman (Team Sunweb) at 54 secs; 6, **D Martin** (UAE Team Emirates) at 1 min 1 sec. **Other Irish:** 111, S Bennett (Bora) at 23 mins 51 secs.

Gaelic Games

Leinster PP Sch SF "D" semi-final: Sc Chonglais Baiting (class 2-1) Clu na hInise 1-16. **South Leinster PP Sch Jun F "B" Final:** Gorey CS 3-9 Sc; Dara Killock 3-14.

North Leinster PP Sch Jun F "B" semi final: St. Joseph's Rochfortbridge 3-19 St. Peter's Dunboyne 1-10.

Hockey

Munster Schoolgirls Senior Cup Final - Crescent CC 1-1, Clery Mount Mercy 1 (A O'Driscoll). Crescent win shoot-out 2-1. **Leinster Schoolboys Under-13 A League final (at Wesley College): Kings Hospital 0, St Andrew's College 0 (KH won 2-1 in shoot-out).**

Snooker

INDIAN OPEN (at the Grand Hyatt Hotel, Kochi, Kerala) - **First round:** S Bingham (Eng) bt P Lines (Eng) 4-1, Li Hang (Chn) bt H Akbar (Pak) 4-0, Yan Bingtao (Chn) bt G Greene (Nrl) 4-3, Lu Jinyi (Chn) bt L Highfield (Eng) 4-1, J J Astley (Eng) bt G Wilson (Eng) 4-1, J Perry (Eng) bt A Carty (Eng) 4-1, S Craigie (Eng) bt Liang Wenbo (Chn) 4-3.

Tennis

ATP DUBAI CHAMPIONSHIP - Second round: R Berankis (Lit) bt D Kudla (USA) 6-4 6-1, H Hurkacz (Pol) bt (J) K Nishikori (Jpn) 7-5 5-7 6-2, M Fucsovics (Hun) bt J-L Struff (Ger) 6-4 6-2, G Monfils (Fra) bt M Baghdatis (Cyp) 6-3 6-2, N Basilashvili (Geo) bt R Bautista Agut (Spa) 6-7 (2-7) 6-4 6-3 (5). **S Tsitsipas** (Gre) bt E Gerasimov (Blr) 6-3 6-1.