The Development of Rugby Football in Kenya and the Way Forward

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Abstract

Rugby Football was played in Kenya before the first world war. The first recorded match was in 1909 between officials and settlers. In spite its existence in the country for close to a century it is not the most popular sport in Kenya. Its participants and enthusiasts have been confined in the main cities and towns, with relatively few institutions of learning involved in the game. Some factors that have hindered its rapid growth include; its rough nature which increases chances of injury, the game requiring very high technical know how on the part of the coach and the clubs are too few to sustain the players that leave schools. It is in light of this fact that this paper traces the historical development of the game and makes suggestion for the promotion of the game in the country.

SUGGESTIONS: A medical cover for players can allay the fear of injury, the existing coaching courses need to be strengthened to increase technical know-how, while the game needs to spread right to the grass roots with matches played at each age group level in grass-roots to national competitions.

KEY WORDS: Rugby, Kenya Rugby Football Union, and clubs.