

## Rugby Camp 2020 – Program Outline

Day 1 – Saturday, 11 July		
Session	Commencement Time	
	8.00am	<ul style="list-style-type: none"> <li>Coaches Meeting</li> </ul>
	8.15am	<ul style="list-style-type: none"> <li>Boarders to attend Health Centre for wellness check</li> <li>Boarders to enter Boarding Houses</li> </ul>
1	9.00am	<ul style="list-style-type: none"> <li>Welcome</li> </ul>
2	9.30am	<ul style="list-style-type: none"> <li>World Rugby Activate Warm up</li> <li>Confidence in Contact Program</li> </ul>
Morning Tea	11.00am	
3	11.30am	<ul style="list-style-type: none"> <li>Unit Skills</li> </ul>
4	12.00pm	<ul style="list-style-type: none"> <li>Defence Roles</li> </ul>
Lunch	12.45pm	
5	1.15pm	<ul style="list-style-type: none"> <li>Attack Shape</li> </ul>
6	2.00pm	<ul style="list-style-type: none"> <li>Core Skills</li> </ul>
7	3.00pm	<ul style="list-style-type: none"> <li>Modified Touch Games (with conditioning element)</li> </ul>
	4.00pm	<ul style="list-style-type: none"> <li>Boarders to return to boarding houses</li> <li>Coaches Debrief</li> </ul>
	6.00pm	<ul style="list-style-type: none"> <li>Boarder staggered dinner</li> </ul>

Day 2 – Sunday, 12 July		
Session	Commencement Time	
	8.00am	<ul style="list-style-type: none"> <li>Coaches Meeting</li> <li>Boarder staggered breakfast</li> </ul>
1	9.00am	<ul style="list-style-type: none"> <li>World Rugby Activate Warm up</li> <li>Confidence in Contact Program</li> </ul>
2	9.30am	<ul style="list-style-type: none"> <li>Unit Skills</li> </ul>
Morning Tea	11.00am	
3	11.30am	<ul style="list-style-type: none"> <li>Defence Roles</li> </ul>
4	12.00pm	<ul style="list-style-type: none"> <li>Attack Shape</li> </ul>

Lunch	12.45pm	
5	1.15pm	<ul style="list-style-type: none"> <li>• Core Skills</li> </ul>
6	2.00pm	<ul style="list-style-type: none"> <li>• Unit Skills (Forwards &amp; Backs)</li> </ul>
	4.00pm	<ul style="list-style-type: none"> <li>• Boarders to return to boarding houses</li> <li>• Coaches Debrief</li> </ul>
	6.00pm	<ul style="list-style-type: none"> <li>• Boarder staggered dinner</li> </ul>

Day 3 – Monday, 13 July		
Session	Commencement Time	
	8.00am	<ul style="list-style-type: none"> <li>• Coaches Meeting</li> <li>• Boarder staggered breakfast</li> </ul>
1	9.00am	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> XV, 2<sup>nd</sup> XV, 16A, 15A, 14A, 13A &amp; 12A Squads practise session</li> </ul>
Morning Tea	11.00am	
2	11.30am	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> XV, 2<sup>nd</sup> XV, 16A, 15A, 14A, 13A &amp; 12A Squads practise session</li> </ul>
Lunch	12.45pm	<ul style="list-style-type: none"> <li>• Boarders Only (Dayboys to return home)</li> </ul>
	1.15pm	<ul style="list-style-type: none"> <li>• Boarders to return to boarding houses</li> </ul>