

Everything4Rugby Camp Schedule

Monday		
Time	Activity	Theme
9.00 - 9.30	Arrive	
9.30 - 10am	Coaches Introduction & Camp Brief	
10am - 12noon	Rugby Session	Focus: Intro basic skills themes, communication through games.
12 - 1pm	Lunch	
1pm - 2pm	Team Building Exercises/Games	
2.30 - 3.30pm	Speed Session	Focus: Speed & Avasion
3.30- 4.30pm	Rugby	Focus: Games
4.30pm	Day pupil departs	
6:30pm	Dinner	
7:30- 9pm	Evening Activity	
10pm	Lights out	

Tuesday		
Time	Activity	Theme
9.00 - 9.30	Arrive	
9.30 - 10am	Warm Up and preparation	
10am - 12noon	Rugby Session	Focus: Defence - tackle technique, communication, basic shape through games.
12 - 1pm	Lunch	
1pm - 2:45pm	Nutrition Workshop	
3pm - 4.30	Rugby	Focus: Handling, hand-eye coordination, games
4.30	Day Pupil Depart	
6:30pm	Dinner	
7:30- 9pm	Evening Activity	
10pm	Lights out	

Wednesday		
Time	Activity	Theme
9.00 - 9.30	Arrive	
9.30 - 10am	Warm Up and preparation	
10am - 12noon	Rugby Session	Focus: Attack - offload, decision making games, identifying space
12 - 1pm	Lunch	
1pm - 3:00pm	Rugby	Focus: Handling, hand-eye coordination, games
3.15 - 4.15	Recovery Pool Session	
4.30	Day pupil depart	
6:30pm	Dinner	
7:30- 9pm	Evening Activity	
10pm	Lights out	

Thursday		
Time	Activity	Theme
9.00 - 9.30	Arrive	
9.30 - 10am	Warm Up and preparation	
10am - 12noon	Rugby Session	Focus: Game preparation
12 - 1pm	Lunch	
1pm - 3:00pm	Rugby	Focus: Handling, hand-eye coordination, games
3.15 - 4.15	Recovery Pool Session	
4.30	Day pupil depart	
6:30pm	Dinner	
7:30- 9pm	Evening Activity	
10pm	Lights out	

Friday - Game Day

Time	Activity	Theme
9.00 - 9.30	Arrive	
9.30 - 10am	Team Announcements for games and competition outline	
10am - 10.45	Warm Up in teams	
10.45 - 12noon	Rugby	Focus: First round of games
12 - 1pm	Lunch	
1pm - 1:30pm	Team Warm ups	
1.30 - 3.30pm	Rugby	Focus: Second round of games
3.45 - 4.15	Camp debrief and prize giving	
4.30	All Depart	