

Exclusive Offer -
Villa Students
receive 10%
discount
Promo code -
Villa20



Train with:
Ben Mowen - Wallabies
Capt'n and current
Wallabies U20 Fwds Coach
& Villa Old Boy

HOLIDAY RUGBY CLINIC

Preseason tune up - Easter Holidays

Our programs incorporate the most recent rugby trends & professional training ideas. Each program covers essential skills for the age group plus new thinking on how to improve!

Program Overview:

- *Individual skills of catch, pass, evade, tackle
- *Team skills of ruck / maul defence and phase attack
- *Game awareness, position responsibilities & set piece technique

2 DAY TICKET - \$153.00*

1 DAY TICKET \$85.00*

*GST INCLUDED

Program 1 - Ages 7 -10

Program will target allround general play capability + game awareness

Program 2 - Age 11 -14

Program will target ball retention & attack; incorporate pressure based learning scenarios; train in Fwds & Backs

DATE: 6 & 7 APRIL 2020

TIME: 8 - 12PM EACH DAY

VENUE - EASTS RUGBY CLUB

BOTTOMLEY PARK

Register @ <https://www.10ksports.com.au/events>