

HOLIDAY RUGBY CLINIC

Preseason tune up - Easter Holidays

Each program covers essential skills for the age group. This clinic is for students in grades 5 - 8. There are 2 different programs covering grade 5&6 and grades 7&8. Participants will be involved in contact drills - players must wear mouthguards to participate.

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

Grade 5&6 students

Program will target general play capability + game awareness

Grade 7&8 students

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

SINGLE TICKET - \$153.00*
FAMILY TICKETS AVAILABLE

*GST INCLUDED

DATE: 12 & 13 APRIL 2020
TIME: 8.30AM - 12NOON
VENUE - VILLA PARK,
TINGALPA

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

