



RUGBY HOLIDAY CLINICS ARE BACK!

Villanova has partnered with Advantage Line Sports Performance to deliver a 2 session Rugby holiday clinic for your son/s.

The clinics offer a fun and inclusive way to improve skills and abilities with a focus on building confidence into the contact zones of rugby.

Our suitably qualified coaches (most currently coach with Villa teams), will work with our players on the following core skills:

AGILITY

Ball running

BALANCE

Breakdown contest

CO-ORDINATION

Catch and pass

CONTEST TECHNIQUE

Tackle and ruck work

SPEED AND ACCELERATION

Technique Development

When

Grade 5 and 6 - 3rd and 4th April
8:30am - 12:30pm

\$130 per player

Grade 7 and 8 - 5th and 6th April
8:30am - 2:30pm

\$200 per player

Where

Villa Park - 910 Manly Rd, Tingalpa

What to Bring

A great attitude
Rugby training attire
Water bottle
Sun protection
Morning tea and a light lunch

There will be coaches, medics, support people, water stations and marquees on hand for the duration of each session.

We have limited spots available for our Easter Holiday 2-day Rugby clinics so book now to secure your sons' spot today!

[Book here for Grade 5 & 6](#)

[Book here for Grade 7 & 8](#)

For further information contact us at Advantagelinesp@outlook.com