

ABINGDON SCHOOL

Rugby Skills Camp 2019



Thursday 21 to Friday 22 February
9.00am-3.00pm • Age 8-16 years

Course content:

- Skills workshops
- Games for understanding
- Injury prevention warm ups
- Playing 7's
- Positional skills
- Daily post-training hydrotherapy

This is a high-quality coaching course led by ex-professional players and current academy and county level coaches. Learn and develop core skills such as catch and pass, tackle, breakdown, support, back play and set piece play. These will be covered in a fun, safe and enjoyable environment. This is aimed at participants who are currently playing or aspiring to play at first team level at their school and clubs.

The cost of this course is **£80**

Interested?

email: neil.hunter@abingdon.org.uk

Further information and to book online:

www.abingdon.org.uk/sports_coaching_camps

