



NLCoaching half term Rugby camp

Feb 17th – 20th 2020

At Eltham College



Open to
Boys and girls
Ages U9-U16

	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th
Drop off service 8 am onwards	Video analysis Movies Down time	Video analysis Movies Down time	Video analysis Movies Down time	Video analysis Movies Down time
Session 1 (10am-12 noon)	<u>Attack</u> Small sided games Skill blocks	<u>Defence</u> Tackle technique Defence alignment	<u>Attack</u> Small sided games Ruck technique	<u>Defence</u> Tackle technique Defence alignment
Lunch 12 - 1				
Session 2 (1-2pm)	<u>Options</u> 1)Strength and conditioning and physio movement patterns. 2) Position specific clinics (Throwing, kicking, scrummaging)	<u>Options</u> 1)Strength and conditioning and physio movement patterns. 2) Position specific clinics (Throwing, kicking, scrummaging)	<u>Options</u> 1)Strength and conditioning and physio movement patterns. 2) Position specific clinics (Throwing, kicking, scrummaging)	<u>Options</u> 1)Strength and conditioning and physio movement patterns. 2) Position specific clinics (Throwing, kicking, scrummaging)
Pick up service Until 5pm	Video analysis Player Feedback Movies Down time	Video analysis Player Feedback Movies Down time	Video analysis Player Feedback Movies Down time	Video analysis Player Feedback Movies Down time

The camp aims to provide a taste of what it is like to be a professional rugby player;

- Led by RFU level 3 and level 2 coaches (including EC staff)
- Delivered by former professional and international players
- Session with a professional Strength and Conditioning coach
- Programmes delivered by a qualified physiotherapist



£40 a day or £120 a week

Discount of 40% available
for multi-bookings
(siblings, relatives etc.).

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Cheques/ Payments to:

NLC LTD

20-18-93

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