

3 day Residential at Stowe School

10/11/12 August 2010

£295 per person

U10 needs to be 10 on or before the 31st August 2010, this relates to this current playing season 09/10

U11 needs to be 11 on or before the 31st August 2010, this relates to this current playing season 09/10

- 3 Day professional rugby course designed to enhance, develop and improve the various skills required to excel at Rugby Union
- Packed with cutting edge, fun and exciting sessions for all
- Led by academy coach Dusty Hare, Alan Dickens, Grant Seely and Ross Stewart
- Up to 15 hours of Rugby Coaching from RFU qualified, Enhanced CRB checked & experienced coaches
- Core principle of body management for developing body position in the contact environment
- Guest appearances from Saints players who will coach & join in with the Rugby sessions (subject to pre season training schedules)
- The course content will look to increase the players' knowledge and understanding of specific areas of the game. These areas include;
 - o Contact Management
 - o Rucking & Mauling
 - o Defensive Organisation
 - o Handling, Running/ Evasion skills
 - o Decision Making
 - o Set-piece, position specific training
 - o Kicking
- Evening activities to include swimming, cricket, BBQ
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