

The camp is daily 8 till 4

We are finalizing but so far this is the plan

Time	<b>THURSDAY</b>		
8.00am	Intro/Sign up, registration etc		
9.00am	Warm up, skill games		
9.30am	Run, catch, pass		
	<b>Team 1 (SR) DEFENCE</b>	<b>Team 2 Forwards (GF) SET PIECE</b>	<b>Team 2 Backs (PK) ATTACK</b>
10.00am	Tackle Technique	Scrum	Back Moves/decision making
11.00am	Tackle Jackal	Line out kick off	Kicking/counter attack
12.00pm	Lunch		
12.45pm	Defensive Breakdown	Support Play/Phase Play	
1.30pm	Defensive Systems	Team Launch Moves	
2.30pm	Defensive Team Run	Team Run Attack	
3.00pm	Debrief/Recovery		

Time	<b>FRIDAY</b>		
8.00am	Intro/Sign up, registration etc		
9.00am	Warm up, skill games		
9.30am	Run, catch, pass		
	<b>Team 2 (SR) DEFENCE</b>	<b>Team 1 Forwards (GF) SET PIECE</b>	<b>Team 1 Backs (PK) ATTACK</b>
10.00am	Tackle Technique	Scrum	Back Moves/decision making
11.00am	Tackle Jackal	Line out kick off	Kicking/counter attack
12.00pm	Lunch		
12.45pm	Defensive Breakdown	Support Play/Phase Play	
1.30pm	Defensive Systems	Team Launch Moves	

2.30pm	Defensive Team Run	Team Run Attack
3.00pm	Debrief/Recovery	

Time	<b>SATURDAY</b>	
8.00am	Intro/Sign up, registration etc	
8.15am	Set piece –Scrum Practical (GF) Field	
9.30am	Break/Scrum machine presentation	
10.00am	Line outs (Practical)(GF)Field	
11.00am	Break/Silicone coach Presentation	
11.30am	Kick offs(GF)Field	
12.00pm	Lunch	
12.45pm	Tackle technique (SR)Field	
1.30pm	Defence Systems(SR)	
2.15pm	Break/	
2.30pm	Run/Catch/Pass(DG) Field	
3.15pm	Back Attack/Counter Attack(DG)	
4.00pm	Debrief	
Time	<b>SUNDAY</b>	
8.00am	DAY REVIEW/PREVIEW	
8.15am	Support play/Phase play/decision making(DG)Field	
9.30am	Game Planning/Structures/attack(DG)	
10.15am	Break/Presentation	
10.30am	Breakdown Attack/Defence(SR/GF)	
12.00pm	Lunch	
12.45pm	Fitness/Mental skills	
1.30pm	Questions	
2.30pm	REF	
3.00pm	Team run	

4.00pm

Debriefs/Thank yous

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