



Österreichischer Rugby Verband
WRC Schönbrunn Rugby Centre
Schönbrunner Schloss Strasse 52, A-1130 Wien



NZ Training Camp 27 September 2009 WRC Schönbrunn Europ Assistance Rugby Center

On Sunday 27 September the Austrian women's rugby national team was fortunate enough to attend a one-day 7's rugby training camp organized by their coach Renée Carmine-Jones. She invited Lofty Stevenson who prepared the German men's 7's NT for the top 10 European Championship 2009. On Friday 25 and Saturday 26 Lofty worked hard with the youth who had a 7's tournament on Sunday 27 while we had our Training Camp.

Lofty did a great job at explaining and demonstrating making it easy for the whole team to understand and put everything into practice very quickly. Since we only had one day with Lofty, we took full advantage of every minute and spent long hours on the pitch for his very practical sessions.

The programme consisted of many of the crucial basics ranging from tackling, ball handling to the link system. But main focus was clearly on passing and catching since this is a skill 7's players must command and be able to do in their sleep. Lofty took us through several practices with different areas of concentration and different levels of intensity and pressure enabling us to improve and learn a lot from the practices. Although it was basic rather than completely new material, it was all the little details and corrections of seemingly minor things that helped develop our ball skills tremendously. In the end, we sat and discussed everything we had learned throughout the day and took notice of those helpful details and drills.

We want to thank Lofty for coming and sharing with us his great insight into 7's, Renée for organizing and the ÖRV and Team Rot-Weiss-Rot for the funding that made this day possible. But this was only a taste of what has yet to come for us. Lofty will be back for a 3 day training camp for senior men and women interested in improving their 7's skills from 24 to 26 of October. He is going to fly in again and share his rugby knowledge with everyone from our rugby community up for the challenge and with Olympic dreams for the future! All those who attended the one day camp in September and those that missed out on it can't wait to get back on the 7's training pitch!

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