



Emerging Nations Training Camp IV

+ Test Euro Champ Tournament

Women's 7's Rugby

Thurs. 09 – Mon. 13 April 2009



ZÁNKAI CENTRUM Zánka, Hungary

DETAILED DRAFT PROGRAMME

This may be altered to fit the needs of the participants

Thursday - Day #1

Midday – Team arrivals

14:00 - Warm up

14:30 - Session One

14:30 – Core skills, handling, clearing passes, passing with width.

14:45 – 1 v 1 tackling and defensive skills.

15:30 – Ball retention and breakdown skills

(Body management/Ball presentation)

16:30 – Scrum & Lineout

Players & Referees

17:30 - Practice Games

18:30 - Conclude Day #1.

Coaches

17:30 – 18:30- Coach Training Sessions with experts
Small groups DVD?

19:00 – Dinner for all (at cafeteria)

20:00 – 21:30 - Players & coaches watch some women's rugby games/ Coaches & Managers pick expert's brains & assess next day's plan & discuss coaching issues

21:30 - Players & officials meet - briefing on TC schedule

Friday- Day #2

08:30 – 09:00 - Breakfast (at cafeteria)

09:30 - Warm-up

10:00 - Session Two

10:00 – Recap skills from day one:

10:30 – High ball work with counter attack, heads up play, playing with vision.

11:30 – Footwork, evasion and off-load skills, games for understanding.

12:30 – 13:30 - Lunch (at stadium)

14:00 - Warm up

14:30 - Session three

14:30 – Defensive patterns?

Players & Referees

16:30 - Practice Games

17:30 - Conclude Day #2.

Coaches & Expert Trainers

16:30 – 18:30- Coach Training Sessions with experts

17:30 – 18:30- Referee Training Sessions with experts

19:00 – Dinner for all (at cafeteria)

20:00 – 21:00 - Players & coaches watch some women's rugby games/ Coaches & Managers pick expert's brains & assess next day's plan & discuss coaching issues

Saturday- Day #3

08:30 – 09:00 - Breakfast (at cafeteria)

09:30 - Warm-up

10:00 - Session four

10:00 – Any recap following coaches review.

11:00 – Game prep?

13:00 - Conclude Day #3.

13:00 – 14:00 - Lunch (at stadium)

14:00 – Team Free Time / Team Private Sessions

Referees, Coaches & Expert Trainers

16:00 – 17:30- Coach & Ref. Planning Session w/experts

18:00 – Dinner for all (at cafeteria)

19:00 – 20:00 - Players & coaches watch some women's rugby games/ Coaches & Managers pick expert's brains & assess next day's plan & discuss coaching issues

Sunday- Day #4 Mock EURO CHAMP Day

08:00 – 08:30 - Breakfast (at cafeteria)

09:00 - Warm-ups

- Mental Preparation for Games

09:30 – 12:30 – Tournament part 1 (regular pitches)

12:00 – 13:30 - LIGHT Lunch breaks in groups

13:00 – 16:00 - Tournament part 2 (Stadium Pitch)

13:00 – 16:00 – All Stars Game vs. Champion Team

16:30 – 17:00 – Photo Shootings

(Hand in Team Sheets & determine Tournament Ranking)

Referees, Coaches & Expert Trainers

17:00 – 18:00 - Tournament Feedback Sessions

18:30 – Dinner for all (at Cafeteria)

All Participants

19:30 – 20:30 – ENTC IV Awards Ceremony

Team Sharing & Thank You Time 4 all

20:30 – 23:00 – ENTC IV CELEBRATION

Continue Sharing time & Party!

Monday- Day #5

09:00 – 09:45 - Breakfast (at cafeteria)

10:00 – 10:30 - Feedback Session (All incl. Players)

This will help planning for ENTC V

10:30 - Conclude ENTC IV

Teams Travel Home Safely!!

further requests or information please contact:

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