



Emerging Nations Training Camp V + Test Euro Champ Tournament



Women's 7's Rugby

Thurs. 01 – Mon. 05 April 2010



ZÁNKAI CENTRUM

DETAILED DRAFT PROGRAMME

This may be altered to fit the needs of the participants

Legend:

PLAYERS in GREEN / COACHES in BLUE / REFEREES in ORANGE (still to come) / ALL TOGETHER in BLACK

Thursday - Day #1

08:00 - 14:00 - Arrival of Teams
 12:00 – Players Lunch
 12:00 – 13:00 Coaches Debriefing
 IRB L1: Introduction & Organization
 13:00 – Coaches/Referees/Experts Lunch
 14:00 – Players Warm up
 14:30 – **Players Session One w/LJ Adams**
 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)
 14:00 – 16:30 **Coaches Session One w/Graham B. Smith**
 IRB L1: Module 1 Game Knowledge
 16:30 – for all - **Scrum & Lineout w/Graham B. Smith**
Players & Referees
 17:30 - Practice Games
 18:30 - Conclude Day #1
 19:00 – Player & Referee Dinner (at cafeteria)
Coaches
 17:30 – 19:30- **Coaches Session Two/GBS**
 IRB L1: Using Strengths & Weaknesses develop a Team Profile and Aims
 19:30 – Coaches Dinner (at cafeteria)
 20:30 – 21:30 - All watch women's games

Friday- Day #2

08:30 – 09:00 - Breakfast for all (at cafeteria)
 09:30 - Warm-up
 10:00 - **Players Session Two w/LJ Adams**
 10.00 – Recap skills from day one
 09:30 - 10:30 **Coaches Session Three w/GBS**
 IRB L1: From your Team Profile develop a Game Plan
 10:30 – for all - High ball work with counter attack, heads up play, playing with vision (LJ/GBS/Coaches)
 11:30 – for all - Footwork, evasion and off-load skills, games for understanding (LJ/GBS/Coaches)
 12:30 – 13:30 – for all Lunch (at Cafeteria)
 14:00 - Warm up
 14:30 – **Player Session three w/LJ**
 14:30 – Defensive patterns
 14:30 – 15:30 **Coaches Session Four w/GBS**
Players & Referees & Coaches
 16:30 - Practice Games
 17:30 - Players Conclude Day #2.
Coaches
 17:30 – 18:30- **Coaches Session Five/GBS**
 18:30 – for all Dinner (at cafeteria)
 20:00 – 21:00 - All watch women's games

Saturday- Day #3

08:30 – 09:00 - Breakfast (at cafeteria)
 09:30 - Warm-up
 10:00 - **Players Session Four w/LJ Adams**
 10:00 – Any recap following coaches review/requests
 11:00 – Tournament day, pre-game prep, mental & physical, and post game/tournament day warm down & quick recovery process
 12:00 - Conclude Day #3.
 09:30 - 11:30 **Coaches Session Six w/GBS**
 IRB Level 1: design and deliver practices to meet player & team needs
Coaches & Referees
 11:30 - 12:00 – Coaches, Referees & Tournament Director, Test Euro Planning Session, Rules & Regulations, Q & A
 12:30 – 13:30 – for all Lunch (at cafeteria)
 13:30 – Free Time
 18:00 – for all Dinner (at cafeteria)
 19:00 – 20:00 – All watch some women's games, ENTC IV ALL STARS that went to the London WASPS report on experience so far!

Sunday- Day #4 TEST EURO CHAMP Day @ Stadium

07:00 – 08:00 - Breakfast (at cafeteria)
 08:30 - Warm-ups
 - Mental Preparation for Games
 09:00 – 12:00 – **Tournament part 1**
 11:30 – 13:00 - LIGHT Lunch breaks in groups or packed lunches
 13:00 – 15:30 - **Tournament part 2**
 15:30 – 15:45 - Hand in Team Sheets & determine Ranking
 15:45 – 16:00 – **All Stars Game vs. Champions**
 16:00 – 16:30 – Photo Shootings
Tournament Director, Referees, Coaches & Experts
 16:30 – 17:30 - Tournament & TC Feedback Session on site
 18:30 – for all Banquet Dinner (at Cafeteria)
 19:30 – 20:30 – **ENTC V Awards Ceremony**
 Team Sharing & Thank You Time 4 all
 20:30 – 23:00 – **ENTC V CELEBRATION** Cont. sharing & Party!

Monday- Day #5

09:00 – 09:45 - Breakfast (at cafeteria)
 10:00 – 10:30 – for all -**Feedback Session (incl. Players)**
 This will help planning for ENTC VI
 10:30 - Conclude ENTC V
 Teams Travel Home Safely!!

further requests or information please contact:

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