



## WEEKLY SCHEDULE - AUGUST 2017

MON	TUES	WED	THURS	FRI
<b>0900</b> Welcome Intro	<b>0900</b> Games	<b>0900</b> Games	<b>0900</b> Unit skills	<b>0900</b> Performer led
<b>1000</b> Warm ups	<b>1000</b> SAQ	<b>1000</b> Weight Lifting	<b>1000</b> Ruck/Maul	<b>1000</b> Sprint Training
<b>1100</b> Tag Games	<b>1100</b> Nutrition	<b>1100</b> Sports Psych	<b>1100</b> Yoga	<b>1100</b> Level Skills comp
Lunch	Lunch	Lunch	Lunch	Lunch
<b>1300</b> Handling	<b>1300</b> Kicking	<b>1300</b> Meet the Pros	<b>1300</b> Tackle Tech	<b>1300</b> Level Skills comp
<b>1400</b> Matches	<b>1400</b> Matches	<b>1400</b> Matches	<b>1400</b> Sevens	<b>1400</b> Matches
Finish	Finish	Finish	Finish	Awards

Whether you are starting a new sport or aiming to be the next England player, Level Rugby Academy can help you to move your skill-set to another level

Our values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship are a part of everything we do

## SESSIONS

MON

**Welcome** Meet coaches, house rules expectations and team building

**Warm ups** Understanding why and how to warm up properly

**Tag Games** Fun rugby tag matches

**Handling practices** Working on catching and passing with a twist

**Matches** Putting into practice what has been covered

TUES

**Games** Fun activities that develop team work

**SAQ** Speed Agility Quickness training

**Nutrition** #eatlikeanathlete Education Programme; Eat well, Perform better

**Kicking** Skills and tactics to improve your game

**Matches** Putting into practice what has been covered

WED

**Games** Fun activities that build teamwork and friendships

**Weight Lifting** What is safe to lift and how to do it well

**Sports Psychology** How the way you think affects the way you play

**Meet the Pros** A chance to hang out with your heroes of the game

**Matches** Putting into practice what has been covered

THURS

**Unit Skills** Line out, Scrum, Back Smoothies

**Rucks and Mauls** Level up your skills in recycling the ball after a tackle

**Yoga** Learn how to balance your body and calm your mind

**Tackle Tech** Learn essential detail to improve your tackling

**Sevens** Seven-a-side game practicing what we have learned

FRI

**Performer Led** Kids decide what skills they want to work on more

**Sprint training** Fitness, speed, strength, power, techniques

**Level Skills Comp** A unique award system; impress with your new skills!

**Matches** Putting into practice what has been covered

**AWARDS: Be proud, Move up a Level, Get your certificate to prove it!**