

Rugby Coaching Clinic Agenda

Friday, February 11, 2011		
7:30 PM Early Bird Bonus Session for coaches arriving Friday evening	RMC Varsity Rugby Training Session conducted by our Clinicians from the R.F.U.	Anderson Field House, Kingston Military Community Sports Centre, 11 Duty Drive, Kingston, ON
Saturday, February 12, 2011		
8:15 – 9:00 AM	Registration and Check-in	RMC (Specify)
9:00 AM Theory Session 1	Jon Bates <i>Coaching the RFU Way</i>	Currie Hall, RMC
10:00 AM Theory Session 2	Mike Shelley <i>Offensive Strategies</i>	Currie Hall, RMC
10:50 AM Break		Currie Hall, RMC
11:00 AM Theory Session 3	Natascha Wesch <i>Mental Skills Training</i>	Currie Hall, RMC
12:00 PM	Lunch Break <i>Lunch included in registration</i>	RMC Cadet Mess at Yeo Hall, RMC
1:15 PM Practical Session 1 (Choose from the following)	Dave Fraser <i>Offensive Skills</i> Sue Parker Attacking 7's Play	Anderson Field House
2:30 PM Practical Session 2 (Choose from the following)	Jon Bates <i>Defending with Technique</i> Dave Fraser <i>Coaching the Kicking Game</i>	Anderson Field House
3:45 PM Practical Session 3 (Choose from the following)	Mike Shelley <i>Team Systems that Work</i> Sue Parker <i>Defensive Techniques for 7's</i>	Anderson Field House

Continued ...

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Saturday, February 12, 2011		
5:00 PM	Dinner Break On your own in Kingston	
7:30 PM Coaching Scrums	Coaching Carousel with Mike Shelley, Jon Bates, Dave Fraser, Natascha Wesch, Sue Parker <i>Bring your own agenda of questions and reactions to engage with the clinicians</i>	Four Points by Sheraton Hotel 285 King St. E., Kingston
9:00 PM	Coaches' Social	Four Points by Sheraton Hotel 285 King St. E., Kingston
Sunday, February 13, 2011		
8:00 AM Practical Session 4	Kingston Athletic Therapy Clinic <i>Dealing with Daily Injuries and Training Needs</i>	Anderson Field House
9:00 AM Practical Session 5	Jon Bates <i>Coaching Set Pieces</i>	Anderson Field House
10:00AM Practical Session 6	Mike Shelley <i>Coaching the Individual Roles</i>	
11:00 AM Practical Session 7	Dave Fraser <i>Defending the Set Pieces Effectively</i>	Anderson Field House
12:00 PM Practical Session 8	Bates and Fraser <i>Coaching Drills for Successful Teams</i>	Anderson Field House
1:00 PM	Wrap-up, Conclusion and Farewell	

