



TOUCH BELGIUM

2010 EUROPEAN TOUCH CHAMPIONSHIPS

TRAINING CAMP 1 – 06-07/03/2010

1a : Saturday 06th March 2010 - 10:00 am until 15:00

Session 1a will combine basic conditioning assessments for sprint and agility with individual skills and ball handling. We'll master 3 Man drives and spreading the ball effectively.

Policies will be introduced early and will be reinforced consistently. Your performance will be assessed throughout the day.

09:30	Warm up.
10:00	Assessment Game 1
10:30	Sprint Assessment
11:00	Agility Assessments
11:30	Assessment Game 2 – Policies : Defensive, Subbing.
12:00	Lunch Break
13:00	Skills Session 1 – 3 Man Drive
13:30	Assessment Game 3 – Reinforce Policies/Communication / Assess Drives
14:00	Skills Session 2 – Long Pass/Wraps/Switches
14:30	Assessment Game 4 - Reinforce Policies/Communication / Assess Attack/Defence
15:00	Finish

1b : Sunday 07th March 2010 - 10:00 am until 16:00

Session 1b will assess and work to improve pass accuracy. We will look in detail at body positioning in the ruck and defence. We will continue to reinforce policies and Communication. A final session will be saved for a recap. Your performance will be assessed throughout the day.

09:30	Warm up.
10:00	Pass Accuracy Assessment
10:30	Bleep Test
11:00	Skills Session 3 – Improve Pass Accuracy
11:30	Assessment Game 5 - Reinforce Policies/Communication
12:00	Lunch Break
14:00	Skills Session 4 – Body Positioning, Ruck and Defence
14:30	Assessment Game 6 - Reinforce Policies/Communication
15:00	Skills Session 5 – Recap
15:30	Assessment Game 7 - Reinforce Policies/Communication
16:00	Finish