

WYMONDHAM RUGBY CLUB.

COACHES DEVELOPMENT TRAINING.

2011 - 12 SEASON.

(To access session notes you must be logged in)

12 SEPT MONDAY - 7PM-8.30PM - FITNESS + GROUND TRAINING

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25 SEPT SUNDAY - 9AM – 10AM - TACKLING + EVASION □ [\[rokdownload menuitem="196" downloaditem="98" direct_download="false"\]Session Notes\[/rokdownload\]](#)

26 SEPT MONDAY - 7PM - 8.30PM - DEFENCE _ ADVANCED □ [\[rokdownload menuitem="196" downloaditem="105" direct_download="false"\]Session Notes\[/rokdownload\]](#)

23 OCT. SUNDAY - 9AM – 10AM - HANDLING + GAMES

24 OCT. MONDAY – 7PM - 8.30PM - HANDLING + LINES OF RUNNING

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20 NOV. SUNDAY - 9AM – 10AM – RUCKING BASICS [rokdownload menuitem="196" downloaditem="118" direct_download="false"]Session Notes[/rokdownload]

21 NOV. MONDAY – 7PM – 8.30PM – RUCKING ADVANCED [rokdownload menuitem="196" downloaditem="121" direct_download="false"]Session Notes[/rokdownload]

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4 DEC. SUNDAY – 9AM – 10AM – ATTACK PLAYS BASICS [rokdownload menuitem="196" downloaditem="124" direct_download="false"]Session Notes[/rokdownload]

5 DEC. MONDAY – 7PM – 8.30PM - ATTACK PLAYS ADVANCED

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29 JAN. SUNDAY - 9AM – 10AM - INDOOR GAMES

30 JAN. MONDAY – 7PM – 8.30PM - INDOOR TRAINING

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26 FEB. SUNDAY - 9AM – 10AM - SKILL SETS

27 FEB. MONDAY – 7PM – 8.30PM - KICK DEFENCE + RETURN

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21 MARCH WEDNESDAY - 7PM – 9PM - SEASON REVIEW.

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NOTES & REMINDERS:

1. □ **ALL COACHES CAN ATTEND ALL SESSIONS.**
2. □ **ON MONDAYS COACHES MAY BE REQUESTED TO BRING SOME PLAYERS ALONG TO PARTICIPATE.**
3. □ **PLEASE BRING YOUR COACHES NOTEBOOK + PEN.**
4. □ **IF 'FIT' TO DO SO YOU MAY BE REQUESTED TO TAKE PART IN SOME LIGHT WORK SO PLEASE BRING BOOTS AND TRAINERS.**
5. □ **PLEASE EMAIL ANY SPECIFIC REQUESTS PRIOR TO SESSION SO THEY CAN BE INCLUDED.**
6. □ **BRING SWEETS!!!!!! FOR D.O.R.!!**