



Sample Language Plus Rugby Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Breakfast & Morning Meeting						
Lesson 1		Warm-up Rugby assessment	Warm-up Catching & handling drills	Warm-up Ball presentation	Warm-up Decision-making	Warm-up "Sevens" drills		
Lesson 2		Short & long passing drills	Catching & handling drills Body positioning	Scrum drills	Tackling & safety (age dependent)	Sevens tournament		
Lesson 3	 Arrival	Conditioning drills	Kicking drills Agility drills	Backs moves	Defending drills	Tournament	Departure 	
Lesson 4		Conditioning drills Cool-down	Agility drills Cool-down	Positional drills Cool-down	Defending drills Cool-down	Tournament Cool-down Awards		
Lunch, Afternoon Meeting & Free Time								
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills		Grammar study skills
Lesson 6	English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking		
Lesson 7	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review		
Lesson 8	Project	Project	Project	Project	Project	Progress test		
Dinner, Free Time, Evening Entertainment & Bed Time								

Please note:
 English lessons can take place in the mornings or the afternoons