RUGBY FOOTBALL UNION - COACHING CLINICS - 2008 - 2009

COURSE NO.	DATE AND TIME	COURSE AND COST	VENUE
1.	*27TH AUGUST '08 – 7-9PM*	*PLAYING FROM THE SCRUM & REFEREEING THE SCRUM - £5*	*ACKLAM RFC*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP A GREATER UNDERSTANDING OF THE SKILLS INVOLVED IN COACHING, REFEREEING AND PLAYING IN A 3, 5 AND 8 MAN SCRUM. COURSE COVERS INDIVIDUAL AND UNIT SKILLS INCLUDING; BINDING, FEET AND BODY POSITION, SAFE TECHNIQUES AND ALSO FOCUSES ON HOW TO DEVELOP ATTACKING AND DEFENSIVE STRATEGIES FROM THE SCRUM. THIS WILL ALSO INCLUDE A REFEREE DEVELOPMENT ELEMENT.		
2.	*27TH AUGUST '08 – 7-9PM*	*PLAYING FROM THE SCRUM & REFEREEING THE SCRUM - £5*	*MORPETH RFC*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP A GREATER UNDERSTANDING OF THE SKILLS INVOLVED IN COACHING, REFEREEING AND PLAYING IN A 3, 5 AND 8 MAN SCRUM. COURSE COVERS INDIVIDUAL AND UNIT SKILLS INCLUDING; BINDING, FEET AND BODY POSITION, SAFE TECHNIQUES AND ALSO FOCUSES ON HOW TO DEVELOP ATTACKING AND DEFENSIVE STRATEGIES FROM THE SCRUM. THIS WILL ALSO INCLUDE A REFEREE DEVELOPMENT ELEMENT.		
3.	*1st OCTOBER '08 – 7-9PM*	*ATTACK - £5*	*PERCY PARK RFC*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP A GREATER UNDERSTANDING OF THE PRINCIPLES OF THE MODERN ATTACKING GAME. COURSE COVERS BOTH INDIVIDUAL AND UNIT SKILLS REQUIRED TO PLAY THE ATTACKING GAME AND PRACTICAL EXAMPLES OF PRACTICES TO DEVELOP THESE SKILLS WILL BE PROVIDED.		
4.	*12th NOVEMBER '08 – 7-9PM*	*DEFENCE - £5*	*GATESHEAD COLLEGE*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP A GREATER UNDERSTANDING OF THE PRINCIPLES OF DEFENCE IN THE MODERN GAME. COURSE COVERS BOTH INDIVIDUAL AND UNIT SKILLS REQUIRED IN DEFENCE AND PRACTICAL EXAMPLES OF PRACTICES TO DEVELOP THESE SKILLS WILL BE PROVIDED. EXAMPLES OF DIFFERENT STYLES OF DEFENCE WILL ALSO BE DISCUSSED AND DEMONSTRATED.		
5.	*28th JANUARY '09 – 7-9PM*	*CONTINUITY - £5*	*DRUID PARK*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP A GREATER UNDERSTANDING OF CONTINUITY AND BREAKDOWN SKILLS. COURSE COVERS BOTH INDIVIDUAL AND UNIT SKILLS REQUIRED TO KEEP THE BALL ALIVE AND PRACTICAL EXAMPLES OF PRACTICES TO DEVELOP THESE SKILLS WILL BE PROVIDED.		
6.	*25TH FEBRUARY '09 – 7-9PM*	*PLAYING FROM THE LINEOUT & REFEREEING THE LINEOUT- £5*	*SUNDERLAND RFC*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP A GREATER UNDERSTANDING OF THE SKILLS INVOLVED IN COACHING AND PLAYING IN THE LINEOUT. COURSE COVERS INDIVIDUAL AND UNIT SKILLS INCLUDING; THROWING, JUMPING, CATCHING, AND SUPPORTING THE JUMPER; DEMONSTRATIONS OF SAFE TECHNIQUES AND ALSO FOCUSES ON HOW TO DEVELOP ATTACKING AND DEFENSIVE STRATEGIES FROM THE LINEOUT.		
7.	*25th MARCH '09 – 7-9PM*	*GAME SENSE - £5*	*HARTLEPOOL RFC*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP THEIR KNOWLEDGE OF COACHING USING GAME SENSE OR GAMES FOR UNDERSTANDING. COURSE COVERS A THEORETICAL AND PRACTICAL SESSION FOCUSSING ON THE HOW TO COACH SKILLS OF INSTRUCT AND EXPLAIN, DEMONSTRATION, OBSERVE AND ANALYSE AND PROVIDING FEEDBACK.		
8.	*15TH APRIL '09 – 7-9PM*	*KICKING - £5*	*COACH LANE CAMPUS, NORTHUMBRIA UNIVERSITY.*
	A 2 HOUR COURSE DESIGNED FOR TEACHERS, COACHES AND PLAYERS WHO WISH TO DEVELOP THEIR KNOWLEDGE OF KICKING TECHNIQUES AND SKILLS IN MODERN RUGBY UNION. COURSE COVERS INDIVIDUAL TECHNIQUES AND TEAM SKILLS AND ILLUSTRATES PRACTICES AND DRILLS AS WELL AS IMPROVING UNDERSTANDING OF WHEN TO USE A KICKING STRATEGY.		

NAME: COURSE NAME: PHONE:

E-MAIL:

I ENCLOSE A CHEQUE, MADE PAYABLE TO 'RFDL' FOR £5 PER SESSION.

PLEASE SEND TO: ALAN MOSES, COACHING DEVELOPMENT, NORTHUMBERLAND COUNTY OFFICE, DRUID PARK, WOOLSINGTON, NEWCASTLE. NE13 8AF. QUERIES BY PHONE 01661 523427 OR EMAIL *ALANMOSES@RFU.COM*

COMMUNITY RUGBY