



**Chobham Rugby**  
www.chobham-rugby.co.uk



<b>TIME</b>	<b>ACTIVITY</b>
8:30 – 10	<b>Start of Day / Briefing</b> <ul style="list-style-type: none"><li>• Start of day activities and registration</li><li>• Briefing for the days activities</li></ul>
10 – 10:55	<b>Decision Making</b> <ul style="list-style-type: none"><li>• Stuck in the mud, Keep Ball, Ghostbusters, Conditioned channels</li></ul>
10:55 – 11:05	<b>Drinks Break</b>
11:05 - 12	<b>Decision Making Games</b> <ul style="list-style-type: none"><li>• Anyway Rugby (TAG / Contact), Rugby Netball, Zone Ball</li></ul>
12 - 1	<b>Lunch Break</b> <ul style="list-style-type: none"><li>• Quiz, Challenge the Coach, Hangman etc</li></ul>
1 – 1:55	<b>Kicking</b> <ul style="list-style-type: none"><li>• Spiral Kick</li></ul>
1:55 – 2:05	<b>Drinks Break</b>
2:05 - 3	<b>Kicking Games</b> <ul style="list-style-type: none"><li>• Rugby Rounders, Danish Longball, Rugby Tennis (extra points for spiral kicks)</li></ul>
3 - 5	<b>Debrief and Awards / End of Day</b> <ul style="list-style-type: none"><li>• Debrief on the day activities</li><li>• Player of the Day</li><li>• End of day activities and pick up</li></ul>

