



Bob Dwyer's Rugby Workshops

The Definitive Rugby Coaching Website

5 Day Camp

MONDAY

Coach's briefing
9am registration
Outline of week ahead
Protocols
T-shirts. caps etc
Group photograph

9.45 am
Dynamic flex warm up.

10.15 am
Fast action games.
Speed
Agility
Quickness
Communication.

11am Drinks Break

11.15 am
Attacking Skills
Clearing pass
Catch - pass
Straight running
Taking the overlap

12.15 Lunch

TUESDAY

9am registration
9.15am Revision day 1

9.45 am
Dynamic Flex warm up
Individual running skills.

10.15 am
Attacking skills
Dummy pass
Circle ball
Switch plays
Under's & over's running

11am Drinks break

11.15 am
Support play
Ball into contact skills.
Re-alignment
Continuity games

12.15 Lunch

WEDNESDAY

9am registration
9.15am Revision day 2

9.45 am
Dynamic Flex warm up

10.15am
Tackling & Defence
Footwork drills
lower body tackling
Positioning the attacker
tackle tunnel

11am Drinks break

11.15am
Support play game
Ball into contact.
Tackle technique

12.15 Lunch

THURSDAY

9am registration
9.15 am Revision day 3

9.45am
Dynamic Flex warm up

10.15am
Skills competencies
In groups
Clearing pass (distance)
Agility run timed (ball)
Catching high ball
Grubber kick
Drop punt accuracy
Chip over to support
Tackle technique

12.15 Lunch

FRIDAY

9am registration
9.15am Revision day 4.

9.45am
Dynamic flex warm up

10.15am
Rugby games
Conditioned games.
Skills of the week

11am Drinks & review

11.30am
Rugby games
Conditioned games.
Re-starts
kick returns

12.15 Lunch



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1.15 pm
Dynamic Flex warm up

1.45pm
Conditioned games

Try scoring
Overload games
7 v 4
7 v 5
Movement & execution
Warm down

3pm Close

7pm

9.30pm

1.15 pm
Dynamic Flex warm up

1.45pm
Kicking to score

Drop punt
Grubber
Place kick
Chip over
Drop kick
Kicking games

3pm Close

Coach's Workshop

Discussion topics
Themes of Work

1.15 pm
Dynamic flex warm up

1.45 pm
Scrum and lineout

Scrum / Lineout positions.
Throwing in
Lifting

Conditioned games

3pm Close

1.15 pm
Dynamic flex warm up

1.45 pm
Attack from Set Piece

Scrum attack
Back row options
Back row support
Lineout attack
Off the top
Catch and drive

3pm Close

Coach's Workshop

Discussion topics
Themes of Work

1pm Presentations
Awards
Certificate of competence
Merchandise

Closing remarks

Bob Dwyer
Coaching staff