

RUGBY PERFORMANCE CLINIC FULL SUMMARY



1. WARMUP (15 minutes)

- Learn how to properly warmup before game / practice
- Understand the importance of Mobility & Flexibility
- Stretching, Dynamic warmup and Core Activation

2. STRENGTH & CONDITIONING (45 minutes)

- Circuit training specifically designed for rugby athletes
- Learn proper form
- Bodyweight, Resistance Bands and Medicine Ball work

3. SKILLS (1 hour)

- Improve ball handling, passing and catching techniques
- Develop agile hands
- Perfect catching & passing while running
- Tennis Ball & Rugby Balls Drills, Lines and Basic Plays

4. RUGBY IQ (1 hour)

- Visualize space & make quicker decisions
- Gain confidence on the field
- Read the opposition

5. STRUCTURED TOUCH GAMES (1 hour)

- Learn how to be positioned in offense and defense
- Learn how to take and create gaps
- Learn the skill of communication
- Learn to run proper lines



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STRENGTH | CONDITIONING | SKILLS | I.Q