



CLASSIC PLUS RUGBY



OVERVIEW

- Students receive 15 hours per week of English language tuition, plus 9 hours per week of professional rugby tuition.
- Our rugby camp is designed so that players can experience an environment similar to that of a professional player.
- Each session will include elite focused coaching covering both practical and theory aspects of the game as well as strength and conditioning.
- The camps are tailored to your needs as we look to develop the basics of the game of rugby.
- **Minimum 6 students required to run this course (each week)**

COURSE STRUCTURE

- Activation and Preparation: More than a generic warm up this is designed to activate the muscle groups needed for the planned activity we are undertaking.
- Strength and Conditioning (S&C - Body weight exercises): Looking at functional movement skills. Teaching the players the correct form and range of movement whilst working with only their body weight and that of others.
- Rugby Skills (Technical/Tactical/Mental): Looking at technical skills such as passing off both hands, kicking, contact skills and breakdown. We also will play a variety of Rugby Games (conditioned games) using technical skills and problem solving.
- Cool Down / Review of the day: Functional Movement and Stretching combined with a review of all things covered during the session
- Teamwork and Communication: Each day designed to build teamwork and communication skills.

8-17 YEARS (GROUPS)

12-17 YEARS (INDIVIDUALS)

DURATION: 1-4 WEEKS

9 HOURS PER WEEK

ABILITY LEVEL: BEGINNER TO ADVANCED

ENGLISH LEVEL: BEGINNER TO ADVANCED

SAMPLE PROGRAMME

	Morning	Afternoon	Evening
Sunday	Arrival, Induction & Campus Tour		Welcome Evening & Ice Breaker Activities
Monday	Placement Test & Induction Lesson	Rugby Coaching	Welcome Disco or Drama based Games
Tuesday	English Lessons	Included Half Day Excursion: Rutland Water	"Who wants to be a Millionaire?" Quiz Night
Wednesday	English Lessons	Rugby Coaching	International Night
Thursday	English Lessons	Included Half Day Excursion: Stamford	Casino Night or English Conversation Club
Friday	English Lessons	Rugby Coaching	Beach Party Disco or Sports
Saturday	Included Full Day Excursion: London Walking Tour (with late return)		Chill Out Evening including Films, Popcorn & Board Games
Sunday	Onsite Activities e.g. British Sports Day, or Sightseeing in Oakham, or Optional Full Day Excursion (at extra cost)		British Culture Evening
Monday	Rugby Coaching	English Lessons	Fancy Dress Disco or Arts & Crafts e.g. Graffiti Design
Tuesday	Included Half Day Excursion: Nottingham	English Lessons	Game show Night
Wednesday	Rugby Coaching	English Lessons	"Oakham's Got Talent!" Talent Show
Thursday	Included Half Day Excursion: Melton Mowbray	English Lessons	Murder Mystery Activity
Friday	Rugby Coaching	English Lessons	Masked Ball Disco or Sports
Saturday	Included Full Day Excursion: Cambridge, Walking Tour & Kings College		Chill Out Evening including Films, Popcorn & Board Games
Sunday	Departure		