Camp Wallaby - TryRugby Kids Pathway Camp (10-12yrs)

Day 1 - Monday 15th April 2013			
Time	**Age Group**	**Activity**	**Venue**
8:30am	All	Register	Gartlan Centre Sports Hall
9:15am	All	Welcome & Introduction day 1	
9:30am	10-12s	**Session 1 (45mins) - Evasion, B & S**	4th Field
		Agility Races (Ladders, Poles, Markers. Etc.)	
		Pairs Balance and Stability (knee slaps, wrestling)	
		Fast Feet - Reaction Drill	
		Team Tag Ball (Tag, count passes, etc.)	
		Endball	
10.15am		***Break (5mins)***	
10:20am	10-12s	**Session 2 (45mins) - Catch & Pass**	4th Field
		Passing Chain	
		Passing - Mirrors/Reload Races	
		Draw and Pass - 2 v 1, 3 v 2, 3 v 1	
		Walla Rugby	
11:05am		***Break (10mins)***	
11:15am	10-12s	**Session 3 (45mins) - Track & Tackle**	4th Field
		1 v 1 Track and Tag	
		Tackle Technique - Knees and Dynamic	
		1 v 1 Coloured Cones (Manly)	
		2 v 2 Tackle	
		Numbers / Tackle Octopus	
12:00pm		***Break (5mins)***	
12:05pm	10-12s	**Session 4 (45mins) - Pool**	Gartlan pool and sports hall
		Pool Games	
12:50pm		***Lunch (20mins)***	
1:10pm	10-12s	**Session 5 (45mins) - Kicking**	4th Field
		Pairs kicking	
		Kicking Challenge	
		JGS Worm drill	
		Kicking Tennis	
1:55pm		***Break (5mins)***	
2:00pm	10-12s	**Session 6 (25mins) - Tackle Contest**	4th Field
		King of the Ring	
		Roles in contact v Pads	
2:25pm		***Break (5mins)***	
2:30pm	10-12s	**Session 7 (20mins) - Games**	4th Field
		4 Phase to score	
		Ruck Touch	
2:50pm	10-12s	**Warm Down, Recap & Tidy Up**	4th Field
2:55pm	All	**Day 1 Summary, Day 2 Preview**	Gartlan Centre Sports Hall
3:00pm	All	**Kit collection, Close and Depart**	

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Day 2 - Thursday 16th April 2013			
Time	**Age Group**	**Activity**	**Venue**
9:00am	All	Register	Gartlan Centre Sports Hall
9:15am	All	Welcome & Introduction day 2	
9:30am	10-12s	**Session 1 (45mins) - Catch & Pass**	4th Field
		Short & Long Pass	
		Passing - Mirrors/Reload Races	
		Draw and Pass - Variation (defence turns from blind)	
		Offside Touch	
10.15am		***Break (5mins)***	
10:20am	10-12s	**Session 2 (45mins) - Track & Tackle**	4th Field
		Wallabies v Waratahs - Advanced	
		1 v 1 Track and Tackle	
		1 v 1 Coloured Cones (JGS)	
		2 v 2 / 3 v 3 Tackle - Continuous	
		Tackle Fruit Salad	
11:05am		***Break (10mins)***	
11:15am	10-12s	**Session 3 (45mins) - Set Piece**	4th Field
		Balance and Stability	
		Scrum Body Shape	
		Binds, Engagement and Mayday	
		Lineout Throw and Catch	
		3 phase game from Lineout (Contest possession)	
12:00pm		***Break (5mins)***	
12:05pm	10-12s	**Session 4 (45mins) - Pool**	Gartlan pool and sports hall
12:50pm		***Lunch (20mins)***	
1:10pm	10-12s	**Session 5 (45mins) - Tackle Contest**	4th Field
		Gauntlet	
		Decision making - 3 options	
		Numbers - 4 phase to score	
		Ruck/Maul Touch	
1:55pm		***Break (5mins)***	
2:00pm	10-12s	**Session 6 (30mins) - Games**	4th Field
		Game (7s, King of the Field, etc.)	
2:30pm	10-12s	**Warm Down, Recap & Tidy Up**	Gartlan Centre Sports Hall
2:40pm	All	**Summary Day 2 & Camp Awards**	
3:00pm	All	**Kit collection, Close and Depart**	