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

| Day 1 - Tuesday 17th April 2012 | | | |
|---|---|---|---|
| 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** | |

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

| Day 2 - Wednesday 18th April 2012 | | | |
|---|---|---|---|
| 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** | |