Camp Wallaby - TryRugby Kids Pathway Camp (8-9yrs)

Time	Age Group	Activity	Venue
8:30am	All	Register	Gartlan Centre Sports Hall
9:15am	All	Welcome & Introduction day 1	
9:30am 10.15am	8-9s	Session 1 (45mins) - Evasion & Handling	4th Field
	0 33	Ball Handling Relays	
		Tag Ball	
		Wallabies v Waratahs	
		Bugs & Spiders	
		Break (5mins)	
10:20am	8-9s	Session 2 (45mins) - Catch & Pass	4th Field
		Static Passing Chain	
		Passing Chain relay races	
		Pairs Passing Channel (introduce 2 v 1)	
		End Ball	
11:05am		Break (10mins)	
11:15am	8-9s	Session 3 (45mins) - Track & Tackle	4th Field
		1v1 Track and Tag	
		Tackle Technique (knees)	
		Track and Tackle Coloured Cones	
		Tackle Fruit Salad	
12:00pm		Lunch (20mins)	
12:20pm	8-9s	Session 4 (45mins) - Kicking	4th Field
		Partner kicking	
		Kicking challenge	
		Kicking tennis	
1:05pm		Break (5mins)	
1:10pm	8/9s	Session 5 (45mins) - Pool	Gartlan pool and sports hall
		Pool Games	
1:55pm		Break (5mins)	
2:00pm	8-9s	Session 6 (25mins) - Tackle Contest	4th Field
		Contact roles and techniques	
		Gauntlet	
2:25pm		Break (5mins)	
2:30pm	8-9s	Session 7 (20mins) - Games	4th Field
		Walla Rugby	
		Ruck Touch	
2:50pm	8-9s	Warm Down, Recap & Tidy Up	4th Field
2:55pm	All	Day 1 Summary, Day 2 Preview	Cartlan Contro Coorta Hall
3:00pm	All	Kit collection, Close and Depart	Gartlan Centre Sports Hall

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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	8-9s	Session 1 (45mins) - Catch & Pass	4th Field		
		Dynamic Warm Up			
		Backline Mirror Races			
		2 v 1, 3 v 1			
		50% Walla / Ruck Touch			
10.15am		Break (5mins)			
10:20am	8-9s	Session 2 (45mins) - Track & Tackle	4th Field		
		1 v 1 Tackle Technique			
		1 v 1 Coloured cones			
		2 v 2 Tackle in Grid			
		Tackle Rugby Octopus			
11:05am		Break (10mins)			
11:15am	8-9s	Session 3 (45mins) - Set Piece	4th Field		
		Animal Relays & Individual Body Shape			
		Scrum Clusters			
		Pairs - Lineout throw and catch			
		Restart Games			
12:00pm		Lunch (20mins)			
12:20pm	8-9s	Session 4 (45mins) - Tackle Contest	4th Field		
		King of the Ring / Balance & stability			
		Gauntlet			
		Numbers Game (3 v 3, 4 v 4)			
		Four phase to score			
1:05pm		Break (5mins)			
1:10pm	8-9s	Session 5 (45mins) - Pool	- Gartlan pool and sports hall		
		Pool Games			
1:55pm		Break (5mins)			
2:00pm	8-9s	Session 6 (30mins) - Games	4th Field		
		Walla Rugby			
		Ruck Touch			
		Game (7s, King of the Field, etc.)			
2:30pm	8-9s	Warm Down, Recap & Tidy Up			
2:40pm	All	Summary Day 2 & Camp Awards	Gartlan Centre Sports Hall		
3:00pm	All	Kit collection, Close and Depart	1		