

## Weekindeling (Voorbeeld) - Engels + Rugby

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast						Theme park
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Placement testing	Functional language				Progress test	
10:30 - 11:30		Skills Development						
11:45 - 12:45		Projects				Lunch		
13:00 - 14:00								
14:15 - 17:45		Warm-up "Sevens" drills Sevens tournament Tournament Cool-down Awards	Warm-up Decision-making Tackling & safety (age dependent) Defending drills Cool-down	Warm-up Ball presentation Scrum drills Backs moves Positional drills Cool-down	Warm-up Catching & handling drills Body positioning Kicking drills Agility drills	Warm-up Rugby assessment Short & long passing drills Conditioning drills Cool-down		
18:00 - 19:30		Dinner						
19:30 - 21:30	Welcome Evening	Social Challenge	Mental Challenge	Physical Challenge	Fun Challenge	Celebration	Relaxation	

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
07:30 - 09:00	Arrival	Wake up/ Breakfast						Departure
09:00 - 09:15		Morning meeting						
09:15 - 10:15		Placement testing	Functional language				Progress test	
10:30 - 11:30		Skills Development						
11:45 - 12:45		Projects				Lunch		
13:00 - 14:00								
14:15 - 17:45		Warm-up Rugby assessment Short & long passing drills Conditioning drills Cool-down	Warm-up Ball presentation Scrum drills Backs moves Positional drills Cool-down	Warm-up Catching & handling drills Body positioning Kicking drills Agility drills	Warm-up "Sevens" drills Sevens tournament Tournament Cool-down Awards	Warm-up Decision-making Tackling & safety (age dependent) Defending drills Cool-down		
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