



Sample Language Plus Rugby Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mornings	Breakfast & Morning Meeting						
Lesson 1	 Arrival	Warm-up Rugby assessment	Warm-up Catching & handling drills	Warm-up Ball presentation	Warm-up Decision-making	Warm-up "Sevens" drills	Departure 
Lesson 2		Short & long passing drills	Body positioning Kicking drills	Scrum drills Backs moves	Tackling & safety (age dependent)	Sevens tournament	
Lesson 3		Conditioning drills Cool-down	Agility drills Cool-down	Positional drills Cool-down	Defending drills Cool-down	Tournament Cool-down Awards	
Afternoons	Lunch, Afternoon Meeting & Free Time						
Lesson 1	English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Please note: English lessons can take place in the mornings or the afternoons
Lesson 2	Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
Lesson 3	Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
	Dinner, Free Time, Evening Entertainment & Bed Time						