
	220414 TRAINING			PLAYS / MAPS		NO: 10
	CO: SELFLESS / COMMITMENT					
Time	Session Focus	Key Messages	Coaches			
18.00 (15 mins)	TEAM MEETING	Review	BP	D: "B" 1st receiver, NO WASTAGE		
18.30 (15 mins)	INDIVIDUALS & WARM UP	Restarts Scrums etc.... Throwing	CL			
18.45 (10 mins) <i>rotation change</i>	R1 ROTATION (CATCH PASS / DECISION MAKING)	1 group of 10	BP / AJ / B	A: "F4" How Quick?		
18.55 (10 mins) ROTATION	RYS ATTACK	Initial Execution to the Line	BP			
19.05 (10 mins) ROTATION	SPARK & RUN	Deep out the back "Spark" together (inside) Speed to set (Spurring / "B" on 1st Every time)	MB			
19.15 (15 mins)	UNITS INTENSE rgs / pieces	Feeds - DOWN & GO Closest force Backs WEDGE (MB)	BC / BP / AJ / MB	<div>1st 3 ATTACKING REPS:</div> <ul style="list-style-type: none"> - Scrum attack - LO Attack - KR Attack 		
19.30 (15 mins)	SPED TO SET AND	Two "edge ruckers" F4 How quick D: "B" NO WASTAGE	BP - Attack F4 AJ - Breakdown skills B - B Defender			
19.45 (15 mins)	THE START RHYTHM		AJ (Set) BP (Speed to Set) B (Support)			
Intensity: MEDIUM	EQUIPMENT					
	Bls / Balls / Cones					

Rugby Coaching Session Plan

M Lipman



Rugby Coaching Session Plan:

Whispering the Techniques of Language: An Emotional Quest through **Rugby Coaching Session Plan**

In a digitally-driven world wherever monitors reign supreme and quick connection drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words frequently move unheard. Yet, situated within the pages of **Rugby Coaching Session Plan** a fascinating fictional prize pulsing with raw emotions, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this enchanting opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of every word. Within the mental depths with this touching evaluation, we can embark upon a genuine exploration of the book is core subjects, dissect their captivating writing model, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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