



## Youth Rugby (age12-16yrs) February Half-Term Defensive Skills Camp

Our aim is to run a one day Defensive Skills rugby camp during the February half-term school holidays. This will allow youth players to gain an useful insight into the Defensive Skills they require on a weekly basis in the game of rugby. Players will be given an opportunity to develop their individual defensive skills and work towards working in small groups and team defensive systems.

Day will Include- Individual tackle technique  
Defending in small groups  
Position specific defensive skills  
Defending in Games  
Different Defensive systems for different opposition

### February Half-term Defensive Skills Camp

Thursday 16th February

10am- 3pm

Cost- £20

Contact Barry Frost  
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