



Youth Rugby (age12-16yrs) Pre-Season Fitness & Skill Testing Clinic

Our aim is to run a one day Fitness and Skill based testing clinic before the start of the competitive rugby season. This will allow youth players to gain an useful insight into those areas of fitness that are important for rugby. Each player will undergo a series of Rugby specific fitness and skill related tests to identify areas of personal strength and weakness and develop an understanding of how they can improve these areas of weakness during the duration of the season.

Each player will be provided with an individual results report to take home at the end of the clinic to tailor their individual training towards over the upcoming months.

Day will Include- Theory session- identify areas of fitness specific to individual positions
 Fitness testing- Individual scores for stamina, speed, agility, power, muscular endurance
 Skill Testing- Handling, Running, Kicking, Contact, Decision Making
 Games Application- How well do you perform in pressurised situations?

Pre- Season Fitness & Skill Testing Clinic

Thursday 18th Aug

10am- 3pm (option of extended supervision hours from 8.30am-4.30am at additional cost of £10)

Cost- £20

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Check out Website for regular updates

