

# TAWAKE RUGBY CLINIC

SPONSORED AND HOSTED BY  
SACRAMENTO STATE  
WOMEN'S RUGBY CLUB

SATURDAY, OCTOBER 25TH, FROM 9:00 AM TO 1:00 PM

AIM: To develop Rugby in all levels for youth, high school, college, senior, and to Elite.



## SCHEDULE

1. Introduction and Welcome
2. Warm Ups, Ball Skills, and Rugby Drills
  - Passing, Handling, Off Loading, Targets and Visions
  - Kicking-Balance, Follow Through
3. Applying Key Factors and Functional Roles
  - Split: Forwards and Backline
  - Set pieces, scrums, lineout
  - Rucks, Mauls, Kickoff
  - Team Play, Team Combination, Phase Play

### Break

4. Defense- Key Factors
  - Align and Isolate
  - React and Spot Opposition
  - Commit
  - Support
  - Contest
5. Combination Team Play
  - Forward and Backward
  - Recovery Stretches
6. Feedback and Departure

SACRAMENTO LIONS RUGBY CLUB  
SPONSORS:



This clinic qualifies for five (5) professional coaching development credits with USA Rugby.

## DETAILS

ROBLA PARK  
625 BELL AVENUE  
SACRAMENTO, CA 95838

- CLINIC IS OPEN TO ALL COACHES AND PLAYERS
- PLAYERS OF ALL AGES, MEN, WOMEN, AND YOUTH ARE INVITED TO ATTEND
- BRING WATER AND SNACKS
- NO COST TO REGISTER OR ATTEND

THANK YOU SACRAMENTO STATE WOMEN'S RUGBY FOR SPONSORING!



Questions or to Register Contact:  
Aaron Frederick  
(916) 224-9808  
aaron@sacramentolionsrugby.org  
sacramentolionsrugby.org