

Sample Junior Programme - Host Family

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 - 10.00	Level Test	English Lesson	English Lesson	English Lesson	English Lesson	City orientation plus tour of Aviva National Stadium	Day Trip: Kilkenny Castle and City
10.00 - 10.15	Break	Break	Break	Break	Break		
10.15 - 11.15	Orientation	English Lesson	English Lesson	English Lesson	English Lesson		
11.15 - 11.30	Break	Break	Break	Break	Break		
11.30 - 12.30	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson		
12.30 - 13.30	Lunch	Lunch	Lunch	Lunch	Lunch		
14.00 - 16.00	Rugby Camp Training - Warm-up Games - Lateral Passing	Rugby Camp Training - Warm-up Games - Lateral Support - Evasion	Rugby Camp Training - Warm-up - Lateral Passing and Varied Passing	Rugby Camp Training - Warm-up - Tackling	Rugby Camp Training - Varied Passing - Continuity in Contact		
Evening		Quazar		Irish Music Night			

Warm-up games include

Stuck-in-the-mud, piggy-in-the-middle, Partner Tig, Endball, Endball & Support, Team Keepball.

Lateral Passing topics include

7x5 Tip Rugby, Feeders 1s, Feeders 2s, Pullback passing.

Varied Passing include

Long pass, short pass, miss pass, switch pass.

Other topics include

Channel support, physical literacy, game sense, general movement, conditioned games and positional clinics.

