

NEW!

Rugby Coaching School

RUGBY COACHING SESSIONS FOR CHILDREN 11-16 years

3 sessions this summer with a fully trained professional who has 35 years rugby experience, together with 17 years as a strength and conditioning coach.

SESSIONS (1HR. LONG):

Wednesdays and Fridays at 5pm

Sundays at 9am

AT: REACH FITNESS GYM

THE SANDFORD PARK LIDO SITE, CHELTENHAM

AN EDUCATION IN:

- * Lifting techniques
- * Posture for power
- * Psychology of sport
- * Injury prevention
- * Speed agility and power
- * Core stability
- * Awareness and decision-making
- * Mental toughness
- * Ball skills

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