



LEVEL 2 (PORC) COACHING COURSES 2010

<i>Level 2</i>	<i>Course</i>	<i>Programme</i>	<i>2010 Dilworth 6pm-9pm</i>	<i>Level 2</i>	<i>Course</i>
PORC 1				PORC 2	
Mon	8th Mar	<ul style="list-style-type: none"> 1 Understanding the Breakdown 2 Team Selection and Game Plan Implementation 3 Coaching Principles and Reviewing Performance 		Monday	26th Apr
					<ul style="list-style-type: none"> 1 Understanding the Breakdown 2 Team Selection and Game Planing 3 Coaching Principles and reviewing performance
Mon	15th Mar	<ul style="list-style-type: none"> 1 Principles of Play 2 Developing a Rugby Culture 3 Breaking Down a skill 		Monday	3rd May
					<ul style="list-style-type: none"> 1 Principles of Play 2 Developing a Rugby Culture 3 Breaking Down a skill
Mon	22th Mar	<ul style="list-style-type: none"> 1 The Modern Lineout 2 The Modern Scrum 3 Back Attack and Team Attack 		Monday	10th May
					<ul style="list-style-type: none"> 1 The Modern Lineout 2 The Modern Scrum 3 Back Attack and Team Attack
Mon	29th Mar	<ul style="list-style-type: none"> 1 Understanding Law 2 Building a stronger Rugby Athlete 3 Aerobic Games to enhance Skill Development 		Monday	17th May
					<ul style="list-style-type: none"> 1 Understanding Rugby Law 2 Building a stronger Rugby Athlete 3 Aerobic Games to enhance Skill Development
Sun	25th Apr 9am-3pm	<ul style="list-style-type: none"> 1 Scrummage Fundamentals 2 Dominating the Breakdown 3 Lineout Fundamentals including Kick off Receive 4 Dominant Defence 5 Kicking Strategies and Techniques 6 Half Back Pass 7 Support Lines 8 Aerobic Games to Enhance Skill Dev 		Sunday	23rd May 9am - 3pm
					<ul style="list-style-type: none"> 1 Scrum Fundamentals 2 Dominating the breakdown 3 Lineout Fundamentals 4 Dominant Defence 5 Kicking Strategies and Techniques 6 Half Back Pass 7 Support Lines 8 Aerobic Games to Enhance Skill Dev