



CATCH & PASS SKILLS



TACKLE SKILLS



Junior Skill Holiday Sessions (open to all clubs, girls & boys) Neale Park July 22nd

(Postponement Day 23rd confirmation on NRFC Facebook Page)
10.00am-U10/U11 12.00pm-U12/U13

- ✓ \$50 registration fee includes fruit snack & sausage sizzle
- ✓ Bring your water bottle, mouthguard, boots and wear appropriate rugby kit for training
- ✓ Skills sessions rotated then group split into units for specific attack/defence session

Session Coaches: NRFC Senior Coaches & Players including available Mako

Register at following link:

<https://www.sporty.co.nz/viewform/166489>

Payments made to:

NRFC 03-1354-0325835-00

POSITIONAL SKILLS



EVASION SKILLS



BREAK DOWN SKILLS

