



# HIGH PERFORMANCE SKILLS CLINICS

## SPRING 2019

“DAN HAD A BIG INFLUENCE ON MY DEVELOPMENT AS AN UNDERAGE PLAYER.”

**JOEY CARBERY,  
MUNSTER & IRELAND**



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| <p><b>ULTIMATE RUCKING MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES RUCKING TECHNIQUE, GAME MANAGEMENT, PASSING IN CONTACT &amp; DECISION MAKING</p> <p><b>MON 18<sup>TH</sup> FEBRUARY 19</b><br/>10:00-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p>                                | <p><b>FORWARDS TECHNICAL MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES SCRUMMAGING, LINEOUT, KICK OFF &amp; RUCKING DEVELOPMENT</p> <p><b>MON 18<sup>TH</sup> FEBRUARY 19</b><br/>10:15-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p>                          | <p><b>HALF BACKS MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES ATTACK &amp; DEFENCE PRINCIPLES, EVASION TECHNIQUE, KICKING TECHNIQUE &amp; DECISION MAKING</p> <p><b>TUES 19<sup>TH</sup> FEBRUARY 19</b><br/>10:00-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p> | <p><b>ULTIMATE CONTINUITY MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES ATTACK &amp; DEFENCE PRINCIPLES, EVASION TECHNIQUE, PASSING IN CONTACT SITUATIONS &amp; DECISION MAKING</p> <p><b>TUES 19<sup>TH</sup> FEBRUARY 19</b><br/>10:15-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p>                    | <p><b>GIRLS ONLY HIGH-PERFORMANCE CLINIC</b></p> <p>GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES PASSING TECHNIQUE, ATTACK &amp; DEFENCE PRINCIPLES, RUCKING TECHNIQUE &amp; SAQ DEVELOPMENT</p> <p><b>WED 20<sup>TH</sup> FEBRUARY 19</b><br/>10:00-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p> |
| <p><b>MINIS RUGBY DEVELOPMENT DAY</b></p> <p>BOYS &amp; GIRLS: 10-13 YRS</p> <p>CLINIC PROGRAMME INCLUDES PASSING TECHNIQUE, ATTACK PRINCIPLES, SHADOWMAN DEFENCE TECHNIQUE, TEAM BUILDING GAMES &amp; SAQ DEVELOPMENT</p> <p><b>WED 20<sup>TH</sup> FEBRUARY 19</b><br/>10:15-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p> | <p><b>KICKING &amp; SPEED DEVELOPMENT MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES KICKING PRINCIPLES &amp; SPEED, AGILITY &amp; QUICKNESS DEVELOPMENT</p> <p><b>THUR 21<sup>ST</sup> FEBRUARY 19</b><br/>10:00-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p> | <p><b>DEFENSIVE MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES TACKLE TECHNIQUE WITH SHADOWMAN, DEFENSIVE DECISION MAKING &amp; SAQ IN DEFENSIVE SITUATIONS</p> <p><b>THUR 21<sup>ST</sup> FEBRUARY 19</b><br/>10:15-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p> | <p><b>FIT 4 HIGH PERFORMANCE RUGBY (PRACTICAL)</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>PROGRAMME WILL DELIVER THE ULTIMATE PRACTICAL FITNESS &amp; CORE SKILLS DEVELOPMENT SESSION COVERING GENERAL ATTACK &amp; DEFENCE PRINCIPLES</p> <p><b>FRI 22<sup>ND</sup> FEBRUARY 19</b><br/>10:00-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p> | <p><b>BACKS TECHNICAL MASTERCLASS</b></p> <p>BOYS &amp; GIRLS: 14-18 YRS</p> <p>CLINIC PROGRAMME INCLUDES ATTACK &amp; DEFENCE PRINCIPLES, GAME MANAGEMENT, PASSING &amp; DECISION MAKING SKILLS</p> <p><b>FRI 22<sup>ND</sup> FEBRUARY 19</b><br/>10:15-16:00 hrs<br/>COST: €90pp</p> <p>PLACES AVAILABLE - <a href="#">CLICK FOR DETAILS</a></p>  |

CLINICS INCLUDE : ALL PRACTICAL AND PITCH BASED ACTIVITIES PLUS LUNCH AND LIGHT REFRESHMENTS ON THE DAY.

**CHECK OUT OUR 2019 JUNIOR MEMBERSHIP PACKAGE FOR €199pp (INCLUDES 2 CLINIC PLACES)**

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