

2018 Tignes Rugby Academy Training Programme

Group: Tignes Rugby Academy Week One
 Site: UCPA Tignes, France
 Dates: 08/07/2018 - 14/07/2018



Sample Programme

Day	Group	07:00 - 07:30	08:20 - 08:40	09:00 - 10:15	11:15 - 12:30	14:00 - 15:30	16:00 - 17:00	17:15 - 18:30	19:00 - 19:30	20:30 - 22:00
Sun 8th	All					Transfer: Transfer From Ferry/Station On Arrival: Registration and Room Allocations Activities: Welcome Talk and Meet The Team				Tag Tournament
Mon 9th	Tignes Rugby Language Development					R&R	Team Meeting	Physical Testing	Game Management: Principles of Passing & Attack	Aquatic Test
Tues 10th	Tignes Rugby Language Development	R&R	Team Meeting	Power & Speed Development	Game Management: Principles of the Ruck	Language Development	Language Development	Rucking Assessment & Attacking Games	High Performance Clinic: Passing Analysis	UCPA Activity
Wed 11th	Tignes Rugby Language Development	R&R	Team Meeting	Rugby Yoga & Shadow Ball Passing	Game Management: Shadowman Tackle Clinic	Language Development	Language Development	Tackling Assessment & Defensive games	High Performance Clinic: Rucking Analysis	UCPA Activity
Thurs 12th	Group 1 Group 2 Group 3 English	R&R	Team Meeting	Tignes Free Time Sports: Volleyball, Basketball, Football	Mountain Lookout	Beach Court Games & BBQ Lunch	Team Water sport Challenge	Shopping, stretching session & Table Tennis	High Performance Clinic: Sports Performance	UCPA Activity
Fri 13th	Tignes Rugby Language Development	R&R	Team Meeting	Flexibility & Injury Prevention	Beach Tag Tournament	Language Development	Language Development	Position Specific Skills	High Performance Clinic: Tackling Analysis	End Of Tour Presentation
Sat 16th	Tignes Rugby Language Development	Checkout & Departure	Team Meeting	Departure 14 Night Group - R&R	Departure 14 Night Group - Mini Golf	Departure 14 Night Group - English Class	Week 2 Group Arrival			Movie Night
							14 Night Group - English Class	14 Night Group - Position Specific Skills	14 Night Group - R&R	

Please note PSA Academies reserves the right to make alterations to the programme should weather or situations outside of our control dictate. This may mean putting on suitable alternatives when necessary but PSA Academies will always try to fit in all the programmed activities by the end of the stay.