

COACHING SKILL FUNDAMENTALS

THEME

GREAT OPPORTUNITY FOR OUR SCHOOL AND CLUB COACHES INVOLVED
IN COACHING U14-U18 TO OBSERVE SAINTS COACHES DELIVERING
“WHAT” A SAINTS FUNDAMENTAL SKILLS SESSION
LOOKS LIKE IN OUR ACADEMY PATHWAY.

FOCUS

HOW CAN YOU IMPLEMENT THESE SKILLS INTO TRAINING SESSIONS?
OUR ACADEMY PATHWAY WILL BE TRAINING
ON THESE EVENINGS SO WE CAN SHOW YOU HOW

DELIVERERS

ALEX O'DOWD (ACADEMY DEVELOPMENT MANAGER), TIM GRIMSEY (ACDO)
AND A VARIETY OF SAINTS ACADEMY COACHES

DATE	ACTIVITY	VENUE
WEDNESDAY 22 ND NOVEMBER, 6.30PM	ACADEMY ATTACK FUNDAMENTALS	SHELFORD RFC
WEDNESDAY 29 TH NOVEMBER 6.30PM	ACADEMY ATTACK FUNDAMENTALS	COLCHESTER RFC
WEDNESDAY 6 TH DECEMBER 6.30PM	ACADEMY ATTACK FUNDAMENTALS	LUTON RFC
WEDNESDAY 13 TH DECEMBER 6.30PM	ACADEMY ATTACK FUNDAMENTALS	NORTHANTS
WEDNESDAY 28 TH FEBRUARY 6.30PM	ACADEMY DEFENCE FUNDAMENTALS	SHELFORD RFC
WEDNESDAY 6 TH MARCH 6.30PM	ACADEMY DEFENCE FUNDAMENTALS	COLCHESTER RFC
WEDNESDAY 13 TH MARCH 6.30PM	ACADEMY DEFENCE FUNDAMENTALS	BEDFORD ATHLETIC RFC
WEDNESDAY 27 TH MARCH 6.30PM	ACADEMY DEFENCE FUNDAMENTALS	NORTHANTS

SESSIONS WILL INVOLVE INDOOR AND OUTDOOR DELIVERY
TO BOOK A PLACE PLEASE CONTACT: KATHARINEBURROWS@NORTHAMPTONSAINTS.CO.UK