

Shape of the Training Day

1. Arrive: 0950
2. Warm Up: 10-10-15
3. Technical Session 10.15-11.00
4. Break 11.00-11.10
5. Technical Session / Progressed / Unit / Phase of play scenarios 11.10 - 12.30
6. Lunch 12.30-13.15
7. Technical Session / Player Lead 13.15-14.00
8. Matches/Games 14.00-15.00



England Player **Matt Ramshaw**
Supports our Camps



World-Class
Coaching & Camps