



CZECH RUGBY UNION



September 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 18:30 - 20:30 National Field Session (Moravia) 7:30 - 9:00 Dukla Gym Session National Gym Session	5 7:30 - 9:00 Dukla Gym Session National Gym Session	6 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	7 7:30 - 9:00 Dukla Field Session	8 7:30 - 9:00 Dukla Gym Session National Gym Session	9
10	11 18:30 - 20:30 National Field Session (Moravia) 7:30 - 9:00 Dukla Gym Session National Gym Session	12 7:30 - 9:00 Dukla Gym Session National Gym Session	13 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	14 7:30 - 9:00 Dukla Field Session	15 7:30 - 9:00 Dukla Gym Session National Gym Session	16
17 National Training Camp (Tatra)	18 18:30 - 20:30 National Field Session (Moravia) 7:30 - 9:00 Dukla Gym Session National Gym Session	19 7:30 - 9:00 Dukla Gym Session National Gym Session	20 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	21 7:30 - 9:00 Dukla Field Session	22 7:30 - 9:00 Dukla Gym Session National Gym Session	23
24	25 18:30 - 20:30 National Field Session (Moravia) 7:30 - 9:00 Dukla Gym Session National Gym Session	26 7:30 - 9:00 Dukla Gym Session National Gym Session	27 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	28 7:30 - 9:00 Dukla Field Session	29 7:30 - 9:00 Dukla Gym Session National Gym Session	30

**Training Camp 17 September 2017**

10:00	Welcome	
10:05	Forwards	Scrum Theory
	Backs	Play from Scrums Theory
10:20	Forwards	Scrum Practical
	Backs	Play from Scrums Practical
11:00	Forwards	Line Out Theory
	Backs	Play from Line Out Theory
11:20	Forwards	Line Out Practical
	Backs	Move and Kicking
12:00	Lunch	

**Notes:**

Training Camps = 30 Players with Lunch and Tea  
 Players from outside Czech Republic must be accommodated in terms of accomodation and

13:00	Breakdown	Theory
13:20		Practical
13:45	Defence	Theory
14:05		Practical
14:45	Tea	
15:00	Playing Pattern	Theory
15:20		Practical



CZECH RUGBY UNION



October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 18:30 - 20:30 National Field Session (Moravia) National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>3</b>	<b>4</b> 18:30 - 20:30 National Field Session (Marketa)	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 18:30 - 20:30 National Field Session (Moravia) National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>10</b>	<b>11</b> 18:30 - 20:30 National Field Session (Marketa)	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> 10:00 National Training Camp (Marketa)	<b>16</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>17</b> 18:00 Closed Session vs SA Barbarians (Marketa)	<b>18</b> 18:30 Post Game Analysis vs SA Barbarians (Marketa)	<b>19</b> 18:30 - 20:30 National Field Session (Marketa)	<b>20</b> 15:00 Captains Run (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>21</b> 15:00 Czech Republic vs SA Barbarians
<b>22</b>	<b>23</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>24</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>25</b> 7:30 - 9:00 Dukla Field Session	<b>26</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	<b>27</b> 15:00 Captains Run (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>28</b> 15:00 Czech Republic vs Poland
<b>29</b>	<b>30</b> 18:30 - 20:30 National Field Session (Moravia) National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>31</b> 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>Notes:</b> Training Camps = 30 Players with Lunch and Tea Players from outside Czech Republic must be accommodated in terms of accomodation and			

**Training Camp**

**15 October 2017**

<b>10:00</b>	Welcome		<b>13:00</b>	Breakdown	Theory
<b>10:05</b>	Forwards	Scrum Theory	<b>13:20</b>		Practical
	Backs	Play from Scrums Theory	<b>13:45</b>	Defence	Theory
<b>10:20</b>	Forwards	Scrum Practical	<b>14:05</b>		Practical
	Backs	Play from Scrums Practical	<b>14:45</b>	Tea	
<b>11:00</b>	Forwards	Line Out Theory	<b>15:00</b>	Playing Pattern	Theory
	Backs	Play from Line Out Theory	<b>15:20</b>		Practical
<b>11:20</b>	Forwards	Line Out Practical			
	Backs	Move and Kicking			
<b>12:00</b>	Lunch				



# CZECH RUGBY UNION



## November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	<b>2</b> 7:30 - 9:00 Dukla Field Session	<b>3</b> 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>4</b>
<b>5</b>	<b>6</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>7</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>8</b> 7:30 - 9:00 Dukla Field Session	<b>9</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	<b>10</b> 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>11</b>
<b>12</b>	<b>13</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>14</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Gym Session National Gym Session	<b>15</b> 7:30 - 9:00 Dukla Field Session	<b>16</b> 18:30 - 20:30 National Field Session (Marketa) 7:30 - 9:00 Dukla Field Session	<b>17</b> Depart to Portugal Captains Run (Lisbon)	<b>18</b> Portugal vs Czech Republic
<b>19</b> Arrive back from Portugal	<b>20</b> Players Break	<b>21</b> Players Break	<b>22</b> Players Break	<b>23</b> Players Break	<b>24</b> Players Break	<b>25</b> Players Break
<b>26</b> Players Break	<b>27</b> Players Break	<b>28</b> Players Break	<b>29</b> Players Break	<b>30</b> Players Break	<b>Notes:</b> Size of travel party to Portugal 30	