

Panther ID Camp Schedule

01/04/20



Time	Task
900	Sign in/Personal warm-ups
930	Group warm-ups
950	Fitness Test
1015	3 Groups: decision making, 1 on 1 tackling/evading, handling test
	Split forwards and backs
1100	Lineouts 4 on 3 quick test drill
1115	Lineouts First phase attack 6 on 4
1130	Tight 5 scrum Line out attack with loose forwards
1145	Tight 5 scrum Counter attack
1200	Release for lunch
1300	Return & select team
1315	Set team goals, select captains, soft warm-up
1400	Kickoff
1540	Evaluations