



Savannah Practice Schedule Daffin, Park

Players should arrive between 1300 and 1400 to receive kit and work on offensive shape/Lineouts in free time.

Make sure you eat prior to arrival.

1400 Official Practice Starts

1400 - 1415 intro and warm-up game/Zip

1415 - 1430 Dynamic stretch

1430 - 1450 Ruck

1450 - 1510 Backs Fitness test

1450 - 1510 forwards shape flash/Hammer

1510 - 1530 forward fitness test

1510 - 1515 Backs Break

1515 - 1530 Backs defense

1530 - 1615 divide backs/forwards

1615 - 1630 defense

1630 team run through.

Static team stretch

*all times except start time are subject to changes as practice moves forward.