

*Geoff Spotswood*

**PRIVATE**

**RUGBY**

**TECHNIQUE COACHING**

Private coaching sessions allow on-going player technique development and improvement in all areas.

*Sessions are conducted by Geoff Spotswood, Level 2 Rugby Union Coach ( Australian Rugby Union)*

These individualised sessions are tailored to each players' needs.

**FEATURES INCLUDE:**

- One hour sessions
- Technique development in all areas of rugby
- Individual error detection and correction
- Improved confidence and understanding of rugby
- Accredited coaches and teachers

**SESSIONS INVOLVE SPECIFIC AREAS:**

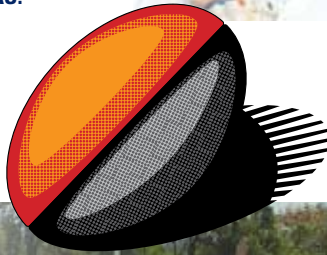
- Warm up and core strength
- Agility and running skills
- Physical fitness
- Safety in contact
- Ball handling & Passing
- Kicking
- Tackling
- Rucking & Mauling
- Decision making
- Patterns of play

**COST:** \$700 for 10 one hour sessions

**GROUP ORGANISATION:**

A minimum of four (4) players need to be organised for a session to start

**VENUE:** Mutually agreed



Endorsed by  
**Stephen Waugh**

**APPLICATION FORM**

**To make a booking:** CHECK website [www.cricketcoachingclinics.com.au](http://www.cricketcoachingclinics.com.au) for VENUE and SESSION DAYS and TIMES

RING or EMAIL Geoff to confirm venue and session details

POST or EMAIL APPLICATION FORM with deposit

VENUE: .....

DAY and TIME: .....

STARTING DATE: .....

Surname .....

First name .....

Address .....

Suburb ..... Postcode .....

Age (years and months) .....

Phone (h) ..... Mobile .....

Mobile .....

Email .....

School .....

Experience (years played) .....

Club playing for .....

I give permission for my son/daughterto attend the Coaching sessions and receive information in the post.

Signature (parent/guardian) .....

How did you find out about the Coaching sessions? .....

Preferred coaching correspondence method:  email or  phone

**Payment method:** \$100 deposit or full payment

Cheque *made out to "Cricket Coaching Clinics"*

**POST:** Coaching Clinics, 146 Burns Road, Turrumurra NSW 2074

EFT payment details: Westpac "Cricket Coaching Clinics" BSB 032164  
Account Number 110800 (Please reference: Surname & clinic attending)(Please reference: Surname & clinic attending)

**EMAIL** [geoff@cricketcoachingclinics.com.au](mailto:geoff@cricketcoachingclinics.com.au)

Paypal (see website)

**PHONE:** Geoff – 0401 382 409 or 9489 8187

**WEBSITE:** [www.cricketcoachingclinics.com.au](http://www.cricketcoachingclinics.com.au)

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