



NZR SEVENS COACHING



NZR Coaching Sevens

Sunday 12th October 9.30 am – 3pm.

Sport House - North Harbour Stadium

Presenters

GEOFF ALLEY

**Harbour Sevens Coach 2014
Philippines Sevens Coach 2014
Iranz Sevens Coach**

DARRYL SUASUA

NZR Coach Development

Course Content

**History of Sevens, Tournament Management, Fitness and Conditioning
Principles of Play , Game Planning, Coaching Skills –Game activities**



Please Complete the Application Form by; October 3rd - 5pm

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