

RICHMOND LIONS RUGBY FOOTBALL CLUB IS PROUD TO HOST

# RUGBY SKILLS CLINIC AND FIELD DAY

SPONSORED BY THE RICHMOND RUGBY FOUNDATION

## JOIN THE RICHMOND LIONS FOR A DAY OF BASIC INDIVIDUAL AND UNIT SKILL WORK.

The session is open to players of all skill levels and will focus on fundamental ball skills, then building into learning how to break a defense. The session will then split into forwards and backs, with forwards learning the fundamentals of the lineout and scrummaging, while backs will work on mastering second man play and counter-attack. There'll also be instruction from referees on the rules, especially around ruck and maul. And much much more.

**SATURDAY**  
**AUGUST 28TH**

- FREE TO ATTEND
- ALL SKILL LEVELS WELCOME
- WARMUP: 10 AM FINISH: 4 PM
- LUNCH SNACKS PROVIDED
- COACHES WELCOME TO JOIN AS ASSISTANTS
- HANG OUT AFTER FOR SOME TOUCH RUGBY, FULL COOKOUT AND SOME LIBATIONS TO CELEBRATE YOUR GROWTH AS A PLAYER
- PRIZE FOR WINNING TOUCH SEVENS TEAM

**LED BY**  
**BEN WIEDEMER**

- FORMER USA EAGLE
- SUPER LEAGUE NATIONAL CHAMPION WITH BELMONT SHORE
- COMPETED IN ALL IRELAND FIRST DIVISION
- FORMER COACH OF THE POTOMAC ATHLETIC CLUB & FORWARDS COACH OF THE POTOMAC EXILES

**RSVP:** [RVALIONSRUGBY@GMAIL.COM](mailto:rvalionsrugby@gmail.com)



**LOCATION:** Seven Pines Rugby Park  
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