

# DUBAI COLLEGE RUGBY 7'S

in association with

**sportarabia**  
worldwide

**NEXT GENERATION SEVENS**



## Dubai College Rugby 7's in association with Sport Arabia Worldwide and Next Generation Sevens

Sat 11th Feb - Sat 18th Feb 2017  
Dubai College - U13, U16 and U18

### Overview of the Dubai College Rugby 7's

Pre-season 7's masterclasses and tournament in the guaranteed sunshine of Dubai with temperatures typically around 20-25 degrees. 5 days of training and specialist masterclasses from Next Generation Seven's featuring high profile coaches such as Mike Friday and Phil Greening intertwined with free time in Dubai to explore the culture that this enigmatic destination has to offer culminating in a 7's tournament on the final day.

This unique rugby partnership brings together world class logistics from Sport Arabia Worldwide, a high quality venue and host in Dubai College and top level specialist coaching and mentoring from Next Generation 7s to bring you masterclasses with international elite coaches followed by the opportunity to put what you've learned in to practice in a tournament on the final day.

### Accommodation

A range of hotel options is available including the 4\* Oasis Beach Tower Hotel Apartments situated within Dubai's Marina complex (subject to availability based on a first-come-first-served basis) - 50 metres from the beach and within a few stops of Dubai's amazing shopping malls via the metro'

### Whats included?

- Return flights to/from the UAE
  - 6 nights B&B accommodation on a twin/triple share basis
  - Water/fruit/ice/lunch each day at the venue
  - Tournament entry on the Friday + professional masterclasses during the week
  - UAE ground transportation including airport 'meet and greet'
  - Hotel shuttle bus running between hotel and venue each day
  - Sport Arabia Worldwide team liaison throughout your stay
  - Optional excursions during downtime
- An evening dinner with time to relax and socialise with other teams and coaches





## NG7 Proposed Itinerary

---

The itinerary is structured into blocks to provide maximum development and enjoyment for all participants.

- 5 Training sessions**
- 1 Coach development session**
- 1 Two hour team run**
- 2 Blocks of R & R**
- 1 Full day tournament**

The five training sessions will include two attack sessions (one focusing on the tactical side of the game, the other on the technical skills required to perform it) plus two defence sessions with the same format and a fifth session covering set plays from penalties, scrum and line outs as well as restarts.

Each training session will last two hours and there will be a two hour block in the morning, followed for a two break for lunch and recovery, followed by a second two hour session in the afternoon.

The coach development session will cover all the fundamentals of the game that are being presented during the training sessions.

The intention is to pair each NG7s coach up with two schools. On the Thursday morning before the tournament, the coach would run a two hour team prep session with one of the schools and look after the other one in the afternoon.

On the tournament day, the NG7s coach would mentor the schools coaches and offer touchline analysis.



## Proposed itinerary:

### Saturday 11th Feb

Depart UK arriving in to Dubai in the evening -  
Check in to the Oasis Beach Tower Hotel, Dubai Marina

### Sunday 12th Feb

Morning - R&R  
Afternoon - Touch Rugby beach training session

### Monday 13th Feb

NG7 Training Session - ATTACK - Sessions 1 + 2  
Lunch at DC (included) - excursions/downtime before/after

### Tuesday 14th Feb

NG7 Training Session - DEFENCE - Sessions 3 + 4  
Lunch at DC (included) - excursions/downtime before/after

### Wednesday 15th Feb

NG7 Training Session - SET PIECE - Sessions 5 + R&R  
Lunch at DC (included) - excursions/downtime before/after

### Thursday 16th Feb

NG7 Training Session - TEAMWORK - Run through 1 + 2  
Lunch at DC (included) - excursions/downtime before/after

### Friday 17th Feb

Dubai College Sevens tournament - All day  
Departing after the tournament for flight home in the evening

### Saturday 18th Feb

Arrive back in to the UK around 7am

List of optional excursions - Desert Safari, Water-Parks, Catamaran Cruise, Burj Khalifa, Cultural Lunch/Dinner, Ferrari World, Palm Kayaking, Zayed Grand Mosque, Dubai Mall, Dubai Creek, Kite Beach, Karama Souk





## Next Generation Sevens Coaching



### Mike Friday\*

Head coach of the United States national rugby sevens team. Former England 7s Captain and Head Coach, plus former coach of the Kenyan National Sevens Team.



### Phil Greening\*

Former British Lion and England 7s Captain, Assistant coach of the USA7, former Scotland 7s head coach and England 7s assistant coach



\*Subject to availability



## NG7s TALENT POOL

OUR EXCLUSIVE COACHING FAMILY



Mike Friday



Phil Greening



Paul John



Damian McGrath



Chris Brown



Tim Walsh



Felix Ochieng



Nick Wakley



Henry Paul

## Package Options

### Full Package

From £1295pp per person based on a group of 12 students with 1 member of staff included on a FOC basis (NB - numbers are flexible - please get in touch for an accurate quote based on your anticipated numbers)

### Ground Only Package

(no fights but accommodation and tournament package included)

For teams wishing to make their own travel arrangements to the festival  
- From £775pp based on 12 boys with 1 staff FOC

### Tournament Only Package

(no fights/accommodation/transportation but tournament package - meals, coaching and entry included)

For teams based in the UAE wishing to take part in the festival  
- From AED1,500pp based on 12 boys with 1 staff FOC

---

## Contact

For more information please contact  
Roger Myall at [roger.myall@sportarabia.co.uk](mailto:roger.myall@sportarabia.co.uk)  
or go to [sportarabia.co.uk](http://sportarabia.co.uk)

## Dubai College Rugby 7's in association with Sport Arabia Worldwide and Next Generation Sevens

Saturday 11th - Saturday 18th February 2017  
Dubai College  
U13, U16 and U18

