



Safe Contact Clinic & Practice

Richmond Olympic Oval Sunday February 8, 2015

9:00am Dino Geremia NCCP Master Facilitator	Introductions Plan for the Day	NCCP Facilitators Jerome Erdman Dino Geremia
9:15am Kevin Phillips Sports Therapist	Why Safe Contact? History, bad examples. Head and back injuries	
10:00am Rob Williams Sport Core Performance	Warm up & Fundamentals Posture and core development	
10:45am Jerome Erdman & Dino Geremia	Tackling safely Step by Step Arrow concept Drills	
11:30am Angus Reid & Neil Cartwright	Blocking Safely Technique Step by Step Progression Drills	
12:15pm	Coaches Break	
12:30pm	Players Check in	Pro players, coaches and provincial staff to help with the practice.
1:00pm	Orientation for Parents & Players	
1:30pm	Practice All Players to learn " Safe Contact " Blocking and Tackling	
4:00pm	Coaches Review Finish	

Safe Contact Practice – Tackling & Blocking

1:30pm	Dynamic Warm Up	All Coaches to help emphasizing importance of a proper warm up as it relates to all injuries.
1:50pm	Safe Tackling Technique Safe Blocking Technique	Posture and Position
2:15pm	Safe Tackling Drill Circuit	4 Stations at 10 Min. 1. 2. 3. 4.
3:00pm	Safe Blocking Drill Circuit	4 Stations at 10 Min 1. 2. 3. 4.
3:45pm	Review & Debrief with Coaches & Players	
4:00pm	Coaches Review	