



# *Markham Irish Canadian Rugby Club*

## **PRACTICES VS. GAMES**

1. Efficient practice will give a player more skill development than multiple games collectively.
2. Each player will have a ball in their hands far more in a practice than in a game.
3. Players are on the field for 2-3 hours of practice weekly. Whereas in a game (with substitutions) they may have an average of 40 mins on the field.

What I am trying to get across here is that practices are just as important if not more important than games. Practices are where the players get a chance to develop their skills. I will be strongly reinforcing play with/without the ball and positioning.