



# Conferinta Nationala a antrenorilor de Superliga, DNS si U19

Bucuresti,  
14-16.03.2013

# Joi, 14.03.2013

- 11.00h: Deschiderea stagiului (staff echipa Nationala) - Analiza participării echipei naționale de seniori la Cupa Europeană a Națiunilor 2013
- 12.30h: Propuneri privind îmbunătățirea sistemului de joc pentru sezonul 2013 – Peter Ianusevici, Daniel Mitrea + Legarea de sistemul de joc la juniori U18/U19
- 13.30h: Masa de pranz
- 14.30h: Sistemul de aparare la echipa Nationala – Neil Kelly

# Vineri, 15.03.2013

- 09.00h: Prezentarea sistemului național de monitorizare și evaluare a antrenorilor de rugby – Daniel Mitrea
- 10.00h: Vizionarea unui antrenament practic pentru îmbunătățirea tehnicii individuale – Brett Davey.
- 13.00h: Masa de pranz
- 14.00h: Pregătirea fizică specifică în Rugbyul de mare performanță . Prezentarea mijloacelor folosite în antrenamentul modern pentru pregătirea fizică integrată. Planificarea PF 16.03 - IRB Nations – Florin Tasca.

# Sambata, 16.03.2013

- 09.00h: Intalnire antrenori/arbitrii cu privire la abordarea comună a aplicării regulamentului de joc în competițiile interne pentru sezonul 2013 – Valeriu Toma, Horatiu Bargaunas
- 13.00h: Incheierea stagiului si masa de pranz
- 15.00h: Vizionarea meciului dintre România și Georgia din cadrul Cupei Europene a Națiunilor.

# Focus in Rugby

- <http://www.performanceinnovation.net/theirb>
- **Focus in Rugby:**  
Our Focus software has been used by coaches at international and professional level for over a decade, providing advanced analysis capability designed to enhance individual, unit and team performance. Our aim is to make this advanced analysis technology available to coaches at every level of the game.
- **Focus and the IRB:**  
The IRB are keen to ensure that as many of their coaches as possible can have access to this valuable technology. We have therefore teamed up to make our world-class Focus X2 analysis software solution available to all accredited coaches at an affordable cost.
- The normal cost of Focus X2 is around £1,000. However, through an agreement with the IRB, we are offering our Focus X2 analysis software for a cost of only **£50 (+vat) per annum** to all accredited coaches.
- **Getting your copy of Focus:**  
To get your copy of Focus X2 for the reduced cost of £50 you will need the Voucher Code sent to you by the IRB.
- Please read the important information on '[System Requirements](#)' before you purchase Focus.
- Click on the 'Buy Focus' button below and follow the instructions for purchasing, downloading and licensing the software. Once you have completed the purchase of Focus X2, please click on the 'Back to Merchant' button on the payment page to begin the download and install process.