



## Ki-o-rahi Workshop

**Saturday 26 March 2011**

9.00am	Powhiri
9.30am	Kapu tii break
10.00am	Mihimihi / Whanaungatanga/ Health & Safety briefing
10.30am	<b>Morning Ki-o-Rahi session</b> <ul style="list-style-type: none"><li>- Whakapapa</li><li>- Field layout (explore the field) zones, and team objectives.</li></ul>
11.00am	Recap on theory (note taking) / video (Sport Waitakere)
11.30am	- 'Show & tell' play dough competition (- Field layout, zones, and team objectives).
11.45am	- Tatu process/ whanau- captain team talk.
12.15pm	Lunch break
12.45pm	Recap on morning session
1.00pm- 1.15pm	Kanikani session/ warm up (Maori Gods)
1.15pm – 2.00pm	<b>Afternoon Ki-o-Rahi session</b> (Practical) <ul style="list-style-type: none"><li>- 7 aside (with rolling subs)</li><li>- 7min quarters</li></ul>
2.00pm- 3.00pm	Evaluation and Poroporoaki