

#English4Rugby

ACCENT
PERFECTION

B1



FC TRAINING

90-HOUR
TOEIC®
E-LEARNING
PLAN

With content from
OXFORD
UNIVERSITY PRESS

ETS
TOEIC

4 Skills
Listening Speaking Reading Writing

FORMULE PRO :

- 1 25H COURS INDIVIDUELS ANGLAIS RUGBY PRO EN DISTANCIEL AVEC PROFESSEUR.
- 2 90H E-LEARNING ANGLAIS DES AFFAIRES TOEIC® VALABLE 1 AN.
- 3 CERTIFICATION TOEIC® 4 SKILLS INCLUSE EN FIN DE STAGE.

UNIT TITLE	USEFUL LANGUAGE AND SKILLS
1 INTRODUCING YOURSELF & YOUR DUTIES	Small talk & useful language Introduction to Phrasal Verbs Grammar skills crash course: basic present, past & future tenses.
2 RUGBY PITCH & POSITIONS	Pitch lines & markings. Tight head prop right wing, no. 8 forward, second row, scrum half, full back, loose head prop, right & left centre, left wing, fly half, hooker, flank forwards, third row & lock forwards.
3 4 RUGBY CORE SKILLS	Evasion, handling, tackling & kicking skills. Putting together effective drills.
4 SET PLAYS	Scrum, lineout & restarts skills.
5 CONTINUITY	How continuity works in Rugby. Defence at the Breakdown.
6 THE THREEQUARTERS	Understanding threequarter play. Standard plays for threequarters. Counter-attack from kick receipt.
7 PHYSICAL & MENTAL FITNESS	Lifestyle. Personal Training. Treatment of Injuries.
8 CAREER SWITCH TIPS	Public speaking workshops. Drafting your own CV & covering letter. Asking for a reference letter. Gearing up for your job interview.

Morning

Mourning

toast lost

post most

ACCENT
PERFECTION

sight

light

delight

fighting

bright

right

traɪ

taɪm

fəʊt

ˌʌnˈtɑɪ

ɡaɪ

/ɔ:/ /ɑ:/ /tʃ/

AGAIN

-gen -geɪn

80% 20% BrE

97% 3% AmE

**MP3
FLASH CARDS**

DEMANDER UN DEVIS CPF



WWW.FC-TRAINING.COM

30 FORMATIONS CPF
ANGLAIS PRO



ENGLISH FOR RUGBY UNION

THE RUGBY PITCH

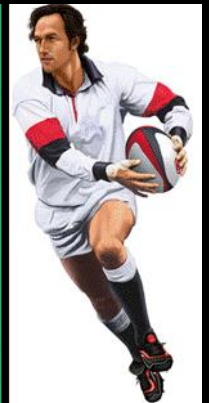
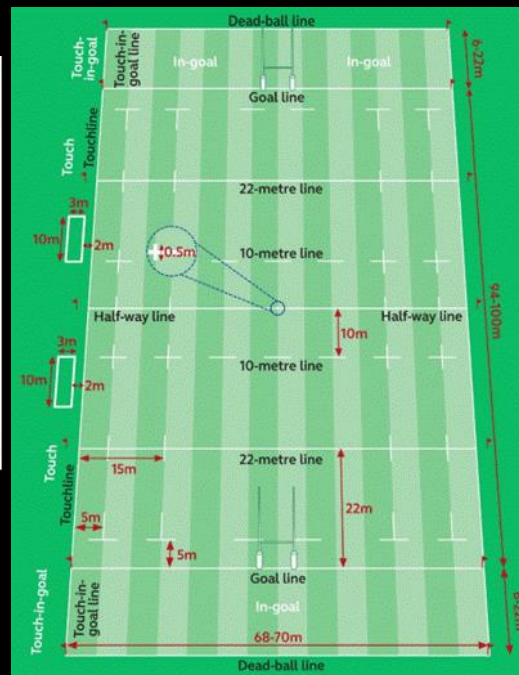


It is **essential** for a rugby coach to have a **clear** understanding of all **lines** and **markings** on a rugby pitch. Watching the following recap video will help you **brush up on** those...



A skilled team captain should be able to:

- 1 **improve** team performance
- 2 **build** an effective team
- 3 **react to** change
- 4 **motivate** players
- 5 **develop** creativity
- 6 **identify** problems
- 7 **ensure** deadlines are met



ROLE PLAYING

You are Julien PERRET, the head coach of a national rugby club in France. You are about to give a 20-minute presentation with Andy MacFarlane, a seasoned rugby coach based in the UK. Your presentation is about putting together effective handling drills. Unfortunately, the sound and vision team have mixed up all your visual aids.



ANDY'S NOTES:

About 10 min after intro, ask S&V team to put up pic 1 on screen. Make sure they follow the following order:

- 1 Running lines drill
- 2 Gridwork drill
- 3 Crossovers drill
- 4 Narrow channels drill
- 5 Wide channels drill
- 6 Speed of hand drill

Help Andy put them back in the right order in less than 10 minutes, using his handwritten notes.



would like + infinitive

Today I'd like to tell you about our new plans.
This morning I'd like to bring you up to date on our department.

going to + infinitive

I'm going to talk to you today about new developments in the R & D Department.
This afternoon I'm going to be reporting on the new division.

will + infinitive

I'll begin by explaining the function.
I'll start off by reviewing our progress.
After that, I'll move on to my next point.

will be + verb -ing

I'll be talking about our guidelines for Internet use.
During the next hour we'll be looking at the advantages of this system.

ETS TOEIC Official Learning and Preparation Course

Module 1: High-beginner
 + 90 HOURS ETS GLOBAL TOEIC® E-LEARNING
 A2 B1

Module 2: Intermediate
 B1 B2

Module 3: Advanced
 B2 C1

1-YEAR ACCESS (90H) DETAILS:

4 Dining Out 5 General Business 6 Entertainment

#TOEIC® ETS® Reading & Comprehension skills resources :

December 2022
Discoveries Magazine
 Ocean Exploration for Everyone
 Some scientists study the ocean. They use cameras, sensors, and other tools. But they don't know a lot about the very deep parts of the ocean. Over 99% of the deep sea has never even been explored. This is because deep ocean exploration is very expensive. Equipment for exploring the deep sea can cost hundreds of thousands of dollars.
 Read

#TOEIC® ETS® Business English idioms workshops:

Community

Discoveries Magazine: Read Discoveries Magazine for all the latest news and views. Written in English at your level. Continue

Games: Practice your English by playing word games. Continue

Talking Idioms: Impress your friends and teachers by using idioms next time you speak English! Continue

#TOEIC® ETS® Assessment hub : High-beginner / Intermediate & Advanced levels:

Assessment Center

6 Available Tests

Name	Action
1. Module 1: High-beginner Final Test	Start Test
2. Module 2: Intermediate Midterm Test	Start Test
3. Module 2: Intermediate Final Test	Start Test

CEFR LEVEL (Common European Framework of Reference)

CEFR LEVEL	TOEIC® SCORE	ENGLISH LEVEL PREREQUISITE
A1 POST-BEGINNER	Between 120 ▶ 220	
A2 PRE-INTERMEDIATE	Between 225 ▶ 545	
B1 INTERMEDIATE	Between 550 ▶ 780	Requested by most international companies and businesses.
B2 POST-INTERMEDIATE	Between 785 ▶ 860	Requested by major engineering schools and airline companies.
B2+ PRE-ADVANCED	Between 865 ▶ 940	
C1 ADVANCED	Between 945 ▶ 990	
C2 NATIVE-SPEAKER LEVEL		

FC TRAINING

#TOEIC® ETS® Grammar skills workshops:



Grammar Book Menu

- Select a topic from the list.
- Select one of the sub topics.
- Select the lesson you want to take from the popup menu that appears on the right side of the screen.

- Tenses
- Parts Of Speech 1
- Parts Of Speech 2
- Clauses
- More Grammar Points

#FC TRAINING PDF RESOURCES TOEIC® Skills preparation kit:

#TIME MANAGEMENT SKILLS

THE ASRA STRATEGY: SKILLSET

- ANTICIPATE
- SCAN
- READ
- ANSWER!

An important strategy to follow for the TOEIC® reading comprehension part, is learning to approach a passage in an organised way: #FIRST, try to Anticipate what the passage could be about. #SECOND, Scan it. #THIRD, Read it and #FOURTH, Answer all questions confidently! This is what we call the ASRA strategy.