



TRAINING SESSION TEMPLATE EXAMPLE

AARON TAKEL
BC RUGBY UNION



TRAINING SUMMARY



TODAY'S TRAINING SESSION

DATE	JANUARY 1 ST 2020
TIME	EVENING SESSION
DURATION	1 HOUR 15 MINS <ul style="list-style-type: none">• Warm up: 24 mins (Coach 1 = LC / Coach 2 = SM)• Game Zone (Coach 1) / Skill Zone (Coach 2): 36 mins• Contest: 15 mins<ul style="list-style-type: none">• Forwards (Coach 1)• Backs (Coach 2):
PLANNED INTENSITY	High— Players have spent 4 weeks learning the details of the games. Stretch the players with high tempo games and transitions
NOTES	4 x injured players with lower body injuries to complete partner boxing interval workout (gloves and tackle shields)

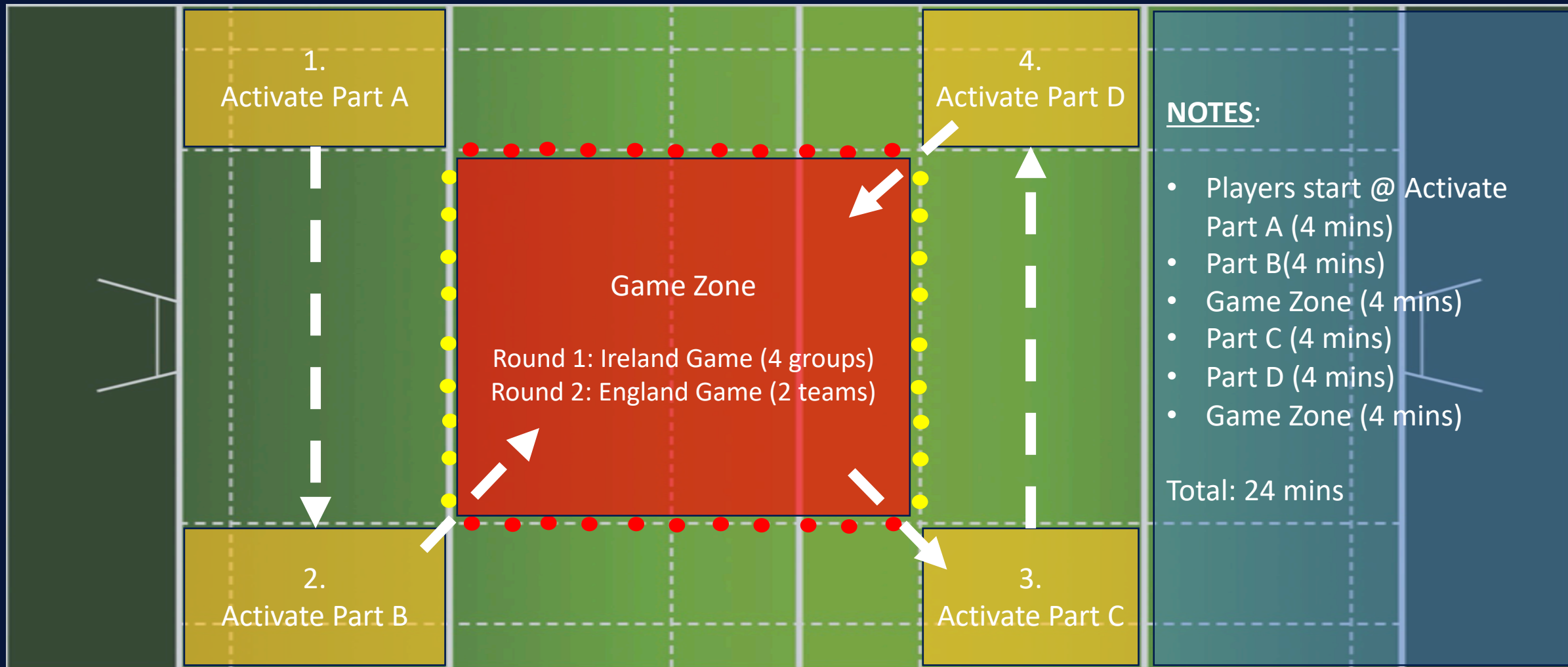
THIS WEEKS GAME



VS.



WARM UP



GAME ZONE / SKILL ZONE



Skill Zone (1 Team)

Rd 1: Support Lines
Rd 2: Tackle & Turnovers
Rd 3: Breakdown

Game Zone (Two Teams)

Rd 1: Barbarians Game
Rd 2: Fiji Game
Rd 3: Highlanders Game

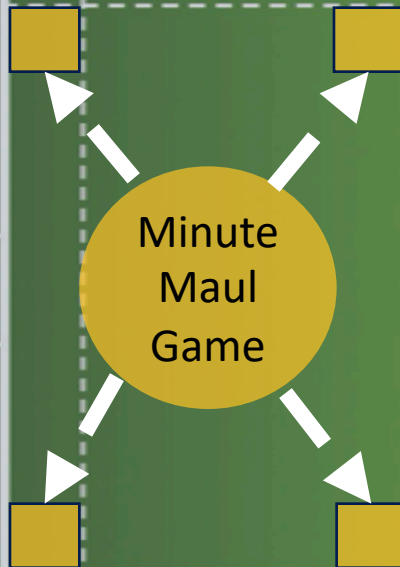
NOTES:

Split into 3 equal teams, one in the skill zone and 2 in the game zone.

Each block lasts 3 mins (1 rotation = 2 x game zone & 1 x skill zone)

Total Time: 36 mins

CONTEST



BACKS GROUP

Noughts & Crosses to see who Attacks/Defends from set pieces.

Backline v Backline – 1 phase to score

No planned moves – 10 secs to launch from end of noughts and crosses

Launches can be from scrum or full lineout, attack pick location

Keep Score – Players can add rules for more points

NOTES:

Split by forwards and backs units

AMRAP

Total Time: 15 mins