

Under 18's NW Development Squad - Proposal for Programme 2007/2008

This is a (very) rough outline of the programme for a North West U18's development squad. Ideally there will be one session a month i.e. first Saturday of every month.

Pilot Sessions Pre-season

June

- Review of last season
- Open forum - ideas for new season
- Fitness
- Core skills

July

- Team Building
- Fitness
- Core skills
- Injury prevention - class session (Grumpy Physio)

Season

September

- Introduction to programme
- Goal setting for season - class session
- Fitness testing!!!
- Core skills

October

- Fitness programmes - class session
- Gym session??? - how to use correctly / ideas
- Core skills
- Understanding the game - defence

November

- Nutrition & Lifestyle - class session
- Core skills
- Understanding the game - attack

December

- Core skills
- Team Building activity??
- Forwards - scrum and line-out
- Backs - lines of running

January

- Fitness testing!!!!
- Core skills
- Forwards - scrum and line-out
- Backs - attacking channels

February

- Review of fitness programmes and goal setting
- Core Skills

March

- Review of Women's Six Nations Game -
- Core skills

April

- Fitness testing!!!
- Preparation for RSA