

Academy Pre season training schedule

New skills

1. **Lifting in the lineout**
2. **Catching ball above the head from restarts whilst in the air**
3. **Lifting catchers at restarts**

Areas of our game we must improve before the start of next season

1. **Mauling**
2. **Flat line defence incorporating blitz defence**
3. **Long passing at pace (this is a must for our game plan)**
4. **Support in open or broken play**
5. **Straight running**

Areas of our game that need fine-tuning

1. **Scrum**
2. **Tactical lineout play**
3. **Lines of running**
4. **Support lines**

Pre season training must consist of three different elements of fitness and their introduction with be staggered, Endurance / Speed / Power.

TIME TABLE

Date	Activity	Academy Coaches available
Sunday 30th June 2013	Fitness test Handling skills Touch (Players skill levels and lines of running / support play will be assessed)	Panter Brand Baines Miles
Sunday 7th July 2013	Endurance training (bring your running shoes) Handling skills	Brand Baines Miles Jeffries

Sunday 14th July 2013	Endurance training (bring your running shoes) Handling skills	Panter Brand Baines Miles Jeffries
Sunday 21st July 2013	Speed work Handling skills Re start work	Panter Brand Baines Miles Jeffries
Sunday 28th July 2013	Speed / power work Re start work Kicking / catching	Panter Brand Baines Miles Jeffries
Sunday 4th August 2013	Fitness test 2 Power circuit Lines of running Handling skills	Panter Brand Baines Miles Jeffries
Tuesday 6th August	Speed / power work Handling Scrum (forwards) Defence (Backs)	Panter Brand Baines Miles Jeffries
Sunday 11th August	Speed / power work Handling Lineout Backs moves Team run	Panter Brand Baines Miles Jeffries
Tuesday 13th August	Speed / power work Defence whole team Attacking lines	Panter Brand Baines Miles Jeffries

**Sunday 18th
August**

**Speed / power work
Rucks / Mauls
Team runs.**

**Panter
Brand
Baines
Miles
Jeffries**

From the 18th August teams will warm-up together but split after a circuit, team coaches will then liaise with Academy coaches to fine tune areas. By no means is the above list definitive and all is open to suggestion but the above gives a template.

Any questions / comments please email Jim Panter.

If you want to start Tuesday sessions earlier again just email Jim Panter to suggest a date. U17's / 18's may look to start Tuesday sessions soon with senior club.