

TAVISTOCK ACADEMY TIMETABLE 2009/ 2010

THE ACADEMY WILL TAKE PLACE ON FRIDAY EVENINGS STARTING AT 7.00 p.m. AND FINISHING AT 8.30 p.m. AND IS FOR ALL AGE GROUPS FROM UNDER 12 TO COLTS.

AS CAN BE SEEN BELOW THE IDEA IS TO TARGET SPECIFIC SKILLS RELATIVE TO PARTICULAR POSITIONS AND TO GENERATE A GREATER UNDERSTANDING OF UNIT SKILLS TO PRODUCE MORE EFFECTIVE PLAYERS AND TEAMS. ALLIED TO THIS WILL BE FITNESS WORK AND 'PERIPHERAL' AREAS SUCH AS NUTRITION AND INJURY MANAGEMENT. THE ACADEMY IS INTENDED FOR PLAYERS WHO ARE RELATIVELY SERIOUS ABOUT WANTING TO IMPROVE THEIR RUGBY AND WILL ARRIVE WITH AN APPROPRIATE ATTITUDE.

ONE OF THE OBJECTIVES IS TO HAVE A HIGH RATIO OF COACHES TO PLAYERS SO IT IS IMPORTANT THAT IF WE HAVE AN EVENING FOR, SAY, FLY HALVES, THAT ONLY FLY HALVES TURN UP. OF COURSE, THERE WILL BE PLAYERS WHO GENUINELY PLAY MORE THAN ONE POSITION AND THEY ARE FREE TO ATTEND ANY APPROPRIATE SESSIONS.

- SEPTEMBER 18th FLANKERS – right and left shoulder tackle; regaining possession after the tackle; offloading; ball carrying and presentation
- CENTRES – handling; lines of running; offloading; handoff
- OCTOBER 2nd FITNESS TESTS FOR THE UNDER 12'S, UNDER 13'S AND UNDER 14'S
The tests will cover press-ups; sit-ups; ladder work; agility tests; sprint tests; medicine ball throw; bleep test.
- OCTOBER 16th FRONT ROW – ball carrying and presentation, clearing rucks; guarding at rucks; offloading; scrummage work.
- SCRUM HALVES – passing off ground and from lineout's; hand speed drills; decision making; box kicking.
- OCTOBER 30th FITNESS TESTS FOR THE UNDER 15'S, UNDER 16'S AND COLTS.
Tests as above

NOVEMBER 13th SECOND ROWS – ball carrying and presentation; clearing rucks; offloading; leeching; guarding at rucks.

FLY HALVES – handling; creating space; passing into space; switch moves; playing on the gain line.

NOVEMBER 27th WINGERS and FULL BACKS - kick returns; one on one attack and defence; coming in field; chip to score.

UNDER 14 and UNDER 15 PACKS – unit work, building a scrum; back row moves; lineout attack and defence

DECEMBER 11th UNDER 12, UNDER 13 and UNDER 14'S – s.a.q session and nutrition lecture
(PLEASE FEEL FREE TO INVITE PARENTS ALONG TO THE NUTRITION LECTURE AS THEY WILL NEED TO UNDERSTAND AND BUY INTO THIS IF THEIR CHILD IS INTERESTED)

CHRISTMAS BREAK

JANUARY 8th UNDER 15, UNDER 16 and COLTS – s.a.q session and nutrition lecture; see above

JANUARY 22nd UNDER 12, UNDER 13 and UNDER 14'S
FITNESS RE-TESTS; as previous tests to measure progress.

FEBRUARY 5th UNDER 15, UNDER 16 and COLTS
FITNESS RE-TESTS; as previous tests to measure progress.

FEBRUARY 15th UNDER 12, UNDER 13 and UNDER 14 BACKS – attack and defence; half hour lecture; one hour practical

UNDER 12 and UNDER 13 PACKS – unit work, building a scrum; back row moves; lineout attack and defence

MARCH 5th UNDER 15, UNDER 16 and COLTS BACKS – attack and Defence; half hour lecture; one hour practical.

UNDER 16 and COLTS PACKS – building a scrum; back row moves; lineout attack and defence.