

GORDON RUGBY - 2008/2009 ANNUAL PLAN

Months	November				December				January				February				March				April								
Monday	3 10 17 24				1 8 15 22 29				5 12 19 26				2 9 16 23				2 9 16 23				6 13 20 27								
Microcycle	Wk1				Wk2	Wk3	Wk4	Wk5				Wk6	Wk7	Wk8	Wk9				Wk10	Wk11	Wk12	Wk13	Wk14	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6
Calendar of Competitions			Testing #1 Mon 17 Nov Plus Programs	Club Touch Comp - 4 Week Comp - Thursdays			Final Club Session	Xmas Break	Xmas Break	Xmas Break		Club Touch Comp - 3 Week Comp - Thursdays	GRP - Tuesdays	Darwin Sevens Leave Wednesday 21 - Return Monday 26	Touch Comp Final	Club Training Commences (Tues & Thurs) GRP (Monday)	Gold Coast Sevens Leave Friday 13 - Return Sunday 15	Club Sevens Comp 2 Grade 1 Colt @ West Harbour	Kiama Sevens x 2 Teams Trial #1 v Waves (Grade x1, Colts x2)	Trial #1 v Wests	Trial #2 v Uni	Preseason Camp	11th Grade Major Competition Start Date			Easter Long Weekend Good Friday - April 10	Easter Long Weekend Monday April 13		
Calendar of Social Events			Touch Comp		Xmas Drinks Dec 18						Darwin Sevens Comp	BBQ & Drinks			Club Sevens Comp	Kiama Sevens Feb 28		Trials		Camp	Season Launch (Friday)								
RUGBY																													
Peaking Index			3	3	3	3	3					3	3	3	2	2	1	3	3	2	1	1	1	1					
Physical Components																													
Strength			Test	Wk1	Wk2	Wk3	Wk4				Test	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Test	Wk1								
Conditioning			Test	Wk1	Wk2	Wk3	Wk4				Test	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Test	Wk1								
Weekend Session				X	X															X									
Weekend Sevens Session								X	X	X																			
Core Skills Components																													
Catch/Pass			GRP	GRP	GRP	GRP					GRP	GRP	GRP	x	x	x	x	x	x										
Support Running Lines				GRP	GRP	GRP	GRP				GRP	GRP	GRP	x	x		x	x											
Attacking Breakdown					GRP	GRP					GRP	GRP		x	x		x	x	x										
Defensive Breakdown					GRP	GRP					GRP			x	x		x	x	x										
Tackle				GRP	GRP						GRP	GRP		x		x		x	x										
Open Skills																													
Defensive Line			GRP	GRP	GRP	GRP					GRP	GRP	GRP	x	x	x	x	x	x	x									
Touch Comp			x	x	x	x					x	x	x																
Team Skills																													
Defensive Sequence																		x	x	x	x								
Attacking Sequence																		x	x	x	x								
Patterns														x	x			x	x	x	x								
Phase Options			GRP	GRP	GRP	GRP					GRP	GRP	GRP	x	x	x	x	x	x	x	x								
Restarts																		x	x	x	x								
Forwards Skills																													
Scrum																	x	x	x	x	x	x							
Lineout															x	x		x	x	x	x	x	x						
Maul																	x	x	x	x	x	x	x						
Backs Skills																													
Starters																	x	x	x	x	x	x	x	x	x				
Defensive Systems															x		x	x	x	x	x	x	x	x	x				
Kicking															x		x	x	x	x	x	x	x	x	x				
Counter Attack														x			x	x	x	x	x	x	x	x	x				
GRP Sessions			1	2	3	4					5	6	7	8	9	10	11	12	13	14	15								