

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	30	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	1th 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				
Physical Compnents																										
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	x	x		x	x								
Attacking Breakdown						GRP	GRP					GRP	GRP		x	x		x	x							
Defensive Breakdown						GRP	GRP						GRP			x	x		x							
Tackle					GRP	GRP						GRP	GRP		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	x					
Attacking Sequence																		x	x	x	x					
Patterns															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						
Forwards Skills																										
Scrum																	x	x	x	x	x					
Lineout															x	x		x	x		x					
Maul																		x	x		x					
Backs Skills																										
Starters																x	x		x		x					
Defensive Systems															x		x		x		x					
Kicking																x		x	x	x	x					
Counter Attack															x			x	x	x	x					
GRP Sessions				1	2	3	4				5	6	7	8	9	10	11	12	13	14	15					