

## U15 Girls Rugby 7s Academy Program Draft

Program Details		Venue/ Details	Time
<b>October 2021</b>			
<b>Friday 8th Oct</b>	Applications/Selections Close 2pm	Selections will be conducted from GCDRU Competitions, Schools & through online application assessment.	2pm
<b>Monday 11th Oct</b>	Squad Announcement 1 x Squad U15 (14/15 years old)	<ol style="list-style-type: none"> <li>All applicants will be notified via email first</li> <li>Social Media announcement will follow once personal notifications have been sent</li> </ol>	
<b>Tuesday 19th Oct</b>	Group Orientation evening	<b>Surfers Paradise RUC – Club house</b> - Uniforms - Medical/participation forms - Expectations - Accountability Workbook	6pm – 7pm
<b>Sat 23<sup>rd</sup> - Sun 24<sup>th</sup> Oct</b>	Gold Cost 7s	Bond University	-
<b>Tuesday 26<sup>th</sup> Oct</b>	Squad Training 1	<b>Surfers Paradise RUC</b>  U15 Field 2	5:30pm-7pm
<b>Thursday 28<sup>th</sup> Oct</b>	Accountability Workbook Task 1	Complete task 1 in your accountability book  <b>1m Box mini ball handling drill</b>  Watch, identify and note take: Tackle preparation	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>November 2021</b>			
<b>Tuesday 2<sup>nd</sup> Nov</b>	Squad Training 2  Running/Speed technique training	<b>Surfers Paradise RUC</b>  Session - with Glynis	5:30-5:45 Warmup  5:45 -6:15 Glynis  6:15 – 7pm Training
<b>Thursday 4<sup>th</sup> Nov</b>	Accountability Workbook Task 2	Complete task 2 in your accountability book  <b>Passing drill</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

		Watch, identify and note take: Tracking documents and videos	
<b>Tuesday 9<sup>th</sup> Nov</b>	Squad Training 3	<b>Surfers Paradise RUC (Field 2)</b>	5:30pm-6:30pm
	Group educational session	Nutrition	6:30- 7:30pm
<b>Thursday 11<sup>th</sup> Nov</b>	Accountability Workbook Task 3	Complete task 3 in your accountability book <b>Passing drill B</b> Watch, identify and note take: Tackle prep documents and videos	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Friday 13<sup>th</sup> Nov</b>	QLD State School Champs		-
<b>Tuesday 16<sup>th</sup> Nov</b>	Squad Training 4	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm
<b>Thursday 18<sup>th</sup> Nov</b>	Accountability Workbook Task 4	Complete task 4 in your accountability book <b>Resistant band passing technique drill</b> Watch, identify and note take: Tackle connection documents and videos	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 23<sup>rd</sup> Nov</b>	Squad Training 5 Group educational session (U15 & U17)	<b>Griffith Uni Knights RUC</b> Follow up nutrition	5:00- 6:00pm 6:00-6:45pm
<b>Thursday 25<sup>th</sup> Nov</b>	Accountability Workbook Task 5	Complete task 5 in your accountability book <b>Passing drill B repeat</b> Watch, identify and note take: Tackle Acceleration documents and videos	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 30<sup>th</sup> Nov</b>	Squad training 6	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm
<b>December 2021</b>			
<b>Thursday 2<sup>nd</sup> Dec</b>	Accountability Workbook Task 6	Complete task 6 in your accountability book <b>Movement pre-kick drill</b> Watch, identify and note take: Finishing the tackle documents and videos	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

<b>Tuesday 7<sup>th</sup> Dec</b>	Squad training 7  Group educational session (U15 & U17)	<b>Griffith Uni Knights RUC</b>  Body Maintenance / injury prevention / Strength & Conditioning	5:00- 6:00pm  6:00-6:45pm
<b>Thursday 9<sup>th</sup> Dec</b>	Accountability Workbook  Task 7	Complete task 7 in your accountability book  <b>6 min kicking muscle memory session</b>  Watch, identify and note take: Tackle types documents and videos	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 14<sup>th</sup> Dec</b>	Squad training 8  Running/Speed technique training 2	<b>Griffith Uni Knights RUC</b>  Session – with Glynis	5:00-5:15 Warm up  5:15-5:45pm Glynis  5:45-6:30pm Training
<b>Thursday 16<sup>th</sup> Dec</b>	Accountability Workbook  Task 8	Complete task 8 in your accountability book  <b>Repeat x1 passing drill from previous weeks</b>  <b>Goal kicking drill</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

**15<sup>th</sup> December – 10<sup>th</sup> January Squad Break**

**January 2022**

<b>Tuesday 11<sup>th</sup> Jan</b>	Squad training 9  Group educational session (U15 & U17)	<b>Griffith Uni Knights RUC</b>  Sport psychology (Motivation/ types)	5:00- 6:00pm  6:00-6:45pm
<b>Thursday 13<sup>th</sup> Jan</b>	Accountability Workbook  Task 9	Complete task 9 in your accountability book  <b>Repeat x1 kicking drill from previous weeks</b>  Watch, identify and note take: Analysis of scrum tactics	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 18<sup>th</sup> Jan</b>	Squad training 10	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm
<b>Thursday 20<sup>th</sup> Jan</b>	Accountability Workbook  Task 10	Complete task 10 in your accountability book  <b>Explosive speed and agility session</b>  Watch, identify and note take: The Ruck	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

<b>Tuesday 25<sup>th</sup> Jan</b>	Squad training 11 Group educational session (U15 & U17)	<b>Griffith Uni Knights RUC</b> Sport psychology (Mental toughness / Positive thinking)	5:00- 6:00pm 6:00-6:45pm
<b>Thursday 27<sup>th</sup> Jan</b>	Accountability Workbook Task 11	Complete task 11 in your accountability book <b>Poaching/Jackling drill</b> <b>Repeat x1 passing drill from previous weeks</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

**February 2022**

<b>Tuesday 1<sup>st</sup> Feb</b>	Squad training 12	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm
<b>Thursday 3<sup>rd</sup> Feb</b>	Accountability Workbook Task 12	Complete task 12 in your accountability book <b>Individual line out drill</b> Read through and note take line out key points	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 8<sup>th</sup> Feb</b>	Squad training 13 Group educational session (U15 & U17)	<b>Griffith Uni Knights RUC</b> Body maintenance follow up	5:00- 6:00pm 6:00-6:45pm
<b>Thursday 10<sup>th</sup> Feb</b>	Accountability Workbook Task 13	Complete task 13 in your accountability book <b>Resistant band passing technique drill</b> <b>Speed/Agility session</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 15<sup>th</sup> Feb</b>	Squad training 14	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm
<b>Thursday 17<sup>th</sup> Feb</b>	Accountability Workbook Task 14	Complete task 14 in your accountability book <b>Rugby Mobility part 1 session</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 22<sup>nd</sup> Feb</b>	Squad training 15 Group educational session (U15 & U17)	<b>Griffith Uni Knights RUC</b> Sport psychology (Communication) or Social-Media	5:00- 6:00pm 6:00-6:45pm
<b>Thursday 24<sup>th</sup> Feb</b>	Accountability Workbook Task 15	Complete task 15 in your accountability book <b>Individual line out drill practice</b> <b>Poaching/Jackling drill practice</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

**March 2022**

<b>Tuesday 1<sup>st</sup> Mar</b>	Squad training 16	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm
<b>Thursday 3<sup>rd</sup> Mar</b>	Accountability Workbook Task 16	Complete task 16 in your accountability book <b>Rugby Mobility part 2 session – lower body</b>	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
<b>Tuesday 8<sup>th</sup> Mar</b>	Squad training 17 - LAST Possibility of a game?	<b>Griffith Uni Knights RUC</b>	5:00- 6:30pm