

U17 Girls Rugby 7s Academy Program

Program Details		Venue/ Details	Time
October 2021			
Friday 8th Oct	Applications/Selections Close 2pm	Selections will be conducted from GCDRU Competitions, Schools & through online application assessment.	2pm
Monday 11th Oct	Squad Announcement 1x Squad U17 (16/17 years old)	<ol style="list-style-type: none"> All applicants will be notified via email first Social Media announcement will follow once personal notifications have been sent 	
Tuesday 19th Oct	Group Orientation evening	Surfers Paradise RUC – Club house - Uniforms - Medical/participation forms - Expectations - Accountability - etc.	6pm – 7pm
Sat 23rd - Sun 24th Oct	Gold Cost 7s	Bond University	-
Tuesday 26th Oct	Squad Training 1	Surfers Paradise RUC U17 Field 1	5:30pm-7pm
Thursday 28th Oct	Accountability Workbook Task 1	Complete task 1 in your accountability book 1m Box mini ball handling drill Watch, identify and note take: Tackle preparation	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
November 2021			
Tuesday 2nd Nov	Squad Training 2 Running/Speed technique training	Surfers Paradise RUC Session - with Glynis	5:30-6:30pm Training 6:30- 7pm
Thursday 4th Nov	Accountability Workbook	Complete task 2 in your accountability book	Record and upload yourself completing the drill

	Task 2	Passing drill Watch, identify and note take: Tracking documents and videos	to the TeamApp Chat forum by 7pm Thursday
Tuesday 9th Nov	Squad Training 3 Group educational session	Surfers Paradise RUC (Field 1) Nutrition	5:30pm-6:30pm 6:30- 7:30pm
Thursday 11th Nov	Accountability Workbook Task 3	Complete task 3 in your accountability book Passing drill 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
Friday 13th Nov	QLD State School Champs		-
Tuesday 16th Nov	Squad Training 4	Griffith Uni Knights RUC	6:30-8pm
Thursday 18th Nov	Accountability Workbook Task 4	Complete task 4 in your accountability book Resistant band passing technique drill 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
Tuesday 23rd Nov	Squad Training 5 Group educational session (U15 & U17)	Griffith Uni Knights RUC Follow up nutrition	Training 6:45-8pm 6:00-6:45pm
Thursday 25th Nov	Accountability Workbook Task 5	Complete task 5 in your accountability book Passing drill B repeat 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
Tuesday 30th Nov	Squad training 6	Griffith Uni Knights RUC	6:30-8pm
December 2021			
Thursday 2nd Dec	Accountability Workbook Task 6	Complete task 6 in your accountability book Movement pre-kick drill 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

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

15th December – 10th January Squad Break

January 2022

Tuesday 11th Jan	Squad training 9 Group educational session (U15 & U17)	Griffith Uni Knights RUC Sport psychology (Motivation/ types)	Training 6:45-8pm 6:00-6:45pm
Thursday 13th Jan	Accountability Workbook Task 9	Complete task 9 in your accountability book Repeat x1 kicking drill from previous weeks Watch, identify and note take: Analysis of scrum tactics	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday
Tuesday 18th Jan	Squad training 10	Griffith Uni Knights RUC	6:30-8pm
Thursday 20th Jan	Accountability Workbook Task 10	Complete task 10 in your accountability book Explosive speed and agility session Watch, identify and note take: The Ruck	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

Tuesday 25th Jan	Squad training 11 Group educational session (U15 & U17)	Griffith Uni Knights RUC Sport psychology (Mental toughness / Positive thinking)	Training 6:45-8pm 6:00-6:45pm
Thursday 27th Jan	Accountability Workbook Task 11	Complete task 11 in your accountability book Poaching/Jackling drill Repeat x1 passing drill from previous weeks	Record and upload yourself completing the drill to the TeamApp Chat forum by 7pm Thursday

February 2022

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

March 2022

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