

INTERNATIONAL GOE FOUR WEEK SCHEDULE: DRAFT 2016

CYCLE 8 - 9 AUGUST 2016

		CYCLE 8 Week 3					CYCLE 8 Week 4					CYCLE 9 Week 1				
		Session 1	Session 2	Session 3	Session 4	Session 5	Session 1	Session 2	Session 3	Session 4	Session 5	Session 1	Session 2	Session 3	Session 4	Session 5
		Monday 8-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park				
		Technical Session 1 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 2 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 3 (All Players) 2.30-4.00pm Gribblehrst Park				
		Tuesday 9-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park				
		Technical Session 1 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 2 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 3 (All Players) 2.30-4.00pm Gribblehrst Park				
		Wednesday 10-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park				
		Technical Session 1 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 3 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 4 (All Players) 2.30-4.00pm Gribblehrst Park				
		Thursday 11-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : SPEED CONDITIONING 1.00pm - 2.15pm Gribblehrst Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park				
		Technical Session 1 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 4 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 3 (All Players) 2.30-4.00pm Gribblehrst Park				
		Friday 12-Aug														
		FITXURE 1 - U18 Tournament May Road 4.00pm Tri - game Tournament														
		Weekend 13-Aug														
		Monday 14-Aug														
		FITXURE 3 Gribblehrst 4.00pm Tri - game Tournament														
		Tuesday 15-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Eden Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park					GROUP 2 : SPEED CONDITIONING 1.00pm - 2.15pm Gribblehrst Park				
		Technical Session 1 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 2 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 4 (All Players) 2.30-4.00pm Gribblehrst Park				
		Wednesday 16-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Eden Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park					GROUP 2 : SPEED CONDITIONING 1.00pm - 2.15pm Gribblehrst Park				
		Technical Session 1 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 2 (All Players) 2.30-4.00pm Gribblehrst Park					Technical Session 4 (All Players) 2.30-4.00pm Gribblehrst Park				
		Thursday 17-Aug														
		ENGLISH CLASS 9.00am - 12pm					ENGLISH CLASS 8.15am - 12.30pm					ENGLISH CLASS 8.15am - 12.30pm				
		LUNCH - REST					LUNCH - REST					LUNCH - REST				
		GROUP 2 : Prehab + Weights 1.00pm - 2.15pm Eden Park					GROUP 2 : MT EDEN 1.00pm - 2.15pm Eden Park					GROUP 2 : SPEED CONDITIONING 1.00pm - 2.15pm Gribblehrst Park				
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		Friday 18-Aug														
		FITXURE 2 - U18 Tournament May Road 4.00pm Tri - game Tournament														
		Weekend 19-Aug														
		Monday 20-Aug														
		FITXURE 2 - U18 Tournament May Road 4.00pm Tri - game Tournament														
		Tuesday 21-Aug														
		Wednesday 22-Aug														
		Thursday 23-Aug														
		Friday 24-Aug														
		Saturday 25-Aug														
		Sunday 26-Aug														
		Monday 27-Aug														
		Tuesday 28-Aug														
		Wednesday 29-Aug														
		Thursday 30-Aug														
		Friday 31-Aug														
		Weekend 13-Aug														

1. PLAYER DEVELOPMENT: PROGRAMME CONTENT

- **Full assessment process:**
 - Critical to tailoring an appropriate programme for each individual
- **Technical:**
 - focusing on both generic core and position specific skills
 - specific skill development (scrum, lineout, kicking etc).
- **Tactical:**
 - understanding the game, both position and team specific. Adhering to game plans, and understanding tactical analysis.
- **Nutrition:**
 - optimisation of diet and hydration for maximum performance.
- **Strength & Conditioning:**
 - tailored programmes to suit individual players/positions.
- **Medical Support:**
 - Diagnostic and treatment services
- **Club placement:**
 - players allocated to senior grade Auckland clubs for playing experience. This includes appropriate level and seasonal constraints.
- **High Performance Report:**
 - A comprehensive formal report to be presented prior to departure including critical work on areas and programme options
- **Match Tickets:**
 - Match tickets will be provided for all home games for the Blues and Auckland Rugby Witre 10 games
- **Canterbury Clothing Apparel:**
 - Training apparel is provided the extent of what is received will be determined by the programme length
- **Non-rugby components:**
 - Accommodation, Language courses, Transport are additional components to the programme and will be added at an additional cost