

Derby Rugby Football Club Season 2007-2008

Derby RFC Proposed pre season training dates

Date/venue Time	Type of Session	Coaches
24 July Woodlands Sc 6-30 pm- 8 pm	Fitness Work/test please bring indoor/outdoor footwear	
26 July Woodlands Sc 6-30 pm- 8 pm	Fitness Work/test please bring indoor/outdoor footwear	
31 July DRFC 6-30 pm- 8 pm	Core Skills Work Incorporating fitness work Contact Management	
2 August DRFC 6-30pm-8pm	Core Skills Work Incorporating Fitness work Contact Management	
7 Aug DRFC 6-30pm-8pm	Core Skills Work Ruck/Maul Contact Management	
9 Aug DRFC 6-30pm-8pm	Core Skills Work Ruck/Maul Introduce Set plays	
14 Aug DRFC 6-30pm-8pm	Fitness Test Introduce Defence Work Introduce Attack work	

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16 Aug DRFC 6-30pm-8pm	Core Skills Work Introduce decision making	
18-19 Aug team building weekend	Team Building Practice Match? Player Assessment	
21 Aug DRFC 6-30pm-8pm	Player Assessment Feedback Where do we go from here Introduce attacking options	
23 Aug DRFC 6-30pm-8pm	Core Skills Defensive Work Attacking Work	
28 Aug DRFC 6-30pm-8pm	Set Plays Contact Management Structured Game	
30 Aug DRFC 6-30pm-8pm	Practice Match? Team Selection	
4 September DRFC 6-30pm-8pm	Core Skills, Contact Management, Set plays	

Coaching Structure & Roles

Coaching Team

Roxy	Head Coach Both age Groups	Plan & Co-Ordinate Sessions. Selection. Generic Coaching Player Management
Glyn Wilson	Colts Manager	Manage Fixtures Update Player records. Communication Coaching/Selection Match day Colts
Graham Darby	Under 17 Manager	Manage Fixtures Update Player records. Communication Selection Match day under 17's
Ged Sarsfield	Coach	Line out Specialist Forwards Selection Match day under 17's
Mat Bates	Coach	Forwards Front Row Specialist
Gary Rudkin	Coach	Generic Coaching
Norman Collier	Coach	Backs Specialist
Scott	Coach	Backs Specialist
* Periodically we will have guest coaches to lead some sessions		

Player Assessment

This will look at each player's

- ? Mental Attributes
- ? Physical Attributes
- ? Defence
- ? Handling
- ? Contact Skills
- ? Kicking Skills
- ? Running
- ? Game Understanding

Team Building Weekend

Is booked for August 18/19

Cost £80 per person

Places are limited so please secure your place early

By paying me or the team managers a £20 deposit ASAP

Full details will be given nearer the date

Players Forum

It is hoped that we can get three players (one of which should be the Captain or Vice Captain) from both the Colts and the Mustangs to form this group

The primary aim of the group will be to (this can be changed/modified at the first Meeting)

- ? Raise Player's issues
- ? Organise social activities
- ? Organise fund raising
- ? Collect Subs
- ? Facilitate with the organising of the tour

End of Season Tour

Will be finalised early September Team Link will present several options on the 21st June please attend to give your views

Summer Fitness Training

Practical advice will be given on the **21st June at the players meeting.**

A generic program will also be available this will also contain advice on weight training*

Please also consider joining a

Athletic Club

Judo Club

Boxing Club

Basket Ball Club

There is an expectation that you should arrive fit to train
Remember!

There are three golden Rules

1. **Honesty:** this is your rugby career and at whatever level you are the competition is ultimately with yourself
2. **Pace yourself:** steady and consistent progression is the key; be patient – shortcuts lead to the physio's bench
3. **Quality always:** excellence is a habit and if it is standard in your training then this can only have a positive effect on your game

***please note Weight Training should only be carried out under the supervision of a qualified weights instructor**