



Counties Manukau Rugby Football Union

DEVELOPING RUGBY COACHES – MODULE 1 & 2

Topic: Planning Season/Session & Team Selection
Date: Monday 8 March
Time: 6.00 – 9.00pm
Where: CMRFU High Performance Unit & Gym, Gt. South Rd, Drury.
(Directly behind the Jolly Farmer Inn)

Presenter: Milton Haig
CMRFU Director of Rugby (Current),
Steelers Head Coach (Current),
2008 NZ Maori Assistant Coach,
NZRU Resource Coach.

About the Modules:

Module 1: Planning Season/Session

The module will cover areas of periodisation in relation to developing peak performance and key areas of training session planning. This module will assist coaches in understanding the benefits of planning their season and training sessions. 'By Design, not by Default'

Module 2: Team Selection

This module will assist coaches in their selection processes and give insight into 'profiling' the individual and the team they are dealing with.

Who should attend:

All Representative, Senior Club & Secondary School Coaches wishing to advance their coaching knowledge.





Registration Form

I wish to register for the Planning a Season/Session & Team Selection Modules

Name: _____
Club/School: _____
Address: _____
Phone: Home _____
Work _____
Mobile _____
Email: _____

Please reply to:

CMRFU
PO Box 175
Pukekohe
Fax: 09 237 1172

RSVP by: Thursday 4th of March 2010

For more information: Jeremy Wara
jeremy.wara@steelers.co.nz



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