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| BC Rugby  |

 |  |  | **Training Session Plan** | **Date:**  |   |
| **This week's game** | **VS:** |  |
| **Today's Training** | **Theme:** |   |
| **Training Time & Duration**  → | **Time:**  | **Duration:**  |
| **Weather Conditions**  **→** | **Temp:**  | **Precip:**  |
| **Planned Intensity high/med/low** | **Degree of Contact high/med/low** |  **Pace high/med/low** |
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| **Injury Notes ↓** | **# of injured players:**  | **Modifications:**  |
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| **Warmup ↓** | **Duration:**  | **Equipment:**  |
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| **Game Zone / Skill Zone ↓** | **Duration:**  | **Equipment:**  |
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| **Units: Forwards ↓** | **Duration:**  | **Equipment:**  |
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| **Units: Backs ↓** | **Duration:**  | **Equipment:**  |
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| **Closing Contest ↓** | **Duration:**  | **Equipment:**  |
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|  **Review ↓** |  |

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| **Wins** | **Opportunities** |
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