|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | 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** | |
|  | | |  |  | |
| **Injury Notes ↓** | | | **# of injured players:** | **Modifications:** | |
|  | | | |  | |
|  | | | |  | |

|  |  |  |
| --- | --- | --- |
| **Warmup ↓** | **Duration:** | **Equipment:** |
|  | |  |
|  | |  |
|  | |  |
| **Game Zone / Skill Zone ↓** | **Duration:** | **Equipment:** |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
|  | |  |

|  |  |  |
| --- | --- | --- |
| **Units: Forwards ↓** | **Duration:** | **Equipment:** |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
| **Units: Backs ↓** | **Duration:** | **Equipment:** |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
| **Closing Contest ↓** | **Duration:** | **Equipment:** |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
|  | |  |
| **Review ↓** | |  |

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