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***Targeted Sports Program***

***Rugby League - Term 4 2022***

* Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 4. The program has been developed to build up individual’s skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate gear listed.

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|  | ACTIVITY | EQUIPMENT |
| **Week 1**  **12/10/22** | **Sprint Training with Lenore:** Running technique, power, explosive training – Duffy’s | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 2**  **19/10/22** | Sports Specific **Coaching** – Duffy’s | Football boots, mouth guard, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 3**  **26/10/22** | **Beach Fitness/Games:** Muscular Endurance, Skill’s, Free Play– Terrigal Beach | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 4**  **2/11/22** | Sports Specific **Coaching** – Duffy’s | Football boots, mouth guard, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 5**  **9/11/22** | **ZUU Fitness with Kane:** Plyometrics, core strength, muscular endurance– Duffy’s | Drink bottle, Towel, Full PE Uniform, Runners, etc. |
| **Week 6 16/11/22** | Sports Specific **Coaching** – Duffy’s | Football boots, mouth guard, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 7 23/11/22** | **Game Play :** Modified Games within the TSP group– Duffy’s | Football boots, mouth guard, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 8 30/11/22** | Sports Specific **Coaching** – Duffy’s | Football boots, mouth guard, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 9 7/12/22** | **Showcase Game:** Vs TBC High School – Duffy’s Oval/Breakers Stadium | Football boots, mouth guard, socks, Drink bottle, Towel, Full PE uniform, etc. |
| **Week 10 14/12/22** | ‘Aquasplash’  **Gosford Waterfront** | Swimmers, Drink bottle, Towel, Full PE Uniform, sunscreen, hat, runners, etc. |