



TRAIN TO TRAIN - U15 MODEL ACADEMY



Macrocycle	Off Season										General Preparatory										Specific preparatory 1										Transition					Specific preparatory 2																								
	September					October					November					December					January					February					March					April					May					June					July					August				
	Wk 36	Wk 37	Wk 38	Wk 39	Wk 40	Wk 41	Wk 42	Wk 43	Wk 44	Wk 45	Wk 46	Wk 47	Wk 48	Wk 49	Wk 50	Wk 51	Wk 52	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	Wk 15	Wk 16	Wk 17	Wk 18	Wk 19	Wk 20	Wk 21	Wk 22	Wk 23	Wk 24	Wk 25	Wk 26	Wk 27	Wk 28	Wk 29	Wk 30	Wk 31	Wk 32	Wk 33	Wk 34	Wk 35	Wk 36							
Date	29	5	12	19	26	3	12	17	24	1	7	14	21	28	5	12	19	26	4	11	18	25	1	8	15	22	29	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29							
									HALLOWEEN	1	2	3	4	5	6	7	CHRISTMAS	8	9							MID TERM					EASTER									EXAMS								SUMMER HOLIDAYS												
COACH EDUCATION	FIRST AID & CHILD WELFARE									FOUNDATION, AWARD 1 & AWARD 2 COURSES									FOUNDATION, RESISTANCE TRAINING COURSE, AWARD 1 & 2 COURSES									COUNTY WORKSHOPS WITH GUEST COACHES																																
	UNDER 15 ACADEMY SQUADS	Squad Management team meetings - review yearly activities, gear									<p style="color: red; font-weight: bold;">PROGRAMME 1: FUNCTIONAL RESISTANCE TRAINING</p> <p>(Press Up, Inverted Row, Jumping technique, Lunge, Squat)</p>									<p style="color: red; font-weight: bold;">PROGRAMME 2: SKILL DEVELOPMENT</p> <p>(Tackling, Hooking, Blocking, Skills testing)</p>									CHRISTMAS HOLIDAYS																															
PARENT MEETING & FINALISING PREP FOR WINTER PHASE									<p style="color: red; font-size: 8px;">ACADEMY SQUAD CAMP WEEK: INTRODUCTION TO FITNESS TESTING/MOVEMENT ASSESSMENT & CARDIAC SCREENING?</p> <p style="color: red; font-size: 8px;">CONDUCT FITNESS TESTING: APPROPRIATE SELECTION OF TESTS</p> <p style="color: red; font-weight: bold; font-size: 10px;">TRIAL PERIOD: OPPORTUNITY TO TRY OUT NEW PLAYERS + FINALISE PANELS</p> <p style="color: red; font-size: 8px;">CHALLENGE MATCH</p> <p style="color: red; font-size: 8px;">CHALLENGE MATCH</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 6</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 7</p> <p style="color: red; font-weight: bold; font-size: 8px;">ACADEMY SQUAD CAMP WEEK</p> <p style="color: red; font-size: 8px;">CHALLENGE MATCH</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 9</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 10</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 11</p> <p style="color: red; font-weight: bold; font-size: 8px;">HURLING: DESIGNATED BLITZ DAY</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 12</p> <p style="color: red; font-weight: bold; font-size: 8px;">FOOTBALL: DESIGNATED BLITZ DAY</p> <p style="color: red; font-size: 8px;">EXAM PERIOD - NON CONTACT ACTIVITY ONLY DURING THIS PERIOD</p> <p style="color: red; font-size: 8px;">CHALLENGE MATCH</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRIAL PERIOD: OPPORTUNITY TO TRY OUT NEW PLAYERS + FINALISE PANELS</p> <p style="color: red; font-weight: bold; font-size: 8px;">ACADEMY SQUAD CAMP WEEK</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEK: 13</p> <p style="color: red; font-weight: bold; font-size: 8px;">FOOTBALL: LEINSTER BLITZ DAY</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEKS: 14</p> <p style="color: red; font-weight: bold; font-size: 8px;">HURLING: LEINSTER BLITZ DAY</p> <p style="color: red; font-weight: bold; font-size: 8px;">CHALLENGE MATCH</p> <p style="color: red; font-weight: bold; font-size: 8px;">TRAINING WEEKS: 15</p> <p style="color: red; font-weight: bold; font-size: 8px;">FOOTBALL: ALL IRELAND BLITZ DAY</p> <p style="color: red; font-weight: bold; font-size: 8px;">CHALLENGE MATCH</p> <p style="color: red; font-weight: bold; font-size: 8px;">MICHAEL FOLEY</p>																																																			

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WEXFORD COACHING GAMES

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