

Macrocycle		Off Season											General Preparatory											Specific Preparatory 1											Transition					Specific preparatory 2																																																																																																																																																																																																																																																																																																		
Mesocycle		September			October			November			December			January			February			March			April			May			June			July			August																																																																																																																																																																																																																																																																																																							
Microcycle		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																																																																																																																																																																																																																																																																																				
Holidays									HALLOWEEN	1	2	3	4	5	6	7	CHRISTMAS	8	9						MID TERM							EASTER																				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 16 ACADEMY SQUADS		Squad Management team meetings - review yearly activities, gear							PARENT MEETING & FINALISING PREP FOR WINTER PHASE							ACADEMY SQUAD CAMP WEEK: INTRODUCTION TO FITNESS TESTING/MOVEMENT ASSESSMENT & CARDIAC SCREENING?							PROGRAMME 1: FUNCTIONAL RESISTANCE TRAINING (Press Up, Inverted Row, Jumping technique, Lunge, Squat)											CHRISTMAS HOLIDAYS											CONDUCT FITNESS TESTING: APPROPRIATE SELECTION OF TESTS											TRIAL PERIOD: OPPORTUNITY TO TRY OUT NEW PLAYERS + FINALISE PANELS											CHALLENGE MATCH											CHALLENGE MATCH											TRAINING WEEK: 6											TRAINING WEEK: 7											ACADEMY SQUAD CAMP WEEK											CHALLENGE MATCH											TRAINING WEEK: 8											TRAINING WEEK: 9											TRAINING WEEK: 10											HURLING: DESIGNATED BLITZ DAY											TRAINING WEEK: 11											FOOTBALL: DESIGNATED BLITZ DAY											TRAINING WEEK: 12											JERRY O REILLY FOOTBALL TOURNAMENT											TRAINING WEEK: 13											TRAINING WEEKS: 14											FOOTBALL: LEINSTER BLITZ DAY											TRAINING WEEKS: 15											HURLING: LEINSTER BLITZ DAY											CHALLENGE MATCH											TRAINING WEEKS: 15											FOOTBALL: ALL IRELAND BLITZ DAY											CHALLENGE MATCH											U16 ARABAN TOURNAMENT										

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa

DESIGNED BY
WEXFORD COACHING GAMES

<http://www.wexfordgaa.ie>
Twitter: @officialwexgaa