



UNIVERSITY OF NOTRE DAME RUGBY

Weekly Tactical Periodization

A Practical Approach



OVERVIEW

- **Weekly Tactical/Training Periodization**
- **Weekly Training Plan Overview**
- **Daily Training Components**
- **Example Session**
- **Video Clip**

WEEKLY TACTICAL PERIODIZATION

WTP

- Combine **Skills, Fitness, Tactics & Mental Awareness** into each Session
 - Preparation & improved decision making for game scenarios
- Intensity level **greater than matches**
 - Improve fitness and prepare players for later stages of matches

Targets/Metrics

- Accelerations
- Collisions
- **Ball in Play – BIP**
- **Back in Game - BIG**

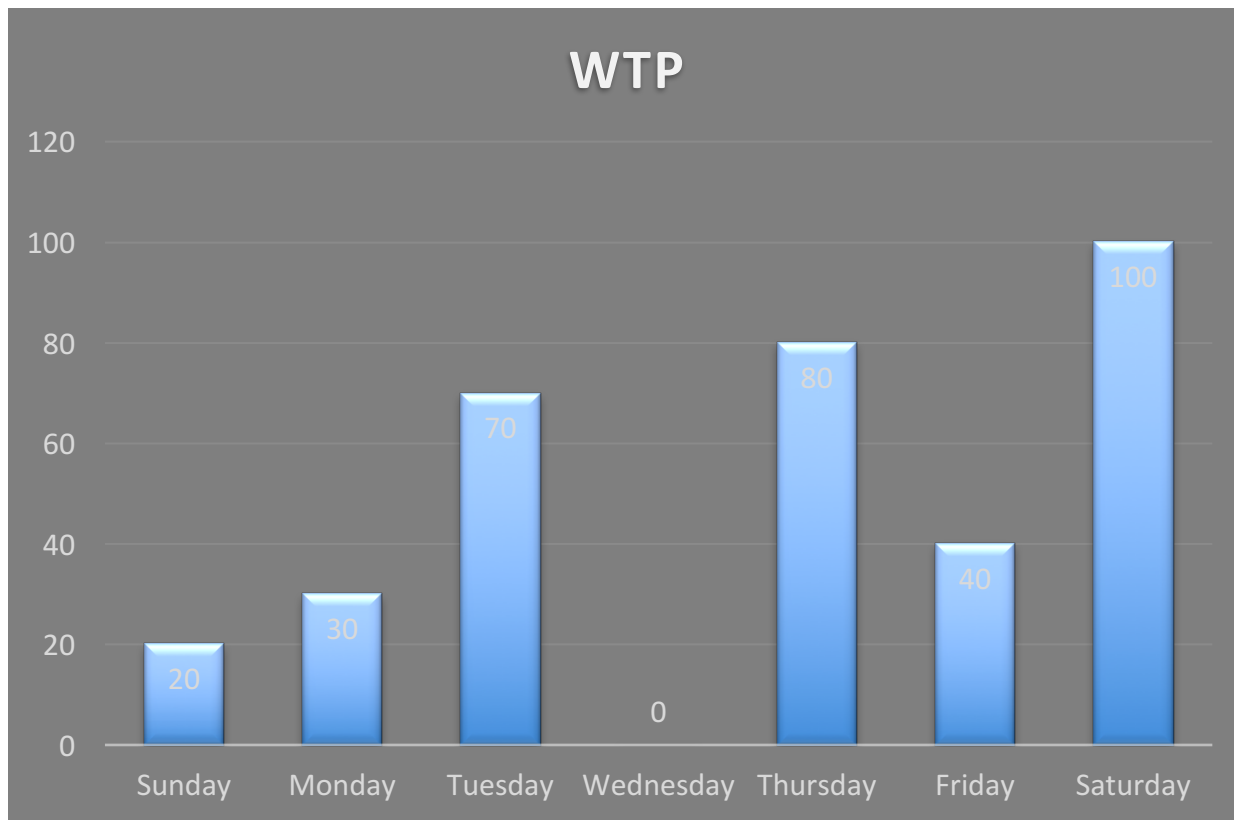
WEEKLY TRAINING PLAN



DAY		ACTIVITY	INTENSITY	VENUE	TIME
Sunday	-6	Regen/Reovery	RECOVERY	Various	30 min
Monday	-5	Film Review/Field Training	INSTALL	Classroom/Field	60-90 mins
Tuesday	-4	Field Training	PACE	Field	90 mins
Wednesday	-3	OFF			
Thursday	-2	Field Training	INTENSITY	Field	75-90 mins
Friday	Match Day -1	Captain's Run	MATCH PACE	Field	60 mins
Saturday	Match Day	Match			

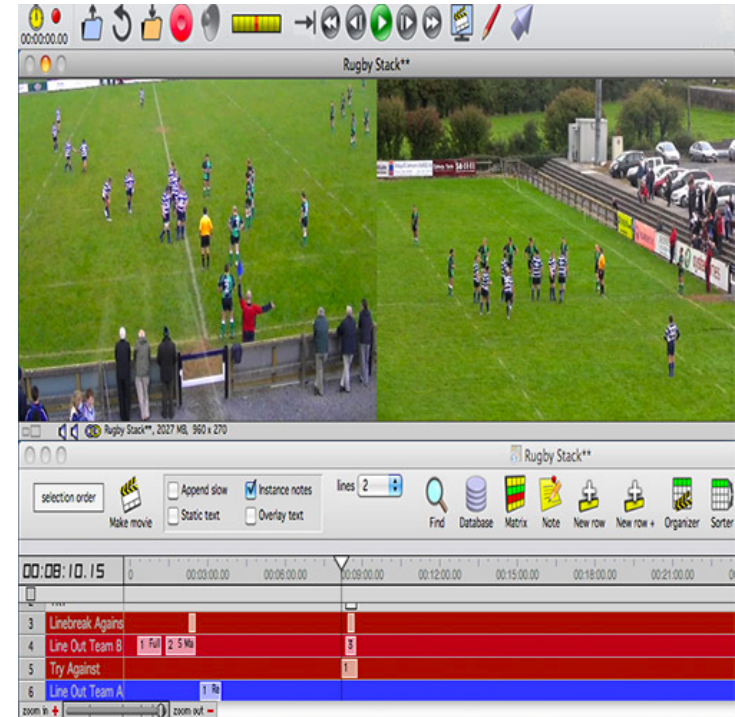


WEEKLY TRAINING LOAD



MONDAY - *INSTALL*

- Film and/or On-Field Review of Previous Match
- Preview of Upcoming Match
- Unit & Individual Roles
- Possible Regen/Recovery
- Walk-Jog Intensity
- Preparation & Preview
 - PACE/Intensity Sessions



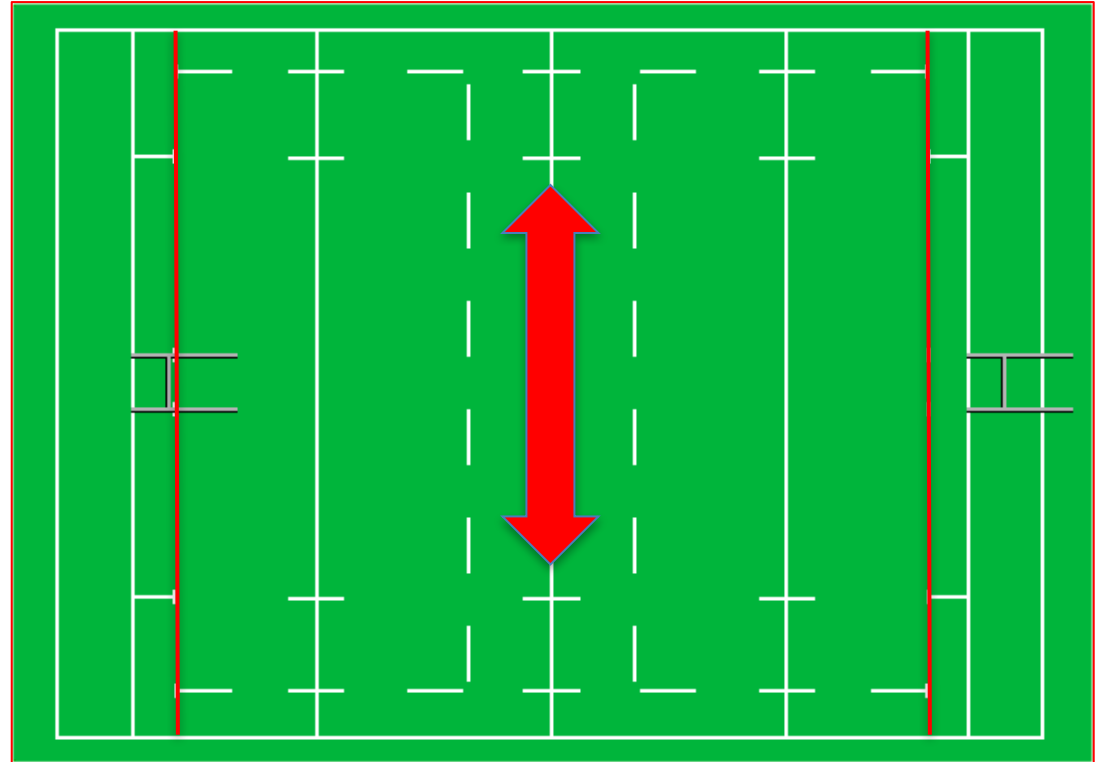
TUESDAY - PACE

Skill Integration & Team v Team (Chaos or Set Piece)

- Accelerations
 - Sprint, Cover a lot of ground
- Limit contact
 - To increase pace
- Skill integration
- Play above game speed



- AIM FOR BALL IN PLAY TARGET



WEDNESDAY - *RESET*

- Recovery
- Treatment
- Prep for Intensity Day

- SWOT Film

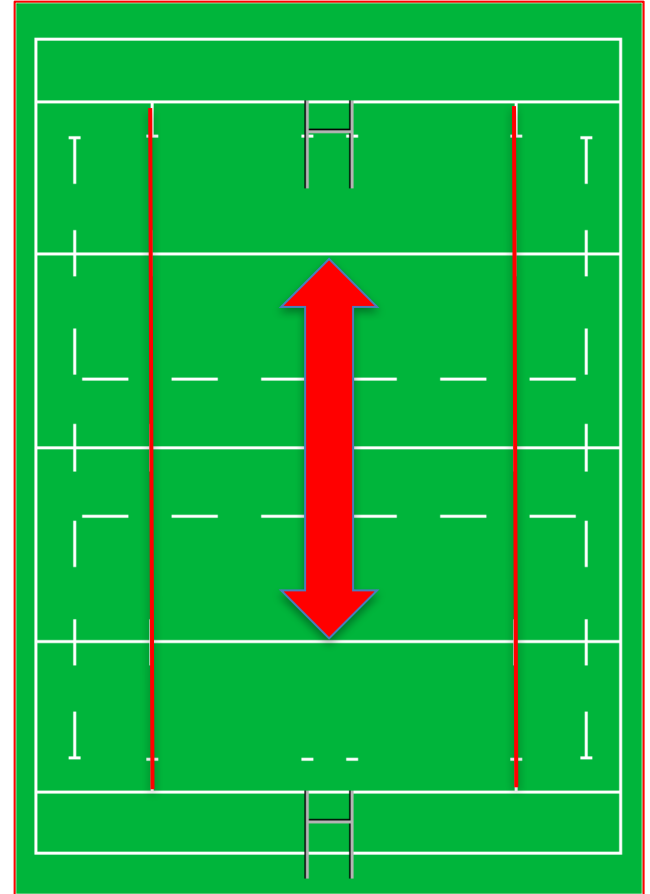


THURSDAY - *INTENSITY*

Skill Integration & Team v Team (Chaos or Set Piece)

- Collisions
 - Decrease width to increase number of controlled contacts
 - Precision & Accuracy
- Skill integration - contact
- Play above game intensity

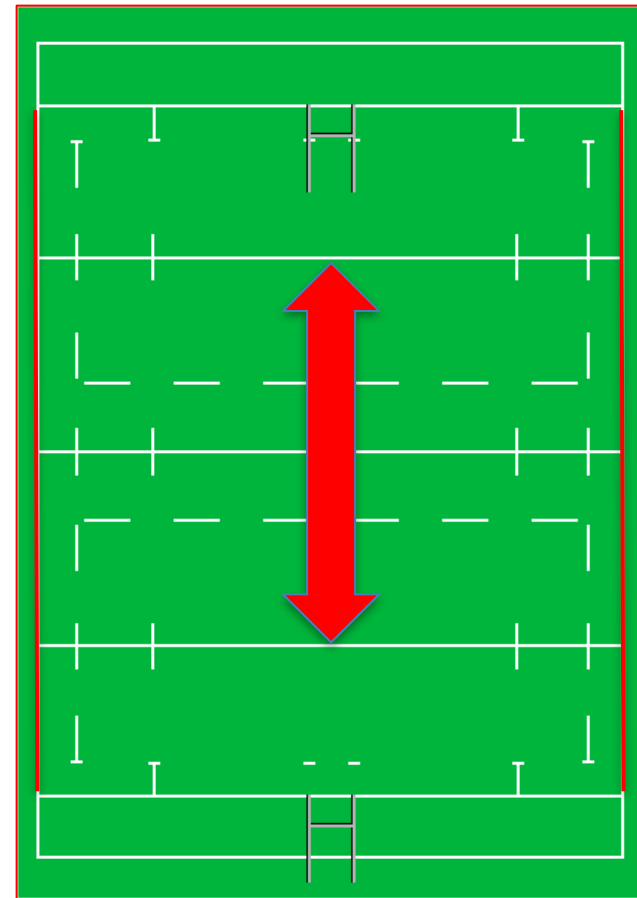
– HIT BALL IN PLAY TARGET



FRIDAY – CAPTAIN'S RUN

Team Run – Light or No Opposition

- Absolute Role Clarity
- Absolute System Clarity
- Execution
 - Especially in critical zones
 - From set piece
 - Full speed
 - Limit phases to 2-3



TRAINING COMPONENTS

Warm Up

- Incorporate skill/contact prep in warm up

Team v Team: Chaos or Set Piece

- Play determined amount of time, problem solve, play again
 - Open field: 1 - 2 mins on, 1 min off
 - Critical Zones (Red/Green): 30-45 sec on (more with transition), 1 min off

Skill Integration

- Reps for determined amount of time, problem solve/rest, rep again
 - 1-2 min on, 1 min off
 - Don't compromise quality

EXAMPLE PACE – INTENSITY SESSIONS

22' BIP

ACTIVITY	LEAD COACH	KEY POINTS	TIME
Warm Up	S&C	Activation + Skill and/or contact specific	20
Team v Team: 2' on, 1' off x 3	1 Coach Attack, 1 Coach Defense	Defense Focus – Line Speed, Rotation, Contest breakdown in wide channel	8
Skill (Contact/Breakdown) 2' on, 1' off x 2	Position Coach Lead – All Manage Quality	Breakdown - Footwork, Groundwork, Back to Pass, Latch, Clear Out - Keep Drill moving, coach @ break - pad contact 1 behind the other to start – clear out beyond the ball	5
Team v Team 2' on, 1' off x 4	1 Coach Attack, 1 Coach Defense	15m to 15m – Shape – Breakdown Focus	11
Skill (Contact/Breakdown) 2' on, 1' off x 2	Position Coach Lead – All Manage Quality	Breakdown - Footwork, Groundwork, Back to Pass, Latch, Clear Out - Keep Drill moving, coach @ break - pad contact 1 behind the other to start – clear out beyond the ball	5
Units	Position Coaches	Forwards – Live Scrums, Backs Scrum Starters	20

EXAMPLE PACE – INTENSITY SESSIONS

