



## **Western Cougars Training Session Schedule – Phase 1**

Training every Mon/Wed (unless otherwise notified) 6.00 – 8.00pm. Juniors and seniors train at same time and some coaching resources will be shared.

### **Week 1: 9 – 11 May**

- Attend: Rookies, 2<sup>nd</sup> year Seniors, all Juniors
- Aim to spend first 15-20 minutes doing coach and player introductions
- Learn warm ups / cool down
- Positional drills: Individual and Groupings

### **Week 2: 16 – 18 May**

- Attend: Rookies, 2<sup>nd</sup> year Seniors, all Juniors
- Positional drills: Individual and Groupings

### **Week 3: 23 – 27 May (Friday session – Wed is State of Origin)**

23 May

- Attend: Rookies, 2<sup>nd</sup> year Seniors, all Juniors
- Combine Testing: All senior rookies, 2<sup>nd</sup> year seniors
- Equipment issue: All senior rookies, 2<sup>nd</sup> year seniors

27 May

- Attend: Rookies, 2<sup>nd</sup> year Seniors, all Juniors, Veteran OL / DL
- Positional drills: Individual and Groupings
- Combine Testing: All juniors, Veteran OL / DL
- Equipment issue: All juniors, Veteran OL / DL
- Playbooks: Veteran OL / DL

### **Week 4: 30 May – 1 June**

30 May

- Attend: Rookies, 2<sup>nd</sup> year Seniors, all Juniors, Veteran RB / QB / WR
- Positional drills: Individual and Groupings
- Contact drills: Senior rookies, 2<sup>nd</sup> year Seniors, all Juniors
- Combine Testing: Veteran RB / QB / WR
- Equipment issue: Veteran RB / QB / WR
- Playbooks: Veteran RB / QB / WR

1 June

- Attend: Rookies, 2<sup>nd</sup> year Seniors, all Juniors, Veteran LB / DB
- Positional drills: Individual and Groupings
- Contact drills: Senior rookies, 2<sup>nd</sup> year Seniors, all Juniors
- Combine Testing: Veteran LB / DB
- Equipment issue: Veteran LB / DB
- Playbooks: Veteran LB / DB

**Week 5, 6 – 8 June (Senior Vets ONLY)**

- Attend: All senior veterans
- Positional drills: Individual and Groupings
- Contact drills: All senior veterans
- Combine Testing: any previously missed
- Equipment issue: any previously missed
- Playbooks: any previously missed

**End of Phase 1**

### Training Phase 1

Week	Date	Who	Activities
1	9 May 11 May	Senior Rookies Senior 2 <sup>nd</sup> year All Juniors	Learn warm up / cool down Positional drills <ul style="list-style-type: none"> <li>➤ OL / DL</li> <li>➤ WR / DB</li> <li>➤ RB / QB</li> <li>➤ LB</li> </ul>
2	16 May 18 May	Senior Rookies Senior 2 <sup>nd</sup> year All Juniors	Positional drills
3	23 May	Senior Rookies Senior 2 <sup>nd</sup> year All Juniors	Combine Testing – All seniors Equipment Issue – All seniors
	27 May	Senior Rookies Senior 2 <sup>nd</sup> year All Juniors Snr Vet OL/DL	Positional drills  Combine / Equipment – All juniors, Veteran OL / DL Playbooks – Veteran OL / DL
4	30 May	Senior Rookies Senior 2 <sup>nd</sup> year All Juniors Snr Vet RB/QB/WR	Positional drills  Contact drills – Rookies / 2 <sup>nd</sup> year Seniors / all Juniors Combine / Equipment – Veteran RB / QB / WR Playbooks – Veteran RB / QB / WR
	1 June	Senior Rookies Senior 2 <sup>nd</sup> year All Juniors Snr Vet LB/DB	Positional drills  Contact drills – Rookies / 2 <sup>nd</sup> year Seniors / all Juniors Combine / Equipment – Veteran LB / DB Playbooks – Veteran LB / DB
5	6 June 8 June	All Senior Veterans	Positional drills  Contact drills Combine / Equipment – any previously missed Playbooks – any previously missed
6 – 12	13 June 27 July	All Seniors All Juniors	Introduce Phase 2
13 – 28 (Sun Bowl)			

## ***Western Cougars Training Session Schedule – Phase 2***

**Week 6: 13 – 17 June (Friday session – Wed is State of Origin)**

**Week 7: 20 – 22 June**

**Week 8: 27 – 29 June**

**Week 9: 4 – 8 July (Friday session – Wed is State of Origin)**

**Week 10: 11 – 13 July**

**Week 11: 18 – 20 July**

**Week 12: 25 – 27 July**

6.00 – 6.30

- Warm up
- Positional drills

6.30 – 8.00

- Each team with their respective Head Coach
- Introduce playbooks
- Reps of Offense, Defense, Special Teams plays
- Contact drills

## ***Western Cougars Training Session Schedule – Phase 3***

**Week 13: 1 – 3 Aug**

6.00 – 6.30

- Warm up
- Positional drills

6.30 – 8.00

- Juniors prepare for Game 1

**Week 14: 8 – 10 Aug**

6.00 – 6.30

- Warm up
- Positional drills

6.30 – 8.00

- Seniors prepare for Game 1
- Juniors – combine testing if bye week