



AGE GRADE OUT-OF-SEASON SUMMER ACTIVITY GUIDE

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APRIL 2022

	MAY	JUNE	JULY	AUGUST	
TRAINING	FREQUENCY	1-2 SESSIONS PER WEEK (INC GAME FOR U12-18)	1-2 SESSIONS PER WEEK (INC GAME)	1-2 SESSIONS PER WEEK (INC GAME)	1-3 SESSIONS PER WEEK (INC GAME)
	INTENSITY	LOW	LOW – MEDIUM	MEDIUM	MEDIUM - HIGH
	TYPE	GENERAL FITNESS AND SKILLS MAX 20 MINS CONTACT FOR U14-18 ONLY PER WEEK	GENERAL FITNESS AND SKILLS MAX 20 MINUTES CONTACT PER WEEK	RUGBY FITNESS AND SKILLS MAX 30 MINUTES CONTACT PER WEEK	POSITION/GAME SPECIFIC SKILLS MAX 40 MINUTES CONTACT PER WEEK MAX 20 MINUTES CONTACT PER SESSION
	TIME	45 – 60 MINUTES + ACTIVATE	45 – 60 MINUTES + ACTIVATE	45 – 75 MINUTES + ACTIVATE	45 – 90 MINUTES + ACTIVATE
FIXTURES	TAG	U12 - U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS
	THE TOUCH UNION	U12 - U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS
	X RUGBY	U14 - 18 BOYS U15 & U18 GIRLS	U14 - 18 BOYS U15 & U18 GIRLS	U14 - U18 BOYS U15 & U18 GIRLS	U12 - 18 BOYS U12, 14, 16, 18 GIRLS BANDS
	GAME ON FORMAT (ADAPTED CONTACT TO FOLLOW)	X	X	X	U14 - 18 BOYS U14, 16, 18 GIRLS BANDS
	FIXTURES/FESTIVALS	1 X FIXTURE/FESTIVAL PER FORTNIGHT FOR U12-18 BOYS GIRLS PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	3 X FIXTURES/FESTIVALS

THE FRAMEWORK IS A MENU TO CHOOSE FROM, YOU DON'T HAVE TO PLAY/TRAIN IN THE OFF SEASON. FOR THOSE THAT CHOOSE TO, THIS SHOWS THE MAXIMUM ACTIVITY PERMITTED EACH MONTH. ALL MATCHES ARE FRIENDLIES DUE TO BEING OUT OF SEASON.

PLEASE REMEMBER PLAYERS MOVE TO THEIR NEW AGE GROUPS/BANDS ON 1st AUGUST