

New Zealand Talent Development Programme 2010

Time	Activity	
Saturday		
10.30 – 10.45am	Registration, welcome & introduction all	Gaylene Eyre/Leigh Gibbs
10.45 – 11.00am	Players and Umpires Warm up	Conditioner
11.00 – 12.00pm	Sports Science – Testing Split into 2 groups Group 1 Wall Pass / Yo Yo Group 2 Yo Yo / Wall Pass	NZSS Coaches Coaches to record testing
12.00- 1.00pm	Summer Programme / Intensity Session	
1.00 – 1.30	Lunch	
1.30 – 2.10pm	Sport Science Continues Players and Umpires	Physiotherapist
2.10 – 2.30pm	<ul style="list-style-type: none"> • Core Stability Session - Prone Hold test 	
2.30 – 3.30pm	<ul style="list-style-type: none"> • Agility Development • Mental Skills 	NZSS Coaches
3.30 – 3.45 pm	Break	
3.45 – 4.45pm	Nutrition	Nutritionist
4.45 – 5.30 pm	Its All About Me Players and Umpires 2 Rotations x 20mins = 2 groups <ul style="list-style-type: none"> • IPPs • Planning time management Parents/Caregivers included	Gaylene Eyre/NZSS Coaches/Jan Skilton/Nutritionist
5.30 – 6.00 pm	Dinner Break	
6.00 – 8.30 pm	Athlete Individual Interviews	NNZ Personal
Sunday		
9.00 – 9.50 am	Sports Science Warm – up (10min) Players and Umpires	Regional Physio
9.50 – 10.45am	<ul style="list-style-type: none"> • Dynamic Neuromuscular • Off Season Training Programme and Planning 	NZSS Coach/Ass Coach
10.45 – 11.00 am	Break	
11.00 – 12.00 pm	Technical Session - players <ul style="list-style-type: none"> • Attacking and Defending Umpires <ul style="list-style-type: none"> • Position Vision and Timing • Protocols 	NZSS Coaches Jan Skilton
12.00 – 1.00 pm	Lunch Break Athletes to complete Self Reflection Activity	
1.00 – 3.30 pm	Games	NZSS Coaches Jan Skilton
3.30 – 4.00pm	Evaluation and Depart	