

Day 1: Saturday				
Time	NZTD		RDF	
10.30am	WELCOME			
10.45am 1.00 p.m.	Players	Umpires	Parents/Coaches	Coach/Player Dev
	SPORTS SCIENCE			
	Strength & Conditioning testing, height, weight and intensity session for athletes (players and umpires)		Observation of Strength & Conditioning testing and intensity session and involved in recording	Observation Pathways and National and Local Initiatives
1.00pm -1.30pm	LUNCH			
1.30pm - 3.30pm	SPORTS SCIENCE			
	Core Stability - Prone hold test Agility Development Mental Skills			
3.30pm - 3.45pm	BREAK			
3.45pm - 4.45pm	Nutrition			
4.45pm - 5.30pm	'IT'S ALL ABOUT ME' 2 groups 20 min Group one: IPP's Group two Planning and time management,		Observation of session	Umpire Panel Coach/Umpire/Mentor
5.30 pm 6.00 pm	DINNER BREAK Athletes		SOCIAL HOUR Guest speakers Coach & Umpire interaction	
6.00pm - 8.30 pm	Individual profiling of NZTD players and umpires to be conducted by NNZ, coaches & NZUP – 15 mins each		Reporting - to Umpire feedback verbal and written, to Region, to NNZ Assessing	

Day 2: Sunday					
Time	NZTD		RDF		
9.00am 10.45am	Players	Umpires	Parents/Coaches	Coach/Player Dev	Umpire Panel
	SPORTS SCIENCE Dynamic Neuromuscular session Off Season training ideas and intensity session		Observation of session		Umpire Development Activities
10.45am - 11.00am	Break				
11.00 am - 12 noon	TECHNICAL SESSION		TECHNICAL SESSION		Observation & worksheets
	Attacking and defending Key principles for player and umpires	Position Vision and Timing Protocols	Observation		
12 noon - 1.00pm	LUNCH BREAK NZTD players & umpires to complete self reflection chart				
1.00 pm - 3.30 pm	GAMES NZTD players and umpires		GAMES Works sheets for coaches of athletes		Assessment Methods
3.30 pm 4.00pm	EVALUATION AND DEPART				