

QTFC Rising Stars Pre Xmas PGM

| Day | Date | Time | Coach | Training PGM | Dress | Player Output | Coach Output | Club Output | Remarks |
|-------|-----------|-----------|---|--|--|---|---|-----------------------|--|
| TUES | 15-Nov-16 | 5-6:30 pm | Lead: Chris Assist: Luke | -Intro to Craft -Intro to Craft extensions -Skills Training -Intro to game sense Drills -Interviews | -Footy Attire -Runners -Boots -Black Pen -Water Bottle | -Establishing Craft Routine -Meet the coaching Staff -Profile development / Entry Interview | -Intro Mets and Greets -Impart Craft Routine -Entry Meetings | NA | -Player Entry meetings from 6-630pm for nominated players |
| THURS | 17-Nov-16 | 5-6:30 pm | Lead: Chris Assist: Aaron, Luke | -Craft -Intro to Training and Game Warm-up -Craft extensions -Intro to Running -Skills Training -Game sense Drills -Rising Stars Player Development | -Footy Attire -Runners -Boots -Black Pen -Water Bottle | -Refine Craft Routine -Identify running intensity levels -Meet the coaching Staff -Understanding of Club culture -Profile development / Entry interview | -Intro Mets and Greets -Establish Craft Routine -Impart 18s expectations -Senior Player Development -Entry Meetings | N/A | -Player Entry meetings from 6-630pm for nominated players -Club room tour and culture development |
| TUES | 22-Nov-16 | 5-6:30 pm | Lead: Chris Assist: Luke | -Craft -Training and Game Warm-up -Craft extensions -Intro to Conditioning -Skills Training -Game sense Drills -Rising Stars Player Development | -Footy Attire -Runners -Boots -Water Bottle | -Refine Craft Routine -Meet the coaching Staff -Profile development / Entry Interview -Understand Health and Wellbeing in Football -Profile development / Entry Interview | -Intro Mets and Greets -Monitor Craft Routine -Impart 18s expectations -Senior Player Development -Entry Meetings | Intro to Club Chaplin | -Player Entry meetings from 6-630pm for nominated players -Intro to Scott Michem |
| THURS | 24-Nov-16 | 5-6:30 pm | Lead: Aaron Assist: Luke Observe: Chris | -Craft -Intro to Training and Game Warm-up -Craft extensions -Intro to Endurance Training -Skills Training -Game sense Drills -Rising Stars Player Development | -Footy Attire -Runners -Boots -Water Bottle | Refine Craft Routine -Profile development / Entry Interview - Understand Footy Food | - Monitor Craft Routine -Senior Player Development -Entry Meetings | N/A | -Player Entry meetings from 6-630pm for nominated players -Resources from Giants academy |
| TUES | 29-Nov-16 | 5-6:30 pm | Lead: Luke Assist: Chris | -Craft -Training and Game Warm-up -Craft extensions -Intro to Defensive movement -Skills Training -Game sense Drills -Rising Stars Player Development | -Footy Attire -Runners -Boots -Water Bottle | -Refine Craft Routine -Profile development / Entry Interview -Understand Movement patterns -Understand KPIs -Profile development / Entry Interview | - Monitor Craft Routine -Senior Player Development -Entry Meetings | NA | -Player Entry meetings from 6-630pm for nominated players - Explain how the KPIs link to tactics |
| THURS | 01-Dec-16 | 5-6:30 pm | Lead: Aaron Assist: Chris, Aaron, Luke | -Craft -Training and Game Warm-up -Craft extensions -Intro to 2017 Fitness Testing -Skills Training -Game sense Drills -Rising Stars Player Development | -Footy Attire -Boots -Water Bottle | Refine Craft Routine -Profile development / Entry Interview - Prepare Game and Training Routine Documents | - Monitor Craft Routine -Impart 18s expectations -Senior Player Development -Entry Meetings | N/A | -Player Entry meetings from 6-630pm for nominated players - Issue a player game and training Routine Development Plan |

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| TUES | 06-Dec-16 | 5-6:30 pm | Lead: Chris Assist: Aaron, Luke | -Craft -Training and Game Warm-up -Craft extensions -Intro to 2017 Fitness Testing -Skills Training -Game sense Drills -Rising Stars Player Development | -Footy Attire -Boots -Water Bottle | Refine Craft Routine -Profile development / Entry Interview - Prepare Game and Training Routine Documents | - Monitor Craft Routine -Impart 18s expectations -Senior Player Development -Entry Meetings | NA | Review Training and Game Preparation Plans |
| THURS | 08-Dec-16 | 5-6:30 pm | Lead: Aaron Assist: Luke Observe: Chris | -Craft -Training and Game Warm-up -Craft extensions - Confirm Defensive movement -Running -Game sense Drills -Rising Stars Player Development | -Footy Attire -Boots -Runners -Water Bottle | -Profile development / Entry Interview - Confirm Development training Entry Interviews | - Monitor Craft Routine -Impart 18s expectations -Senior Player Development -Entry Meetings | | Q&A |
| TUES | 13-Dec-16 | 5-6:30 pm | Lead: Luke Assist: Aaron Observe: Chris | -Craft -Training and Game Warm-up -Craft extensions - Confirm Defensive movement -Running -Game sense Drills -Rising Stars Player Administration | -Footy Attire -Runners -Boots -Black Pen -Water Bottle | -Profile development / Entry Interview - Confirm Development training Entry Interviews | Discus Play profiles | -Rego Forms Gois | |
| THURS | 15-Dec-16 | 5-6 pm | Lead: Chris Assist: Aaron, Luke | Relaxed Session | -Footy Attire -Runners -Boots -Black Pen -Water Bottle | | | Rego Forms Gois | -Family BBQ -Parents family Info night |