



RugbyWA Coach Series

Introduction Steve J. Anderson

21st April 2020

Building your (Game) Plan

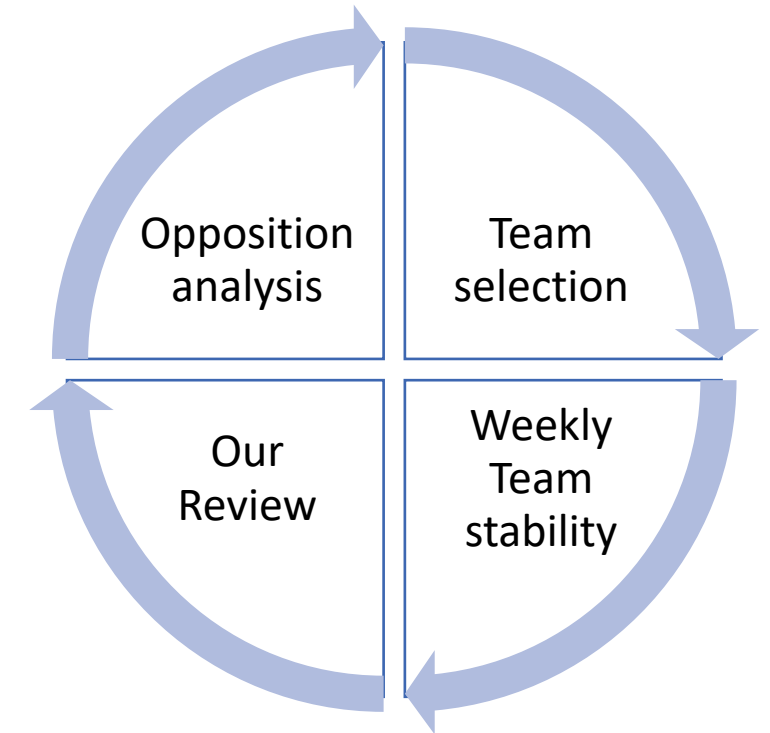
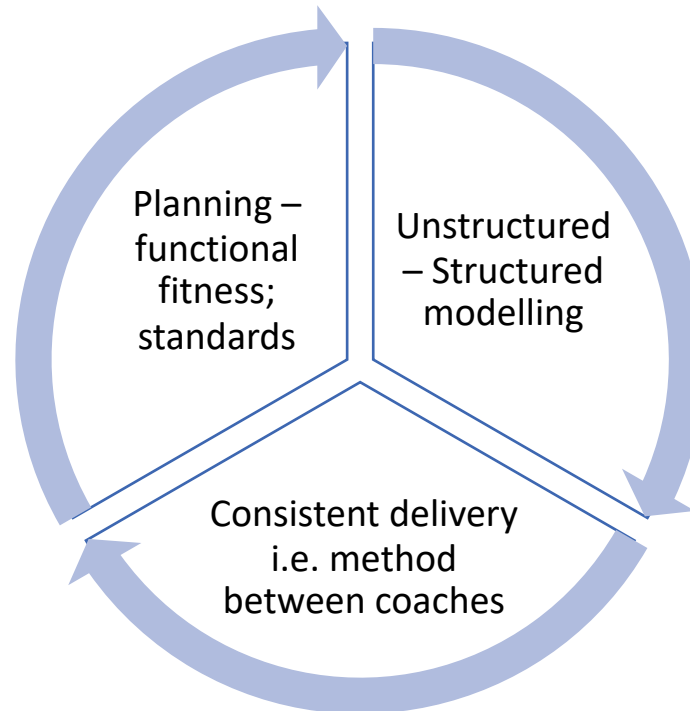
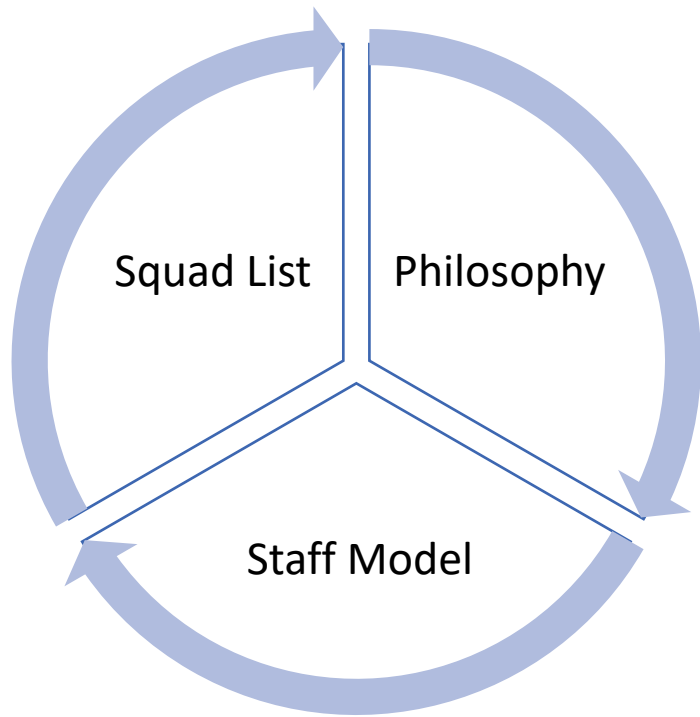
Integrated Fitness (Rugby Fit)

Analysis (Developing system)

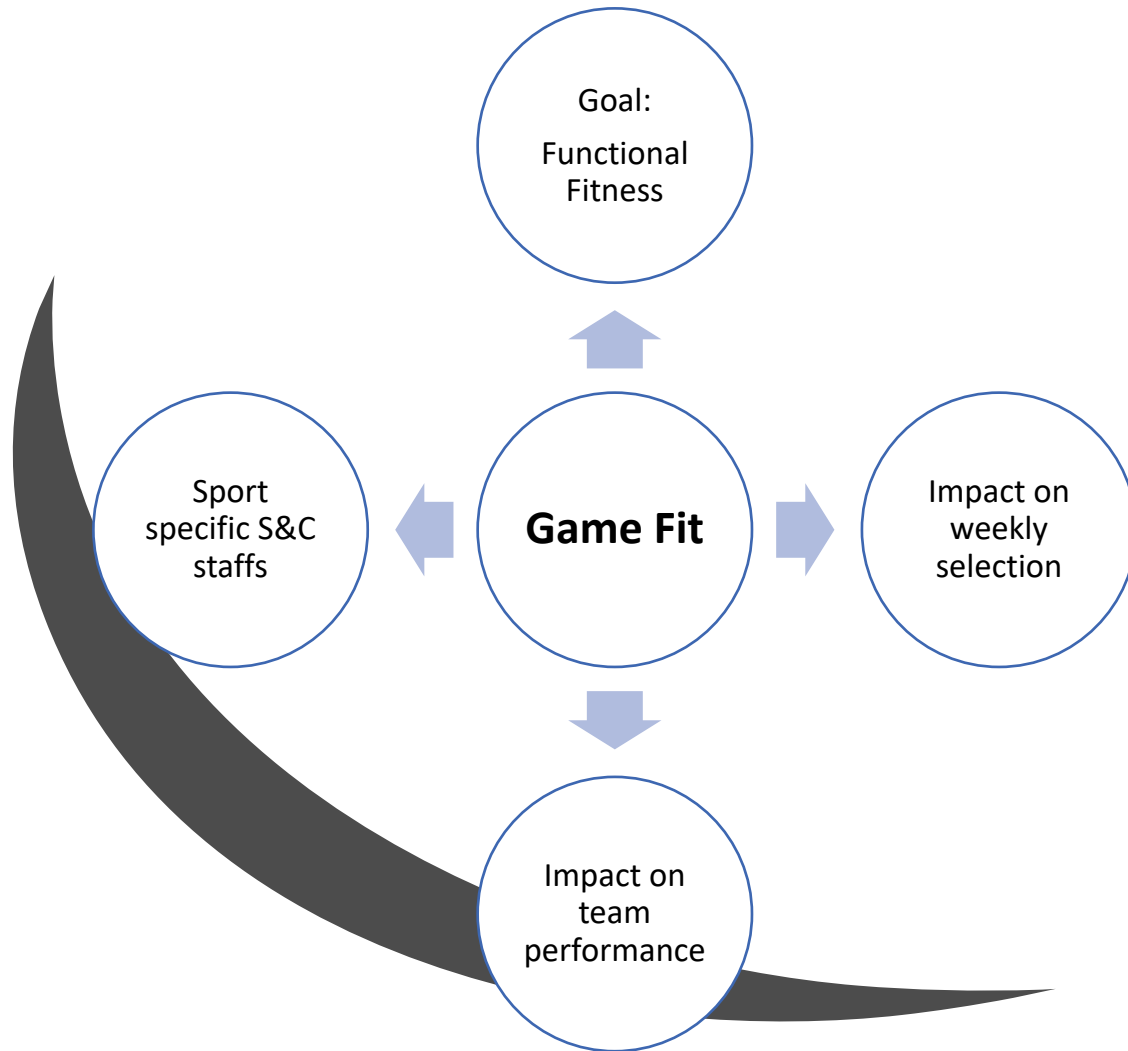
Reviewing your Season Plan (Process)

Communication (Delivery & method)

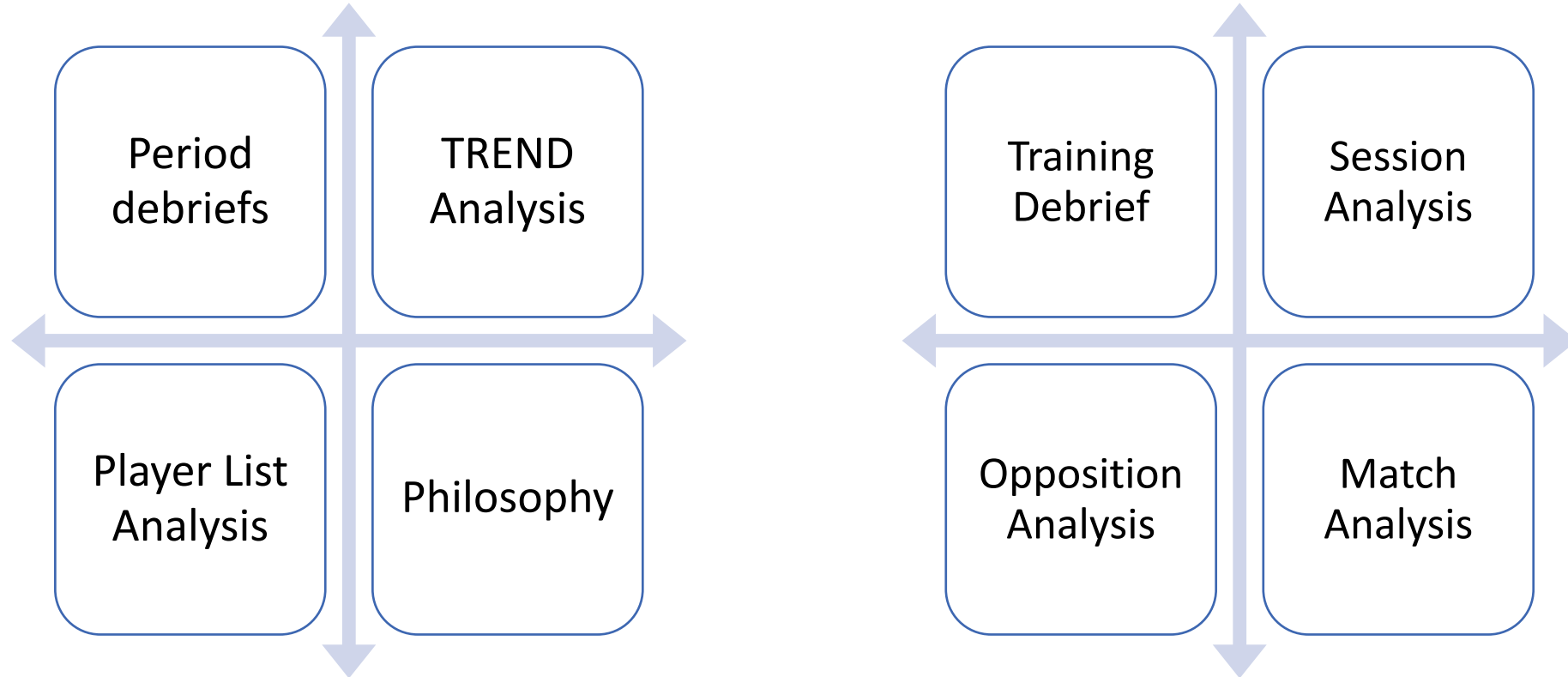
Building a GAME Plan



Integrated Fitness (Rugby Fit)



Analysis (Developing your System)



Review your Season Plan

Player Support

Micro

Macro

Rugby

Sport
Science

Operations

Communication (Delivery & Method)

