

Elbows  
Annual Plan - monthly template commitment

**Monthly Plans**

The following is a DRAFT calendar for the month of September as an example

Date	Day	September program sessions		
		Technical or physical	Mental / tactical skill	Tactical (games)
1	W	Exercise, diet	Burwood seminar training	REST DAY
2	Th	Exercise, diet		Club training
3	Fri	Skills session		Squad session, am
4	Sat	Exercise, diet	Game plan/ analysis Skill progress	Club event
5	Sun	Skill assessment		Training tactics
6	M	Exercise, diet	training	Squad session, REST DAY Club training Squad session, am
7	Tues	Exercise, diet		
8	W	Exercise, diet		
9	Th	Exercise, diet		
10	F	Skills session		
11	Sat	Exercise, diet	Game plan/ analysis Skill progress	Club event
12	Sun	Skill progress		
13	M	Exercise, diet	RUBC 'Elbows' seminar training	Squad session, Video REST DAY Club training Squad session, am
14	Tues	Exercise, diet		
15	W	Exercise, diet		
16	Th	Exercise, diet		
17	F	Skills session		
18	Sat	Balmoral	Balmoral	Balmoral
19	Sun	Balmoral	Balmoral	Balmoral
20	M	Exercise, diet	training	Squad session, REST DAY Club training Squad session, am
21	Tues	Exercise, diet		
22	W	Exercise, diet		
23	Th	Exercise, diet		
24	F	Skills session		
25	Sat	Exercise, diet	Game plan/ analysis	Club event
26	Sun	Exercise, diet		Full day game program
27	Mon	Exercise, diet	Tactics & training  VIS decision making	Squad session, REST DAY Club training
28	Tue	Exercise, diet		
29	W	Exercise, diet		
30	thu	Exercise, diet		

Check this monthly and devise a schedule for the other months to the event