

GFUL 2010 TRAINING PROGRAM and EVENT CALENDAR

IN SEASON

Session	Day	Date	Meeting Schedule	Fitness Training	Field Training Session	Instructor	Boundary Training Session	Training Theme	Goal Training Session	Instructor	Development Squad	Group Meeting Topic	Mentor Program	Accreditation Program
Session 19	Tuesday	6 Apr 2010		Tan track rep 1,500 m					First & second year goal umpires	Leadership Group				
Session 20	Thursday	8 Apr 2010			Reportable offences		Running skills Game skills Throw for dough	Returning ball to field umpire after goal	Fitness test Agility	Allan/Colin				
Session 21	Tuesday	13 Apr 2010	V/Line Academy	Tan track fartleks total time 40 min										
	Wednesday	14 Apr 2010	Pay Day											
Session 22	Thursday	15 Apr 2010	Meeting All umpires		End zone - transfer of play		Leadership group training Throw for dough	5 paces into corner of centre square	Skill session - positioning ball dropping in goal square	Allan				
	Sunday	18 Apr 2010	Sunday Training Session											
Session 23	Tuesday	20 Apr 2010	Board	Tan track fartleks total time 40 min										
Session 24	Thursday	22 Apr 2010	Meeting Separate Disciplines		Positioning - general play		Running skills Game skills Throw for dough	Running hard of the square	Skill session Positioning ball dropping in goal square	Colin Leadership Group				
Session 25	Tuesday	27 Apr 2010	Coaching Panel Meeting	Tan track fartleks total time 40 min										
Session 26	Thursday	29 Apr 2010	Club Umpire Session		50 m penalties		Leadership group training Throw for dough	Position on long side of play	Flag waving Indications	Allan/Colin Dev Squad	Training session			
	Saturday	1 May 2010	75 th Anniversary Function											
Session 27	Tuesday	4 May 2010		week 1 intro to speed 1,500 m pace										
Session 28	Thursday	6 May 2010	Meeting All umpires		Kick-in drills		Team building exercise	Strong communication	Flag waving Indications Communication	Allan/Colin Leadership		Mock Tribunal		
Session 29	Tuesday	11 May 2010	V/Line Academy	week 2 intro to speed 1,500 m pace										
	Wednesday	12 May 2010	Pay Day											
Session 30	Thursday	13 May 2010			Match practice		Leadership group training Throw for dough	Strong whistle	Team work with BU Team work with FU Ballyang Scnctuary	Allan/Colin				
Session 31	Tuesday	18 May 2010	Board	week 3 intro to speed 1,500 m pace										
Session 32	Thursday	20 May 2010	Meeting Separate Disciplines		Centre square work		Running skills Game skills Throw for dough	Correct visual indications	Skill session Positioning GP Electronic whiteboard	Allan/Colin Dev Squad	Training session			
	Sunday	23 May 2010	Sunday Training Session											

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Session 33	Tuesday	25 May 2010		week 4 intro to speed 1,500 m pace											
Session 34	Thursday	27 May 2010	Club Umpire Session		Combined discipline skills		Leadership group training Throw for dough	Blow Show and Go	Skill session Combined with FU/BU	Colin Leadership Group					
Session 35	Tuesday	1 Jun 2010		week 5 intro to speed 1,500 m pace					First & second year goal umpires	Leadership					
Session 36	Thursday	3 Jun 2010	Meeting All umpires		Ball forward to be kicked		Match plan 1%	Centre square infringements	Skill session Ball dropping in goal	Leadership					
Session 37	Tuesday	8 Jun 2010	Coaching Panel Meeting	week 6 intro to speed 1,500 m pace											
Session 38	Thursday	10 Jun 2010			BTI positioning		30/30/continuous running 10m/Game based Throw for dough	Acceleration points	Ten pin bowling night Belmont						
	Saturday	12 Jun 2010	Development Squad Social												
	Sunday	13 Jun 2010	Sunday Training Session												
Session 39	Tuesday	15 Jun 2010	V/Line Academy	Week 1 increasing speed tempo 800m pace											
	Wednesday	16 Jun 2010	Pay Day												
Session 40	Thursday	17 Jun 2010	Meeting Separate Disciplines		Mid zone ball-up - outside run		Running based skills 30/30/sprints/Game based running activities Throw for dough	Correct use of angles	Review season so far	Allan/Colin Leadership	Training session				
Session 41	Tuesday	22 Jun 2010		Week 2 increasing speed tempo 800m pace											
Session 42	Thursday	24 Jun 2010	Club Umpire Session		Set kick control		Running based skills ene to end play/sprints/Game based running activities Throw for dough	Where to be at the post	Swim night - splash down Development squad		Training session				
Session 43	Tuesday	29 Jun 2010		Week 3 increasing speed tempo 800m pace			MID YEAR REVIEW Group ONE								
Session 44	Thursday	1 Jul 2010	Meeting All umpires		3 umpire system		MID YEAR REVIEW Group TWO Running based skills after goal/set shot	Backwards running	Fitness test Beep test Agility test	Allan/Colin					
	Sunday	4 Jul 2010	Sunday Training Session												
	Tuesday	6 Jul 2010	First Year Umpires Evening	School Holiday Break											

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	Thursday	8 Jul 2010	Life Members Evening	School Holiday Break											
	Saturday	10 Jul 2010	Junior Disco												
Session 45	Tuesday	13 Jul 2010	Coaching Panel Meeting	Week 4 increasing speed tempo 800m pace											
	Wednesday	14 Jul 2010	Pay Day												
Session 46	Thursday	15 Jul 2010	Meeting Separate Disciplines		End zone - transfer of play		Running based skill activities returning ball back to middle Throw for dough	Proactive at stoppages	Skill session Game situation in scoring area	Allan/Colin Leadership					
	Sunday	18 Jul 2010	Sunday Training Session												
Session 47	Tuesday	20 Jul 2010	Board	Week 5 increasing speed tempo 800m pace					Mentor group meeting	Allan/Colin					
Session 48	Thursday	22 Jul 2010	Club Umpire Session		Match practice		Competitive activities around throw-ins and match day scenarios Throw for dough	Throw ins	Skill session Game situation in goal square	Allan/Colin					
Session 49	Tuesday	27 Jul 2010		Week 6 increasing speed tempo 800m pace					First & second year goal umpires	Allan/Colin					
Session 50	Thursday	29 Jul 2010			Combined discipline skills		Leadership group training Throw for dough	Long side after throw in	Combined skill session Rippleside		Training session				
	Sunday	1 Jul 2010	Sunday Training Session												
Session 51	Tuesday	3 Aug 2010		Week 1 Urgency running 400m pace											
Session 52	Thursday	5 Aug 2010	Meeting All umpires				Boundary Umpiring	Holding the ball	Fun night - games on oval	Leadership					