



2022 Q YOUTH ACADEMY



COACHES PROGRAM

Friday 11 February

AM	Travel to Gold Coast Performance Centre
1:00pm	Youth Academy Opens
1:30pm	Gold Coast Performance Centre Induction
2:00pm	QTF Skill Development - 13 Teams / Team Training / Team Bonding / FITLAB – Testing: Speed, Agility, Fitness
4pm	Pool Recovery
5:30pm	Dinner
7:00pm – 8:30pm	Queensland Coach Professional Development - Chris Loth

Saturday 12 February

6:30am	Breakfast
8am	Team Photo's
8am – 9:30am	Team Training
10am – 11:30am	Boys & Girls Games Commence / 25 minute games / 6 fields / 2 games each team
11am	Pool and Ice Baths
12:00pm	Lunch
1:30pm	Qld Origin Stars Session - QTF SOO Men's, Women's & Mixed Open / Mixed Team Trainings
3pm – 4:30pm	Mixed Games Commence
4:00pm	Pool and Ice Baths
5:30pm	Dinner
7:00pm – 8:30pm	Queensland Coach Professional Development - Craig Morrow

Sunday 13 February

7:00am	Breakfast
8am – 9:00am	Boys & Girls Team Training
9am – 10:30am	Boys & Girls Games Commence / 25 minute games / 6 fields / 2 games each team
10am	Pool and Ice Baths
11am	Player Development Feedback Report
12:00pm	Lunch
1:30pm	Camp Debrief
2pm	Youth Academy Closes
PM	Travel home from Gold Coast Performance Centre