

# TARGETED SPORT PROGRAM RUGBY LEAGUE

## FACULTY

PDHPE

## CHARGE

\$120

Team registrations  
competitions, transport,  
extracurricular excursions

## HOURS

100

School developed

The Rugby League Targeted Sports Program (TSP) is an extension and enrichment course for players with experience and passion for rugby league. The program will provide students with a unique opportunity to develop their skills and abilities through specialised training sessions. Students will actively participate in individualised coaching sessions from an accredited coach, with the focus being on improving the individual's overall Rugby League skills. This will be achieved through periodised sessions aimed at specific focus areas including:

- Catch, carry and pass (long and short)
- Line Running
- Defensive Tackling Techniques
- Offensive and Defensive patterns/skills
- Strength and conditioning
- Nutrition to optimise performance
- Injury prevention and management
- Psychology for success

A variety of training methods and venues will be used and students will be grouped at times based on their playing positions and skill level.

Throughout the course, students will be monitored and tested, with a detailed report noting areas of strength, weakness, and areas for improvement noted.

## STAGE 6 SUBJECT SELECTION

Sport, Lifestyle and  
Recreation Studies (SLR):  
Sports Coaching Cert II

## HIGHER EDUCATION

Sport Coaching  
Health Sport and Physical  
Education  
Exercise and Sport Sciences

## CAREER OPPORTUNITIES

Game Development Officer  
High Performance Coach  
Elite Player