

# TARGETED SPORT PROGRAM - RUGBY LEAGUE

## FACULTY

PDHPE

## CHARGE

\$120

## HOURS

100

School developed

Are you passionate about rugby league and eager to take your skills to the next level? The Rugby League Targeted Sports Program (TSP) is designed for experienced players like you, offering an exciting opportunity for skill enhancement and enrichment. Through specialized training sessions, you'll receive individualised coaching from an accredited expert, focusing on every aspect of your game.

You'll be grouped by playing position and skill level for targeted development using various training methods and venues. Throughout the course, you'll be monitored and tested, with comprehensive reports highlighting your strengths, areas for improvement, and overall progress.

Join us in this dynamic program and elevate your rugby league prowess to new heights!

Our periodised sessions cover crucial 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

## 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