

Rugby Union Global Load Management
Lecture Time 72 Minutes

Lecture Contents

- The Future of Heads of Sport
- Chronological Perspective
- Sport Training Evolution
- Basal Constituents
- Psychological
- Analytical/Intellectual
- Sensorimotor
- Technical
- Tactical
- Physical
- Physiotherapeutic
- Rugby Union Structure
- Global Load Management
- Movement Organization
- Backs- Inside the SPP Charlie Francis
- Forwards- Inside the SPP Charlie Francis
- Closing Notes