

# IRANZ

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## IRANZ Programme Example



## 12-Day Standard Customised Course

To receive a Customised Course Proposal for your group,  
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## Customised 12 Day Programme

**IRANZ Staff:** IRANZ Course Manager (ICM) IRANZ Team Coach (ITC) IRANZ Skills Coach (ISC)

**Numbers:** 30 Players and 6 Coaches/Management Staff

**Venue:** International Rugby Academy, *Sport & Rugby Institute (SRI), Palmerston North*

### Course Outline

#### Day 1:

11.00am	Arrival at Sport and Rugby Institute	
11.00am – 11.45pm	Check into Rooms <i>IRANZ Course Manager (ICM)</i>	Rooms
11.45pm – 12.30pm	Welcome/Orientation <i>ICM/ITC/ISC</i>	Team Room/Facility
12.30pm – 1.30pm	Lunch	Dining Room
1.00pm – 2.00pm	Coaches Meeting <i>ICM/ITC/ISC</i>	Team Room
2.00pm – 3.30pm	Passing/Handling <i>ITC/ISC</i>	Green Room/Field
3.45pm – 4.30pm	Team Run <i>Coaches/ITC/ISC</i>	Rugby Field
4.30pm – 5.30pm	Team Building <i>ITC/ISC/Coaches</i>	Green Room
5.30pm – 6.15pm	Recovery <i>Coaches</i>	Green Room/Fields
6.30pm – 7.00pm	Dinner	Dining Room
7.30pm – 8.30pm	Coaches Meeting/Module <i>ICM/ITC/ISC</i>	Team Room

## Day 2

6.30am – 7.30am	Strength and Conditioning <i>Fitness Trainer</i>	Green Room
7.30am – 8.30am	Breakfast	Dining Room
8.30am – 9.00am	Team Meeting	Team Room
9.00am – 10.30am	Position Specific Analysis <i>ITC/ISC</i>	Team Room
10.45am – 12.30pm	Fitness Assessments/Speed <i>ISC/ITC</i>	Green Room/Track
12.30pm – 1.30pm	Lunch	Dining Room
2.00pm – 3.45pm	Vision and Decision Making <i>ISC/ITC</i>	Rugby Field/Green Room
4.00pm – 4.45pm	Tackle Technique <i>ISC/ITC</i>	Green Room
4.45pm – 5.45pm	Defence <i>ISC/ITC</i>	Green Room/Field
6.00pm – 6.30pm	Recovery <i>Coaches</i>	Green Room/Pools
6.30pm – 7.30pm	Dinner	Dining Room
7.30pm – 8.30pm	Coaches Meeting/Module <i>ICM/ITC</i>	Team Room

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## Day 3

7.30am – 8.15am	Breakfast	Dining Room
8.15am – 9.30am	Mental Skills <i>Mental Skills Coach</i>	Team Room
9.45am – 10.00am	Team Meeting <i>ISC/ITC</i>	Team Room
10.00am – 12.00	Position Specific Coaching <i>ISC/ITC/Position Specific Coaches</i>	Team Rooms/Rugby Field
12.00 – 12.20pm	Team Run <i>ISC/ITC/PS Coaches</i>	Rugby Field
12.30pm – 1.00pm	Lunch	Dining Room
1.30pm – 3.00pm	PS Skills (Coaches Only) <i>PS Coaches</i>	Team Room
3.00pm – 4.00pm	Team Meeting/Match Preparation	Team Room
4.00pm – 5.20pm	Match vs Opposition <i>4 x quarters PS Coaches</i>	Rugby Field
5.20pm – 5.30pm	After-match Presentations	Field
5.30pm – 6.30pm	Recovery	Field/ Pools
6.45pm – 7.15pm	Dinner	Dining Room
7.30pm – 8.30pm	Merchandise available to purchase	Office
7.30pm – 8.30pm	Coaches Module (Coaches Only) <i>ICM/ITC</i>	Team Room

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## Day 4

7.00am – 8.00am	Recovery <i>Coaches</i>	Team Room/Rugby Field
8.00am – 9.00am	Breakfast	Dining Room
9.00am – 10.30am	Individual/Mini Unit Player Feedback <i>ISC/ITC/PS Coaches</i>	Designated Areas
10.45am – 12.30pm	Team Review (Workshop) <i>ISC/ITC/PS Coaches</i>	Team Room
12.30pm – 1.30pm	Lunch	Dining Room
1.30pm – 2.30pm	Fwds: Unit Drills, <i>ISC/ITC/PS Coaches</i>	Rugby Field
	Backs: Unit Drills, <i>ISC/ITC/PS Coaches</i>	Rugby Field
2.30pm – 3.30pm	Contact and the Breakdown <i>ISC/ITC</i>	Team Room/Rugby Field
3.30pm – 4.30pm	Tackle/Defence (Coaches Only) <i>ISC/ITC</i>	Team Room
3.30pm – 4.30pm	Mental Skills <i>Gary Hermansson</i>	Team Room
4.30pm – 5.30pm	Tackle/Defence <i>ISC/ITC</i>	Rugby Field
5.30pm – 6.00pm	Recovery	Rugby Field/Pools
6.00pm – 6.30pm	Fitness Feedback <i>Fitness Trainer</i>	Team Room
6.30pm – 7.00pm	Dinner	Dining Room

## Day 5

7.30am – 8.30am	Breakfast	Dining Room
8.30am – 9.30am	Coaches Module <i>Coaches</i>	Team Room
9.30am – 10.30am	Skills <i>ISC</i>	Green Room/Rugby Field
11.00am – 12.30pm	Team Attack/Patterns <i>ITC, ISC</i>	Green Room/Rugby Field
12.30pm – 1.30pm	Lunch	Dining Room
2.30pm – 3.30pm	Forwards: Unit Drills, <i>ITC</i>	Green Room/Rugby Field
	Backs: Unit Drills, <i>ITC, ISC</i>	Rugby Field
4.00pm – 5.00pm	Counter Attack/Turnover Ball <i>ITC, ISC, ITC</i>	Green Room/Rugby Field
5.00pm – 5.30pm	Team Run <i>ITC/ISC</i>	Rugby Field/Green Room
5.30pm – 6.00pm	Recovery <i>ITC/ISC</i>	Green Room/ Pools
6.30pm – 7.00pm	Dinner	Dining Room
7.30pm – 8.30pm	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room

## Day 6

7.30am – 8.30am	Breakfast	Dining Room
8.30am – 9.00am	Team Meeting	Team Room
9.00am – 10.30am	Nutrition <i>Nutritionist</i>	Team Room
10.45am – 12.30pm	Contact/Breakdown <i>ISC/ITC</i>	Green Room/Rugby Field
12.30pm – 1.30pm	Lunch	Dining Room
2.00pm – 3.45pm	Vision and Decision Making <i>ISC/ITC</i>	Rugby Field/Green Room
4.00pm – 4.45pm	Tackle Technique <i>ISC/ITC</i>	Green Room
4.45pm – 5.45pm	Defence <i>ISC/ITC</i>	Green Room/Field
6.00pm – 6.30pm	Recovery <i>Coaches</i>	Green Room/Pools
6.30pm – 7.30pm	Dinner	Dining Room
7.30pm – 8.30pm	Coaches Meeting/Module <i>ICM/ITC</i>	Team Room

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## Day 7

8.00am – 8.30am	Breakfast	Dining Room
8.30am – 9.30am	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room
9.30am – 10.00am	Team Meeting <i>ITC/ISC</i>	Team Room
10.00am – 11.00am	Forwards: Unit Drills, <i>ITC</i>	Rugby Field/Green Room
	Backs: Unit Drills, <i>ISC</i>	Rugby Field
11.00am – 11.30am	Team Run <i>ITC/ISC</i>	Rugby Field/Green Room
12.30pm – 1.00pm	Lunch	Dining Room
1.00pm – 3.00pm	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room
3.30pm – 4.30pm	Match Preparation	
4.30pm – 6.00pm	Match 2 vs IRANZ Team 4 x quarters	Rugby Field
6.00pm – 6.45pm	Recovery <i>Coaches</i>	Recovery Room
6.45pm – 7.00pm	After match function	Foyer
7.30pm – 8.00pm	Dinner	Dining Room
8.00pm – 9.00pm	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room



## Day 8

7.00am – 8.00am	Recovery <i>Coaches</i>	Team Room/Rugby Field
8.00am – 9.00am	Breakfast	Dining Room
9.00am – 10.30am	Individual/Mini Unit Player Feedback <i>ISC/ITC/PS Coaches</i>	Designated Areas
10.45am – 12.30pm	Team Review (Workshop) <i>ISC/ITC/PS Coaches</i>	Team Room
12.30pm – 1.30pm	Lunch	Dining Room
1.30pm – 2.30pm	Fwds: Unit Drills, <i>ISC/ITC/PS Coaches</i>	Rugby Field
	Backs: Unit Drills, <i>ISC/ITC/PS Coaches</i>	Rugby Field
3.00pm – 4.00pm	Restarts <i>ISC/ITC</i>	Green Room
4.00pm – 5.00pm	Defence <i>ISC/ITC</i>	Green Room/Field
5.00pm – 6.00pm	Modified Games <i>ISC/ITC</i>	Green Room/Field
6.00pm – 6.30pm	Recovery <i>Coaches</i>	Green Room/Fields
6.30pm – 7.30pm	Dinner	Dining Room
7.30pm – 8.30pm	Coaches Meeting/Module <i>ICM/ITC</i>	Team Room

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## Day 9

6.30am – 7.30am	Strength and Conditioning <i>Fitness Trainer</i>	Green Room
7.30am – 8.30am	Breakfast	Dining Room
9.00am – 10.00am	Skills <i>ISC/ITC</i>	Team Room/Rugby Field
10.00am – 11.30am	Forwards: Unit Drills, <i>ISC/ITC</i>	Rugby Field
	Backs: Unit Drills, <i>ISC/ITC</i>	Rugby Field
11.30am – 12.15pm	Team Attack <i>ISC/ITC</i>	Rugby Field
12.15pm – 12.30pm	Recovery <i>Coaches</i>	Field/Pools
12.30pm – 1.30pm	Lunch	Dining Room
1.30pm	Bus to collect from SRI for afternoon activity	
5.30pm	Bus to collect from agreed pick up point following afternoon activity and return to SRI.	
6.30pm – 7.00pm	Dinner	Dining Room
7.15pm – 8.30pm	One on One Meetings <i>ISC/ITC</i>	Team Rooms

## Day 10

6.30am – 7.30am	Strength and Conditioning <i>Fitness Trainer</i>	Green Room
7.30am – 8.30am	Breakfast	Dining Room
8.30am – 9.30am	Coaches Module (Coaches Only) <i>Coaches</i>	Team Room
9.30am – 10.30am	Nutrition <i>Nutritionist</i>	Team Room
11.00am – 12.30pm	Continuity/Support <i>ITC, ISC</i>	Green Room/Rugby Field
12.30pm – 1.30pm	Lunch	Dining Room
2.30pm – 3.30pm	Forwards: Unit Drills, <i>ITC</i>	Green Room/Rugby Field
	Backs: Unit Drills, <i>ITC, ISC</i>	Rugby Field
4.00pm – 5.00pm	Counter Attack/Turnover Ball <i>ITC, ISC, ITC</i>	Green Room/Rugby Field
5.00pm – 5.30pm	Team Run <i>ITC/ISC</i>	Rugby Field/Green Room
5.30pm – 6.00pm	Recovery <i>ITC/ISC</i>	Green Room/Pool
6.30pm – 7.00pm	Dinner	Dining Room
7.15pm – 8.30pm	One on One Meetings <i>ISC/ITC</i>	Team Rooms

## Day 11

8.00am – 8.30am	Breakfast	Dining Room
8.30am – 9.30am	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room
9.30am – 10.00am	Team Meeting <i>ITC/ISC</i>	Team Room
10.00am – 11.00am	Forwards: Unit Drills, <i>ITC</i>	Rugby Field/Green Room
	Backs: Unit Drills, <i>ISC</i>	Rugby Field
11.00am – 11.30am	Team Run <i>ITC/ISC</i>	Rugby Field/Green Room
12.30pm – 1.00pm	Lunch	Dining Room
1.00pm – 3.00pm	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room
3.30pm – 4.30pm	Match Preparation	
4.30pm – 6.00pm	Match 3 vs IRANZ Team 4 x quarters	Rugby Field
6.00pm – 6.45pm	Recovery <i>Coaches</i>	Recovery Room
6.45pm – 7.00pm	After match function	Foyer
7.30pm – 8.00pm	Dinner	Dining Room
8.00pm – 9.00pm	Coaches Module (Coaches Only) <i>ITC/ISC</i>	Team Room

## Day 12

7.00am – 8.00am	Recovery <i>Coaches</i>	Green Room/Pools
8.00am – 8.30am	Breakfast	Dining Room
8.30am – 9.00am	Pack for departure/Check out <i>Coaches</i>	Reception
9.00am – 10.15am	Team Review <i>ITC/ISC</i>	Team Room
10.30am – 11.30am	Remedial Coaching: <i>ITC/ISC</i>	Rugby Field/Green Room
11.30am – 12.00pm	Recovery <i>Coaches</i>	Green Room/Pools
12.00pm – 12.15pm	Team Awards (Conclusion of Coaching Programme) <i>ITC/ISC/ICM</i>	Team Room
12.15pm – 1.00pm	Lunch	Dining Room
1.00pm	Departure from Sport & Rugby Institute	

## 12 DAYS, 11 NIGHTS TOTAL

### Approximate TOTAL COST according to Group Size:

25 participants: NZD \$360 inc. GST per participant/per day  
 40 participants: NZD \$310 inc. GST per participant/per day  
 60 participants: NZD \$290 inc. GST per participant/per day

### Cost would typically include:

- Full on-site catering for the duration of the course. Cuisine is customisable to meet dietary requirements of participants
- Accommodation to stay on-site for the duration of the course
- Each Player and/or Coach to receive Course Folder with relevant programme material

## Programme Topics

The programme will be confirmed in consultation with coaching staff. This will be determined by the areas the team and management want to concentrate given the time available in the programme. Our coaching team is flexible and has expertise in all areas of the game.

## Facilitator/ Coach:

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- Game Plan – Patterns of Play
- Continuity and Sequencing
- Team Defence
- Restarts
- Contact and the Breakdown
- Team attacking options (based on field position)
- Counter attack
- Game and training analysis

## Assistant Coach:

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- Scrum analysis
- Set up of scrum
- Maul
- Restarts
- Lineouts

## Assistant Coach/Skills Coach:

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- Skill Work, i.e.
- Vision and Decision Making in a Team Environment
- Basic Pass Progression
- Tackle and Defence Drills
- Skill Analysis

## Strength & Conditioning Coach:

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- Ice Breakers – Teamwork Introduction
- Warm Ups, Cool Down/Recovery
- Rugby Specific Conditioning
- Planning with coaches ‘systems’
- Exercise Technique Coaching

## Staff Coaches

### Mike Brewer – Facilitator/Forward Coach

- IRANZ Team and Position Specific Coach – Lock/Loose Forward
- Specialist Areas – Contact/Continuity, Skills, Defence, Lineouts/Restarts, Planning, Profiling
- All Black 1986-1995 (32 Caps)
- Technical Advisor NSW Waratahs 2012-2013
- Coached in Italy and Ireland
- Head Coach Sale Sharks 2010
- Scottish Forwards Coach 2008-2009

### Rodney So'oialo – Facilitator/Forward Coach

- IRANZ Position-Specific Coach – Loose Forwards
- Specialist Areas – Contact/Continuity, Defence, Set Piece Play
- Wellington FC Premier Coach 2015-16
- Honda Heat 2011 – 2013
- Hurricanes 2001 – 2011
- Wellington Lions 2000 – 2010
- All Black 2002 – 2009 (62 Caps)

### Andre Bell – Facilitator/Back Coach/Skills Coach

- IRANZ Facilitator & Position Specific Coach- 1st 5/8 and Outside Backs
- IRANZ Specialist Coach- Attack/Counter Attack, Skills, Game Planning
- ITM Cup Wellington Lions Coach 2017
- Air NZ Cup Wellington Coach 2010-11
- Air NZ Cup Wellington Assistant Coach 2008- 09
- Head Coach Bay of Plenty 2006
- Assistant Coach Bay of Plenty 2005
- Coach Sanix, Japan 2003-2004, 2013
- Coach Rotorua Boys High 1998-2002 – top 4 in NZ 1998-2002
- Bay of Plenty NPC (21 games)
- Otago NPC (43 games)

### Grant Doorey – Player Facilitator/Back Coach

- IRANZ Position Specific Coach – 1st 5/8 / Back Three
- Specialist Areas – Attack, Counter Attack, Skills, Defence
- Assistant Coach Tonga 2017
- Consultant Coach Toulon 2016
- Assistant Coach London Irish 2015
- Assistant Coach Blues Super Rugby 2012-2015
- Assistant Coach Japan RWC 2007 & 2011
- Assistant Coach Bourgoin CSBJ 2005-2006 & 2003
- Assistant coach Italy 2003-2005

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## Chris Jack

- IRANZ Position-Specific Coach – Lock
- Specialist Coach- Lineout, Restarts, Aerial Possession
- All Black 2001-2007 (67 Caps)
- Saracens, UK Premiership 2007-2009
- Stormers, Super Rugby, SA - 2009
- Crusaders, Super Rugby 1999-2007, 2010
- Tasman 2006-2007
- Canterbury NPC 1999-2005

## Ofisa Tonu'u

- IRANZ Specialist Coach- Halfback/First 5/8
- All Black 1996-1998
- Samoa 1992-1993
- London Irish 2001-2003
- Super Rugby 1996-1999
- Provincial Rugby NZ 1991-1999

## Eroni Clarke

- IRANZ Position Specific Coach - Midfield backs
- IRANZ Specialist Tutor – Inner Fit, Leadership
- Auckland colts, 1989-1990
- Auckland NPC 1991 – 2002 – 150 games  
[drafted to the Otago Highlanders in 2001]
- All Black 1992 -1998 – 14 matches, 10 tests
- Over 100 first-class tries

## Bruce Hemara

- IRANZ Hooker Position Specific Coach Front Row, Scrum Coach
- Coach-UE Santboiana Club in Barcelona, Spain 2010- 2015
- Air NZ Cup Assistant Coach Manawatu 2003- 2010
- Manawatu NPC 1978 – 1990
- Manawatu Player of the Year 1983
- Captained Manawatu in 1984
- NZ Maori 1982
- All Blacks 1985

## Steve McHardy – Course Manager

- General Manager, International Rugby Academy 2006 - present
- New Zealand Rugby Football Union (NZRU) Staff Coach 1999 - 2003
- National Rugby Development Officer (NZRU), 1999 to 2001
- NZRU Massey Practicum Course Facilitator, 1993 to 2001
- Director, presenter and facilitator of various courses for coaches and players at national, regional and provincial level within New Zealand, including IRANZ courses
- Facilitator of IRB coaching courses within the Asia/Pacific Region
- Player Development Manager (Auckland Rugby Football Union), 1998/1999
- Regional Coaching Manager (Auckland Rugby Football Union), 1993 to 1997





#### **Scott Pinfold – Strength and Conditioning**

- IRANZ Strength & Conditioning Coach
- Strength & Conditioning Trainer Manawatu Turbos 2011- Present
- Assistant Trainer Manawatu Turbos 2008-2009
- Trainer Manawatu Academy 2008-2009
- Trainer Manawatu 7s 2008-2009
- Trainer Manawatu Development 2009
- Australian Strength and Conditioning Association, Coaching Course Level 2
- Bachelor Physical Education Otago University

#### **Gary Hermansson – Mental Skills**

- Official Sports Psychologist of the New Zealand Olympic Team, 2000 - 2016
- Doctorate in Counselling Psychology and Professor of Counsellor Education
- Head of the Department of Health and Human Development at Massey University
- Counsellor Educator at Massey University for over 25 years
- Past President of the New Zealand Sport Psychology Association
- Accredited Sport Psychologist (Level 3) - Sport Science New Zealand
- Team Psychologist NZ Commonwealth Games Team, Kuala Lumpur, 1998; Manchester, 2002
- Team Psychologist to the New Zealand Olympic Games Team in 2000, 2004 and 2008
- Played over 100 first-class games of rugby for Manawatu, Wellington and NZ Universities
- Captained Wellington and New Zealand Universities rugby teams
- Played in Wellington rugby teams that beat the 1965 Springboks and 1966 British Lions
- Coached Massey University Rugby Senior Teams

#### **Kate Morland – Nutrition**

- IRANZ Nutrition Specialist
- Studio Rubix Ltd – Nutritionist, Dietitian, Exercise Specialist – 2014 to present
- Auckland University Level 1 Anthropometry
- American College Sports Medicine – Clinical Exercise Specialist Certification – 2013
- Vitaco Health Ltd – Nutritionist, Sports Nutrition Consultant – 2010-2011
- Munster RFU Sports Nutritionist - July 2009-December 2009
- Waitaki DHB – Nutritionist, Dietician, Exercise Specialist, University Tutor 2007-2009
- Otago University Degree, PGDipDiet, BSc, BPhED 2004-2007