



Curriculum Block: 6 Weeks of Shinty Coaching delivered in PE time by club coaches. Two blocks per year in spring and autumn terms.

Fun Day: Twice a year fun day for U12 age group, follows on from curriculum block to act as introduction to club.

Youth Coaching: Weekly coaching sessions by club coaches and volunteers from adult teams, parents etc. Separated into groups by age/ability

General Training: Weekly training sessions delivered by club team coaches. Can separate into groups by age, ability, position, squad etc. Combines with fitness training.

Fitness Training: Weekly training sessions delivered by fitness trainer. Can separate into groups by age, fitness levels, squad etc. Combines with shinty skills and tactics.

High Level Performance Coaching: 1st team players working on additional skills/fitness, including international/district training etc.