



WINTER TRAINING DAYS.

Sessions: **11.30am. – 1pm. & 1.30pm. – 3pm.**

INDIVIDUAL TRAINING

SKILLS DEVELOPMENT

SHOT SELECTION

COMMUNICATION

TEAM PLAY

ROLE OF PLAYERS

MAY

JUNE

JULY

AUGUST

Tues. 21st

Tues. 4th

Tues. 16th

Thurs. 1st

Tues. 28th

Thurs. 6th

Thurs. 18th

Tues. 6th

Thurs. 30th

Tues. 11th

Tues. 23rd

Thurs. 8th

Thurs. 13th

Thurs. 25th

Tues. 13th

Tues. 18th

Tues. 30th

Thurs. 15th

Thurs. 20th

Tues. 20th

Tues. 25th

Thurs. 22nd

Thurs. 27th

Tues. 27th

Thurs. 29th

