

OFF SEASON DATES

<i>DAY</i>	<i>DATE</i>	<i>TIME</i>	<i>ACTIVITIES & VENUE</i>
Thurs	1 Dec 2011	7.30pm to 8.30pm	Where: Mountfort Park Testing Run Flexibility & stretching / Conditioning Hill Fartlek
Thurs	8 Dec 2011	7.00pm to 8.00pm	Where: Mountfort Park Run Flexibility & stretching / Conditioning Hill Fartlek Ball Handling
Thurs	15 Dec 2011	7.00pm to 8.00pm	Where: Mountfort Park Run Flexibility & stretching / Conditioning Stair work Ball Handling
Thurs	22 Dec 2011	7.00pm to 8.00pm	Where: Mountfort Park Testing Run Flexibility & stretching / Conditioning Stair work Ball Handling
BALL HANDLING <ul style="list-style-type: none"> Using both sides of the body with ball Body balance with ball Quick release of the ball 			SKILL & TECHNIQUE DEVELOPMENT <ul style="list-style-type: none"> Pulling in pass Turning fully Develop good squat & lunge techniques

New Year

PICK UP INTERVAL TRAINING <ul style="list-style-type: none"> Progress sprint training Progress to explosive and plyometric movements Movements to become quicker and more powerful 	SKILL & TECHNIQUE DEVELOPMENT <ul style="list-style-type: none"> Greater variety of getting free Change pace, speed & change direction Freeing up space
TRIAL ONE SAT, 21 Jan 2012 10am, Browns Rd (indoor court)	TRIAL TWO WED, 25 Jan 2012 6.30pm, Browns Rd (indoor court)
1st TEAM TRAINING THURS, 26 th January 2012 Browns Rd (indoor court)	SUPER12 START'S – FRIDAY, 23 March 2012