

AZTEC PREM 1 TEAM - PRE SEASON & TRAINING DATES

<i>DAY</i>	<i>DATE</i>	<i>TIME</i>	<i>ACTIVITIES & VENUE</i>
Thurs	12 Jan 2012	7.00pm to 8.00pm	Where: Mountfort Park, Manurewa (Eddowes Rd entrance) Testing Speed & agility Skill & Technique development (dynamics, ply metrics, ball handling)
Thurs	19 Jan 2012	7.00pm to 8.00pm	Where: Mountfort Park, Manurewa (Eddowes Rd entrance) Interval training Strength & speed Skill & Technique development (ply metrics, ball handling)
Thurs	26 Jan 2012	7.00pm to 8.00pm	Where: Mountfort Park, Manurewa (Eddowes Rd entrance) Speed, agility, strength Skill & Technique (ply metrics, ball handling)
BALL HANDLING			SKILL & TECHNIQUE DEVELOPMENT
<ul style="list-style-type: none"> • Using both sides of the body • Body balance • Pulling in pass • Turning fully 			<ul style="list-style-type: none"> • Good squat, lunge techniques • Greater variety for getting free • Change pace, speed, direction • Freeing up space
TRAINING GAMES Browns Rd Indoor Court			TRAINING Browns Rd Indoor Court
<ul style="list-style-type: none"> • THURS, 9th February 2012 - 7.30pm - 9.00pm TBC • THURS, 16th February 2012 - 7.30pm - 9.00pm TBC • THURS, 8th March 2012 - 7.30pm - 9.00pm TBC 			<ul style="list-style-type: none"> • THURS, 23rd February 2012 - 7.30pm - 9.00pm • THURS, 1st March 2012 - 7.30pm - 9.00pm • THURS, 15th March 2012 - 7.30pm - 9.00pm • THURS, 22nd March 2012 - 7.30pm - 9.00pm
SUPER12			TEAM BUILDING WEEKEND
START'S – FRIDAY, 23 March 2012 (First Game in Hamilton)			SATURDAY 17th March and SUNDAY 18th March 2012 TBC