

Under 14\17 Sunday Training Schedule - Sunday (1100-1300)

Date	Session	To include	Lead	Notes
13-Mar				
20-Mar	Hitting	Passing (short, medium, long, low, high), Shooting	Travis	
27-Mar	Stopping	Body, Stick	Balla	
03-Apr	Re-starts	Shies, Centres, Free-hits, Goal hits	Scramble	
10-Apr	Dribbling	short, medium, long distance	Glen	
17-Apr	Tackling	Clicking, Blocking, one on one battle for ball	Balla	There are 2
24-Apr	Hitting	As above	Travis	
01-May	Stopping	As above	Scramble	

Under 14 Training Schedule - Thursday Night (1830-2000)

Date	Session	To include	Lead
05-May	Re-starts	TBC	
12-May	Dribbling		
19-May	Tackling		
26-May	Hitting		
	Stopping		
	Re-starts		
	Dribbling		
	Tackling		
	Hitting		
	Stopping		
	Re-starts		
	Dribbling		
	Tackling		
	Hitting		
	Stopping		

2 rugby tackle bags in the store that could be good to assist the tackling position for the one on one battle

for the ball and for blocking (use the shoulder)