

Time	Day 1			Suggested Activity
8.30	Coaches arrive and set-up			
9.00	Welcome and Introduction Roll Call			Meet the Players
9.10 9.40	Warm Up & Fitness		9.10 9.40	JKP - Warm-up & Key Principles & Strength
9.40 11.00	Session One		10.00 11.00	Footwork & Movement skills Individual & pairs ball work Attacking & timing drills
11.00 11.30	MORNING TEA		11.00 11.30	MORNING TEA
11.30 1.00	Session Two		11.30 - 1.00	Shooting Mid court Defence
1.00 1.30	LUNCH		1.00 1.30	LUNCH
1.30	Session Three Centre Passes Long Court Match Play		1.30	See strategies section Centre Passes - WA and GA passes Long Court Match Play
2.45	Warm down & Stretch		2.45	Warm down & Stretch
2.50	Presentation of Certificates (single day participants)		2.50	Presentation of Awards & Certificates (single day participants)
3.00	Conclusion		3.00	Conclusion

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