



2012 Pre Season Training

Venue: Diamonds on La Trobe

When: Wednesday evenings between 6-8pm commencing October 5, 2011

Who can join in? Senior & Junior players (male & female)

What will the pre season training consist of:

- *touch skills / light running (game work)*
- *2 x small sided games per night in the 'blow up' pitch & (dependent on numbers) another small sided game as well*
- *team work*
- *games - volley ball & tennis nets*
- *ball skills*
- *foot work*
- *depending on the amount of interest & teams, grading may occur to ensure skills are kept at a challengeable level*

Cost per person per night: \$5 (payable on the night)

To express your interest or for further details please contact Paul Millynn on 0407 498 392

