

PENNANT TRAINING



Training has now commenced for the 2020 Pennant Season

Sat. Mornings from 9:00 a.m.

Tuesdays (main training day) from 2:00 p.m. until 5:30p.m.

Tuesdays is spread out so that those that have commitments during the day including work have an opportunity to attend for a period during that time.

The intention is that you spend at least a min. of 30 mins (preferably more) at the drills.

There will be coaches there to assist during that time to provide advice & assistance.

Outside that players can roll up at their leisure.

As we move forward it is intended that we will have specific training sessions for different team positions.

IF WE ALL PUT IN THIS PRACTICE AND IMPROVE BY A MIN. OF 5-10% IT WILL HAVE A SIGNIFICANT IMPACT ON THE CLUBS PENNANT PERFORMANCE ACROSS THE GRADES.

We hear people say **“but I play twice a week”**.

Drills help you focus on specific types of shot, how to play them, why you are playing them, what you are trying to achieve with the shot, and to practice them in a controlled situation.

Remember “The more you practice the luckier you get”.

The more you improve, the more you enjoy the game!