



SMJFL U13: Training Plan



DATE	LOCATION	TIME	INFORMATION	FOCUS
11 TH April	2nd RELEASE LIST posted on the SMJFL Site. Only Players appearing on this list continue training with the squad.			
22 nd April	Walter Galt Reserve (cnr Victoria & Davey Streets Parkdale	10.15am - 12.15pm	AFL Vic L1 coaching live demonstrations. Lunch will be provided	If you would like to participate please email David Sheridan on coaching@smjfl.com.au asap
24 th April	Moorleigh Reserve	5.15- 6.30	Squad Training. Bring Mouthguard	Enhancement Drills Competitive Situations
1 st May	Highett Reserve (Turner Road Highett)	5.00- 6.30	We have been invited by Highett FC to use their facilities and train at their oval. Bring Mouthguard	Game Style Enhancement Drills Competitive Drills
3 RD May	FINAL RELEASE LIST posted on the SMJFL Site. Only Players appearing on this list continue training with the squad.			
8 th May	MOORLEIGH RESERVE	5.15- 6.30	Training	Game Style Team Building Programs
15 th May	MOORLEIGH RESERVE	5.15- 6.30	<u>INFORMATION SESSION in Rooms.</u> Wear runners only. No Boots Divisions Announced	Game Plan Structures Squad Branding
22 nd May	MOORLEIGH RESERVE	5.15- 6.30	JUMER PRESENTATION Followed by Training in your Jumper	Split Training Division Building
29 TH MAY	MOORLEIGH RESERVE	5.15- 6.30	SITU TRAINING	Game Situation KICK IN/OUT CENTRE BOUNCE / STOPPAGES
5 th June	MOORLEIGH RESERVE	5.15- 6.30	SITU TRAINING	Game Situation ROTATION PLANS MID RUNNING
<ul style="list-style-type: none"> Final Squad Members will required to attend their local Auskick Centre in their Interleague Jumpers (further information at training) Under 13 Interleague Carnival on 11th June in terms of location and time are to be confirmed 				