

SENIOR LADIES TRAINING CYCLE

Week 1 – Fitness

Week 2 - Egg Beater + Fitness

Week 3 –Passing + Egg Beater

Week 4 – Short Range Passing + Long Range Passing

Week 5 –Shooting Drills + Passing

Week 6 – Shooting with Defender Marking

Week 7 – Defending Formations

Week 8 –Attacking Formations

Week 9 – Man up + Man Down Positions

Week 10 – Recap of Skills, Match to finish.