

# 2023 Training schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		
4.30pm							
5.00pm	U10 ALL Full & Half Field <b>Main team session</b>	U12 ALL Boys & Girls <b>Main team session</b>	U14 Girls <b>Main team session</b>	U14 Boys <b>Main team session</b>	ALL U10 & U12 <b>Specific Skills</b>	5.00-6.00pm <b>GK Specialist sessions</b>	Individual <b>Specific Skills/ H2iH session 2 (TBC)</b>
5.30pm							
6.00pm	Individual <b>Specific Skills sessions</b>	U16 Boys <b>Main team session</b>	U16 Girls <b>Main team session</b>	U18 Mixed	ALL U14 & U16 <b>Specific Skills</b>	From 6.00pm <b>Junior Games</b>	
6.30pm							
7.00pm	Masters Games	Women's PL/R, PA		Men's/Women's Lower Pennant/Metro	Men's PL/R, PA		
				Masters Games			
8.30pm		Men's PL/R, PA			Women's PL/R, PA		

**Sunday Mini Brumbies 9.30am to 10.30am**