

U15 Pre Season Skills

Run By Paul Parker – CMHA RDO



Sessions:

- 1: Skill Circuit
- 2: Distrabution
- 3:1v1, 3D Skills
- 4: Defending



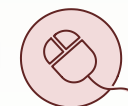
Under 15 Pre Season Skills CMHA Water Turf

Open to all Under 15 Boys and
Girls



Sessions

4 x 1.5 hour sessions over 4 weeks
Starting Friday 17th February 2012
5:30-7pm every Friday Cost \$40.00
Boys & Girls Training together



Registrations:

Via the CMHA website: www.cmha.co.nz/Coaching-Development/Courses then click "register"