

U18 Core Skills Sessions

Run By Paul Parker – CMHA RDO



Sessions:

- 1: Skill Circuit
- 2: Distribution
- 3: 1v1, 3D Skills
- 4: Defending
- 5: Goal Scoring
- 6: Transitional Play



Under 18 Core Skills Sessions CMHA Water Turf

Open to all Under 18 Men and
Women



Sessions

6 x 1.5 hour sessions over 6 weeks
Starting Monday 13 February 2012
5:30-7pm every Monday Cost \$60.00
Men & Women Training together



Registrations:

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