

# Basketball Training 2018/2019

	7:10 - 8:20	8:30 - 10:30	10:30 - 12:30	1:00 - 2:00	2:00 - 3:00	3:00 - 4:00	4:00 - 5:00	5:00 - 6:00
Monday								
Tuesday	Ball-Handling* Gillian & G or M						U19 Boys Gareth	U19 Boys Gareth
Wednesday	Advanced Shooting* Gillian			Junior School 5th & 6th Class** Gillian & Matt	1st yr Boys Conan, Matt & Gillian	2nd yr Boys Conan, Gillian & Matt	U16 boys Conan, Matt, Gillian & Gareth	U16 boys Gareth & Matt
Thursday	Beginner's Shooting* Gillian						1st yr. Girls Gillian & Matt	2nd yr. Girls Gillian & Matt
Friday							U16 & U19 Girls Gillian, Gareth and Matt	U19 Girls Gillian, Gareth & Matt
Saturday		1st & 2nd Yr Girls & Boys Conan, Gillian, Matt & Gareth	U16 & U19 Girls & Boys Conan, Gillian, Gareth & Matt					

\* Morning sessions will be formed based on numbers & abilities for those students from 2nd-6th year  
Choice of mornings will be at the discretion of the coaches.

\*\*5th and 6th Class will train from September to Christmas. After Christmas 3rd and 4th classes will train