

## Coaching schedule - October ~ December 2018

### One on One

This coaching is available to any member and comprises 30 minute sessions where I can assist you with any aspect of your game from technique to game strategy.

To book a session fill in your name and contact number on the forms on the notice board and turn up.

Session times are	Tuesdays	12:00 ~ 2:00pm	First session 2/10/2018
	Wednesdays	10:30 ~ 11:00am	
	Fridays	2:30 ~ 3:00pm	
		6:30 ~ 7:00pm	

### Skills training and development

This coaching is available to any member and comprises structured skills and theory training 5 x 1 hour sessions will be held per week and I can accommodate up to 20 people per session At this stage I am looking at making the last Friday session an interactive group discussion to discuss theory and methodology. This session has no restriction on numbers.

There is no need to book a session, just turn up

The notice board will show the topic for each session so you can choose. Updated monthly

If there happens to be low numbers I have the ability to tailor the session to the needs of those present

Session times are	Tuesdays	10:00 ~ 11:00am 11:00 ~ 12:00	First session 2/10/2018
	Fridays	3:30 ~ 4:30pm 4:30 ~ 5:30pm 5:30 ~ 6:30pm	

### Session topics

Tuesday	02/10/2018	10:00 ~ 11:00am 11:00 ~ 12:00am	Consistency and practice techniques Weight correction - theory and practice
Friday	05/10/2018	3:30 ~ 4:30pm 4:30 ~ 5:30pm 5:30 ~ 6:30pm	Consistency and practice techniques Weight correction - theory and practice Developing a routine (indoor including Q&A)
Tuesday	09/10/2018	10:00 ~ 11:00am 11:00 ~ 12:00am	What line do I play ? What weight do I play ?
Friday	12/10/2018	3:30 ~ 4:30pm 4:30 ~ 5:30pm 5:30 ~ 6:30pm	What line do I play ? What weight do I play ? What influences us to win or lose (indoor including Q&A)
Tuesday	16/10/2018	10:00 ~ 11:00am 11:00 ~ 12:00am	Leads and two's - theory & practice Skips and Thirds - theory & practice
Friday	19/10/2018	3:30 ~ 4:30pm 4:30 ~ 5:30pm 5:30 ~ 6:30pm	Leads and two's - theory & practice Skips and Thirds - theory & practice What does it take to win (indoor including Q&A)
Tuesday	23/10/2018	10:00 ~ 11:00am 11:00 ~ 12:00am	Playing in tough conditions Shot play - Draw to drive
Friday	26/10/2018	3:30 ~ 4:30pm 4:30 ~ 5:30pm 5:30 ~ 6:30pm	Shot play - Draw to drive Playing in tough conditions Effective game play practice

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