

FIBC JUNIOR PROGRAMME 2019

DATE	OTHER CLUB EVENTS	JUNIOR COACHING SESSION ACTIVITIES			
Jan 13 th	Mixed County League 2pm	5 mins jack casting	Australian rules singles games	BREAK Planning	Triples games
Jan 20 th	Men's Drawn Triples 12:45 & 3:45pm	JUNIOR FRIENDLY MATCH v LAKENHEATH JUNIORS 10:30 – 12:30 (Followed by Fish & Chips)			
Saturday Jan 26 th		JUNIOR PAIRS TOURNAMENT 9:30 – 5:00			
Jan 27 th	Ladies Drawn Triples 2pm	NO COACHING SESSION			
Feb 3 rd	Mixed County League 2pm	5 mins jack casting	U14 Singles matches Pairs or Triples – shot selection	BREAK	Game play
Feb 10 th	Men's County League 10am	NO COACHING SESSION			
Feb 17 th	Mixed County League 2pm	5 mins jack casting	U14 Singles matches Pairs or Triples – shot selection	BREAK	Game play
Feb 24 th		5 mins jack casting	Skills development Skills 2, 3, 4 & 5	BREAK	Australian rules pairs games
Mar 3 rd	Friendly v Trimley 2pm	5 mins jack casting	U14 Singles matches Pairs or Triples	BREAK Discussion Question	Game play
Mar 10 th	Mixed County League 2pm	5 mins jack casting	U14 Singles matches Pairs or Triples	BREAK	Game play
Mar 17 th	Friendly v E. Bergholt 2pm	5 mins jack casting	U14 Singles matches Pairs or Triples	BREAK Discussion Question	Australian rules triples games
Mar 24 th		5 mins jack casting	MINI TARGETS	BREAK Review & Evaluation	MINI TARGETS
Mar 31 st	Club Finals	CLUB FINALS NO COACHING SESSION			