



**2011/2012 Calender - 12 Weeks Pre-Season Programme**

Dec-11				Jan-12				Feb-12						
Week 1	Tues 6th	DYN	BALL	SSF	Week 4	Thurs 9th	DYN	BALL	SSF	Week 8 Cont	Thurs 2nd	DYN	BALL	TT
	Thurs 8th	DYN	TT	SSF		Mon 9th	REC	TT	TT		Sat 4th	Game vs Olympic (2pm, 4pm, 6pm KO's at Home)		
Week 2	Tues 13th	DYN	TT	SSF	Week 5	Tues 10th	DYN	CT	CT	Week 9	Tues 7th	DYN	CT	CT
	Thurs 15th	DYN	TT	G		Thurs 12th	DYN	BALL	TT		Thurs 9th	DYN	BALL	TT
Week 3	Tues 20th	DYN	TT	SSF	Week 6	Sat 14th	Game vs Bayside (1pm, 3pm, 5pm KO's at Bayside)			Week 10	Sat 11th	Game vs University QLD (2pm,4pm,6pm KO'S at Home)		
	Wed 21st	Game vs Lions (7pm at Lions)				Mon 16th	REC	TT	TT		Tues 14th	DYN	CT	CT
Xmas Break December 22nd to January 4th				Week 7	Tues 17th	DYN	CT	CT	Thurs 16th	DYN	BALL	TT		
					Thurs 19th	DYN	BALL	TT	Sat 18th	Season Start				
				Week 8	Sat 21st	Game vs Capalaba (3pm, 5pm, 7pm KO's at Capalaba)			Week 8	Mon 23rd	REC	TT	TT	
					Mon 23rd	REC	TT	TT		Tues 24th	DYN	CT	CT	
				Week 8	Thurs 26th	DYN	BALL	TT	Thurs 26th	DYN	BALL	TT		
					Sat 28th	All Day Training Camp and Team Function			Mon 30th	REC	TT	TT		
				Week 8	Mon 30th	REC	TT	TT	Tues 31st	DYN	CT	CT		
					Tues 31st	DYN	CT	CT						

**CODE:**

DYN - DYNAMIC MOVEMENTS  
 BALL - BALL WORK  
 TT - TACTICAL TRAINING

CT - CONDITIONING TRAINING  
 G - GAME

SSF - SMALL SIDED FOOTBALL  
 REC - RECOVERY