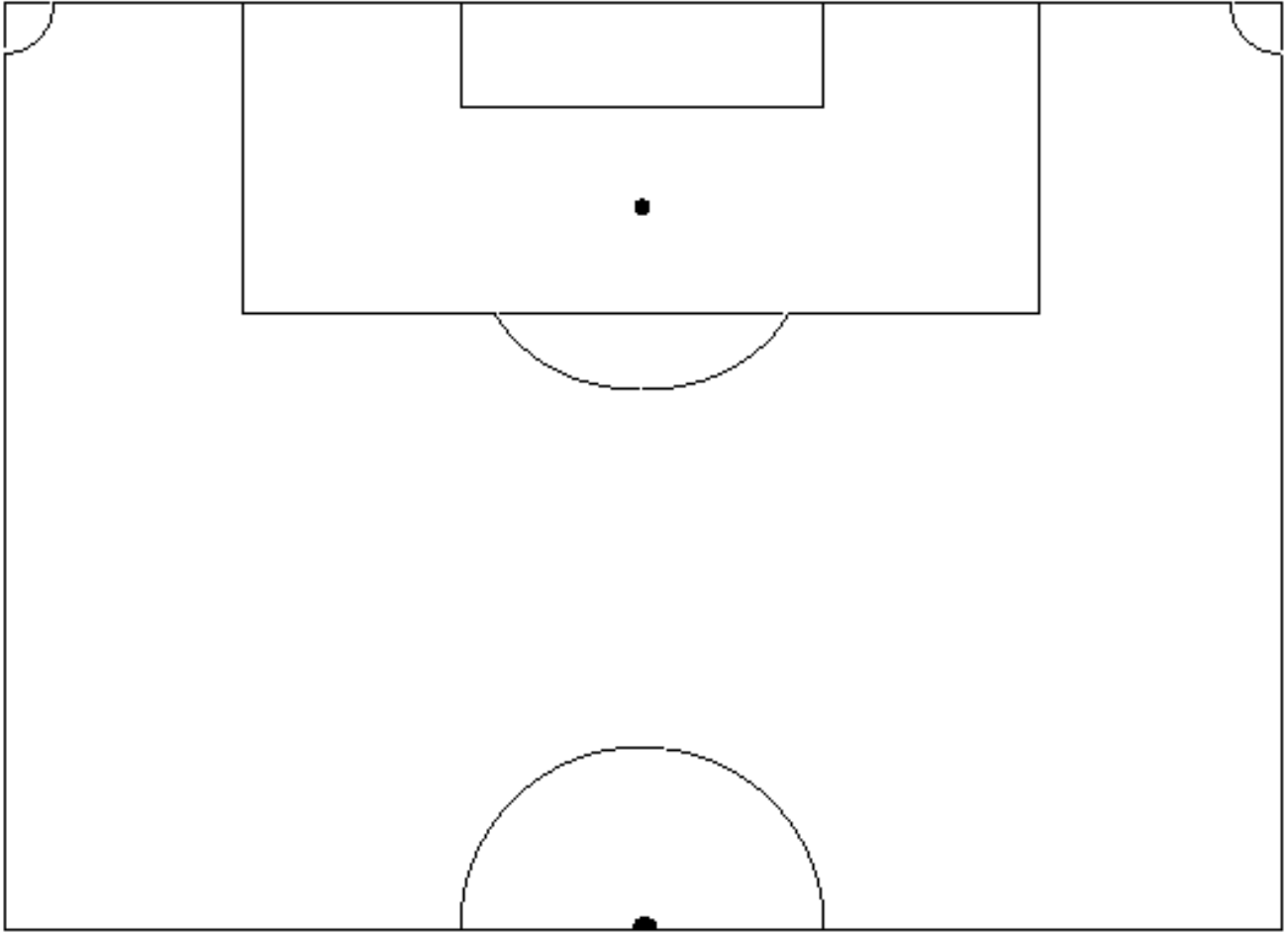


# Bedfordview Country Club

# Training Schedule



**Warm Up**

**Duration**

**Points/Coach**

**Drill 1**

**Duration**

**Points/Coach**

**Drill 2**

**Duration**

**Points/Coach**

**Drill 3**

**Duration**

**Points/Coach**

**Drill 4**

**Duration**

**Points/Coach**

**Warm Down**

**Duration**

**Points/Coach**

