

# National Team Program

	Training	Additional Training	Personal Training	Training Camps	Expected Korfball Activity
September	Week 1				State League
	Week 2				State League Finals
	Week 3				State League Finals
	Week 4 - 22/9				
	Week 5 - 29/9				
October	Week 1 - 6/10				
	Week 2 - 13/10	Fitness Assessment			
	Week 3	K4 Competition - Thu 20	Group Fitness Session 7-8	General Fitness	K4
	Week 4	K4 Competition - Thu 27	Group Fitness Session	General Fitness	K4
November	Week 1	K4 Competition - Thu 3	Group Fitness Session		K4
	Week 2	K4 Competition - Thu 10	Group Fitness Session	General Fitness	K4
	Week 3	K4 Competition - Thu 17	Group Fitness Session	General Fitness	K4
	Week 4	K4 Competition - Thu 24	Group Fitness Session	General Fitness	K4
December	Week 1	K4 Competition - Thu 1	Group Fitness Session	General Fitness	K4
	Week 2	K4 Competition - Thu 8	Group Fitness Session	General Fitness	Training Camp Fri 9, Sat 10, Sun 11
	Week 3	Break	Group Fitness Session	General Fitness	
	Week 4	Break	Specific Fitness (SF)		
January	Week 1	Break			
	Week 2	Defense Focus - Thu 12	Specific Fitness (SF)		
	Week 3	Defense Focus - Thu 19	Specific Fitness (SF)		Beach Korfball
	Week 4	Defense Focus - Thu 26	Specific Fitness (SF)		Training Camp Fri 24, Sat 25, Sun 26
February	Week 1	Team Attack Focus - Thu 2	Revised Fitness From Camp Tests	<b>NZ Tour Fri 3, Sat 4, Sun 5</b>	Beach Korfball
	Week 2	Team Attack Focus - Thu 9	Specific Fitness (SF)		Beach Korfball
	Week 3	Team Attack Focus - Thu 16	Specific Fitness (SF)		Training Camp Fri 17, Sat 18, Sun 19
	Week 4	Team Attack Focus - Thu 23	Revised Fitness From Camp Tests		Beach Korfball
March	Week 1	1x1 Focus - Thu 2	Specific Fitness (SF)		
	Week 2	1x1 Focus - Thu 9	Specific Fitness (SF)		
	Week 3	1x1 Focus - Thu 16	Specific Fitness (SF)		<b>Selection Camp Fri 17, Sat 18, Sun 19</b>
	Week 4	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		
April	Week 1	National Team Training - Mon or Fri	Revised Fitness from Training Tests		
	Week 2	Easter Break	SF, Club Training, Extra Shooting		Easter
	Week 3	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		Training Camp Fri 21, Sat 22, Sun 23
	Week 4	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		State League 2 x Games
May	Week 1	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		State League 2 x Games
	Week 2	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		State League 2 x Games
	Week 3	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		Training Camp Fri 19, Sat 20, Sun 21
	Week 4	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		State League + 1 x Legends Game
June	Week 1	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		State League 2 x Games
	Week 2	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		State League 2 x Games
	<b>Long Weekend</b>	<b>National Club Champs</b>			<b>Not compulsory as costs involved</b>
	Week 3	National Team Training - Mon or Fri	SF, Club Training, Extra Shooting		Training Camp Fri 23, Sat 24, Sun 25
Week 4	Rest	Rest			No Games
July	Week 1	Travel to Holland			
	Week 2	Holland Preparation			
	Week 3	Travel to WG. 20/7 Opening Ceremony. Games 21-15			
	Week 4				