



NOVEMBER 2025

LEARN. TRAIN. PERFORM.



MONTHLY CHECK-IN VIDEO

“GRIT IS HAVING THE COURAGE TO PUSH THROUGH NO MATTER WHAT THE OBSTACLES ARE, BECAUSE ITS WORTH IT!”

In a month we work on our defensive movement and footwork I felt a quote about GRIT was more than appropriate. A reminder to keep pushing and to keep challenging ourselves now so we can reap the benefits later.

STRENGTH

Complete 2 x sessions a week
Progression Goal
Increase weight by 2.5-5kg each week

SESSION #1
Strength
& Plyometrics
30-40 minutes

 [GO TO VIDEO](#)

SESSION #2
Strength
& Plyometrics
30-40 minutes


 [GO TO VIDEO](#)

You will need:
Weights
Bench
Mat

COURT

Complete 1 x Session a week
Progression Goal
Increase Block 1 sets by 1 each week

SESSION #3
Defence
footwork
30 minutes

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- COACHING POINTS**
- Small Base
 - Quick Hip Changes
 - Forward Step

You will need:
Timer
Cones

CONDITIONING

Complete 1 x session a week
Progression Goal
Increase Block 1 by 1 rep each week

SESSION #4
Quick Recovery
on court
30 minutes

 [GO TO VIDEO](#)


- COACHING POINTS**
- % speed change
 - Turn Quickly
 - Drive Knees

You will need:
Timer
Full Court / Markers x 4

RECOVERY

Complete Session 1-2 a week
REFLECT
Take time to relax and recover

SESSION #5
Full Body
Stretch
15 minutes

 [GO TO VIDEO](#)

REFLECT
What have you done this week to help you move towards your goals?

You will need:
Exercise Mat
Resistance Band/Cord