

Welcome to the BD Sports @Home Player Program

How to log in and use the program

You will have received a password with your welcome email. Simply browse bdsports.com.au/members and follow the prompts to access the program.

How to maximise your involvement

These are the steps that you will need to take each week to maximise your involvement, and get the most out of the training plans and challenges that the program has to offer.

Contact Us

We would love to see videos of your involvement at home, so please feel free to send through any videos, or other enquiries to duke.cadell.bdhp@gmail.com

1

OVERVIEW

Check out the focus for the week

2

TRAINING PLAN

The outline for all the activities and challenges set for the week

3

COACHES CORNER TUTORIAL VIDEOS

Watch the breakdown for each challenge, and the demonstration of the skills to focus on

4

QUESTIONS AND FEEDBACK

Ask any questions you need, and provide feedback on the week

