

Attack April

2026

Focus is Attacking Stickwork

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	Shooting Form	Fakes	Quick Stick	Big Stickwork/Feeding	Creative Stickwork	
5	6	7	8	9	10	11
	(25) R Swing to Pass (25) L Swing to Pass (25) Swing Switches	(25) R Fake Pass (25) L Fake Pass (25) Fake Switch Throw	(25) R QS (25) L QS (25) TST	(25) Righty N (25) Lefty N (25) CST (Switch behind)	(30) Righty your choice (30) Lefty your choice (40) Switching Choice	<i>Try and get some shooting and dodging in on weekends!</i>
12	13	14	15	16	17	18
	(25) R Swing to Pass (25) L Swing to Pass (25) Swing Switches	(25) R Fake Pass (25) L Fake Pass (25) Fake Switch Throw	(25) R QS (25) L QS (25) TST	(25) Righty N (25) Lefty N (25) CST (Switch behind)	(30) Righty your choice (30) Lefty your choice (40) Switching Choice	
19	20	21	22	23	24	25
	(25) R Swing to Pass (25) L Swing to Pass (25) Swing Switches	(25) R Fake Pass (25) L Fake Pass (25) Fake Switch Throw	(25) R QS (25) L QS (25) TST	(25) Righty N (25) Lefty N (25) CST (Switch behind)	(30) Righty your choice (30) Lefty your choice (40) Switching Choice	
26	27	28	29	30		
	(25) R Swing to Pass (25) L Swing to Pass (25) Swing Switches	(25) R Fake Pass (25) L Fake Pass (25) Fake Switch Throw	(25) R QS (25) L QS (25) TST	(25) Righty N (25) Lefty N (25) CST (Switch behind)		