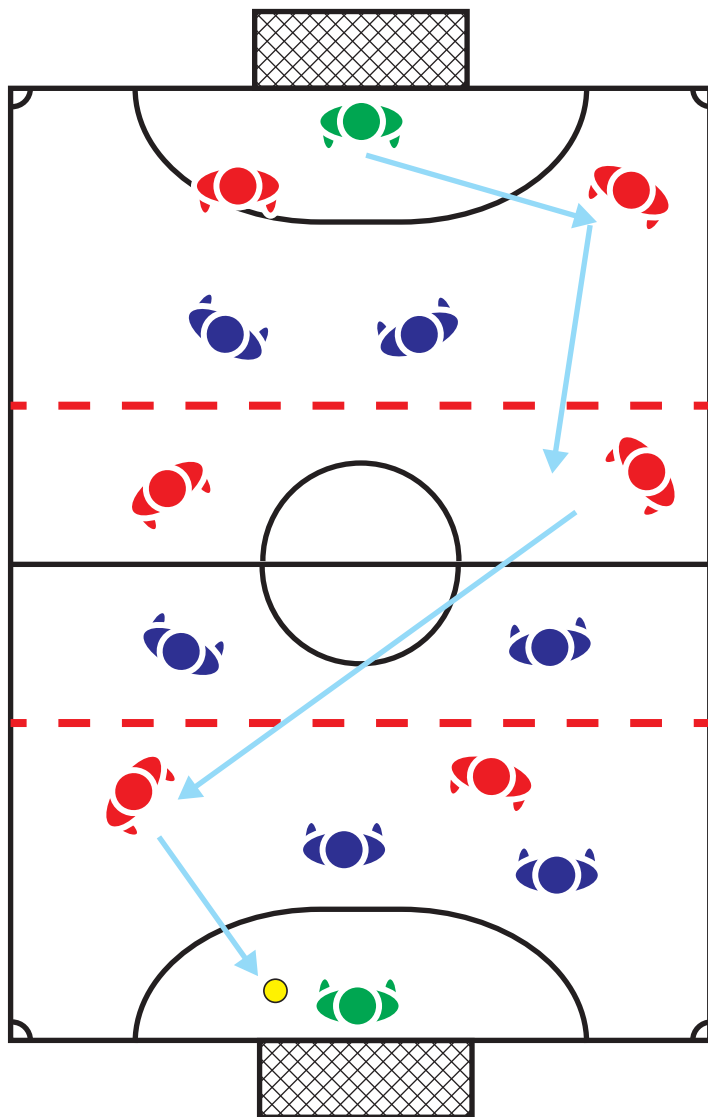


Session Title: Through The Thirds

Date: 30/09/23



Games:
Teams get 3 goals if they play through the imaginary zones.

Phase	Week 4 - In Possession Playing Forward As A Priority
Time	25mins Session - 15min Games
Players	14 Players - can be more in a 3rd if needed
Organisation	Court split into equal 3rds - players in each area as shown. Players fixed in their 3rd. To score must pass through each 3rd in turn but can only score from the end zone. Prog 1 - When in possession 1 players can move to overload the opposition in any 3rd but out of possession must have 2-2-2 Prog 2 - Score from anywhere.
Key Coaching Points	Movement of the players to play forward. Look to play forward whenever you can. Short & quick passes. Pass so the next pass can go forward. Try not to stand still and watch - MOVE!

1st Hour - CC fun warm-up
2nd/3rd Hour - AW warm-up
4th Hour - PW warm-up
Max time for warm ups 15mins
Include ER & EST when available

