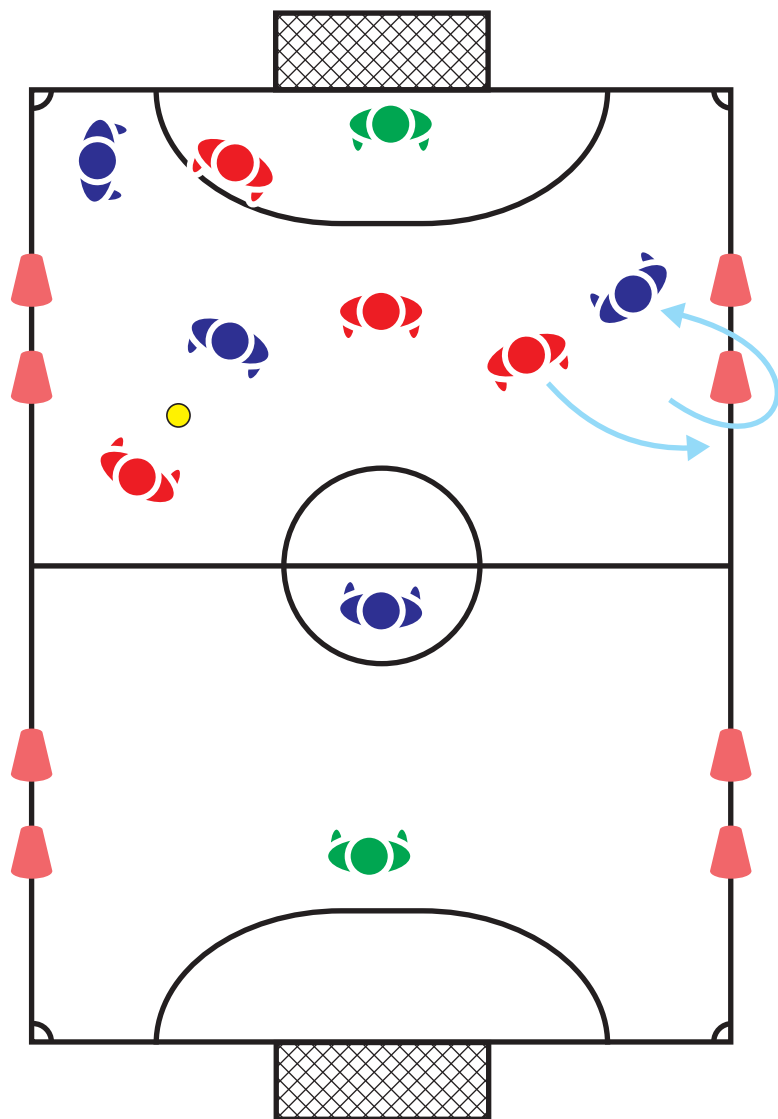


Session Title: Through The Gate

Date: 08/10/23



Games:
Three touch games, double goals for 1 touch finish, winner stays on or loser collects kit

Phase	Week 5 - In Possession Run / Play Forward/Creating Overloads
Time	20mins Session - 15min Games
Players	14 Players - can have more on the sides
Organisation	4v4 with GK, full size court - 4 gates - 2 in each half. When in possession an attacking player runs through any gate, who must then be followed by a defender, creating an overload. Prog 1 - Remove one gate each side Prog 2 - Finish within 3 secs/5 passes of the run
Key Coaching Points	When to run through the gate and why? Timing of the runs Opportunities created Opposite side of the court, why? Support play to maximise overload

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

