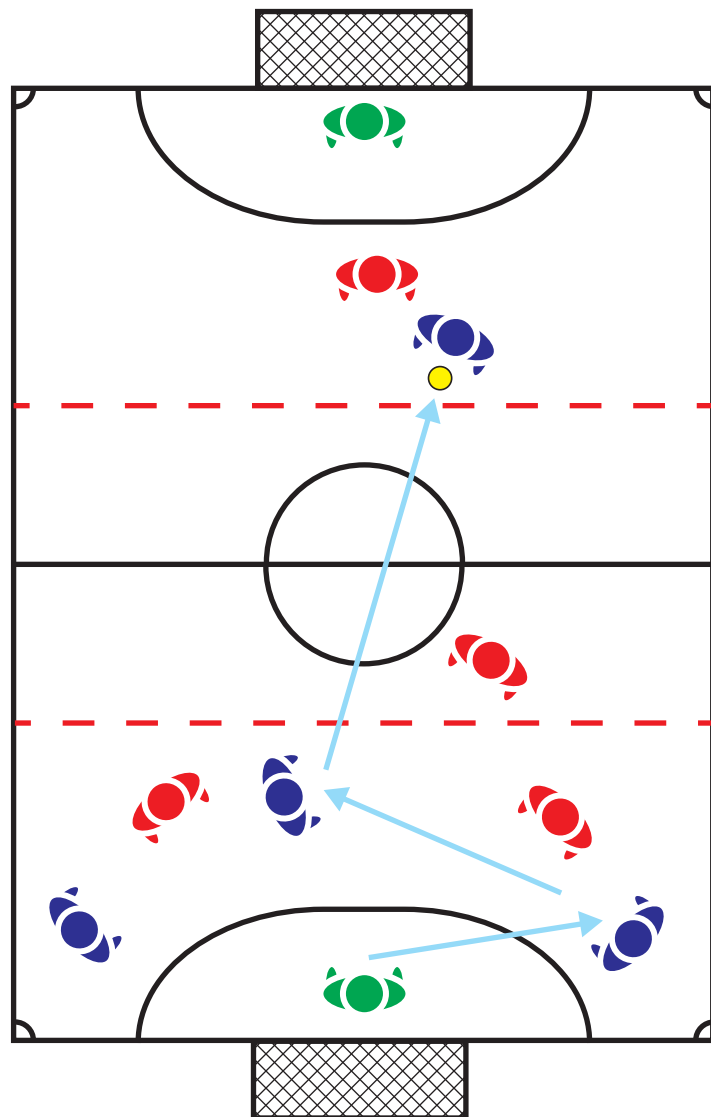


Session Title: Conditioned Game

Date: 15/10/23



Games:

See opposite but look to play high tempo at all times - game realistic - reference WRGFL

Phase	Week 6 - Building The Attack Run / Look / Play Forward
Time	6 min games then change losing team
Players	10 Players - multiple teams
Organisation	Normal game with normal rules - When the GK has the ball, 3 players MUST drop into the def 3rd before they can restart - GK can play long if they like - remember 4 sec rule for GKs! Prog 1 - more touches in def 1/3rd equals more goals i.e. 3 passes = 3 goals if they score Prog 2 - Must occupy 2 areas at all times during the game.
Key Coaching Points	Rules of the game - moving ball on kick-ins, etc Receive to play forward Limited touches on the ball Get into position quickly when GK has ball Work hard when out of possession

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

