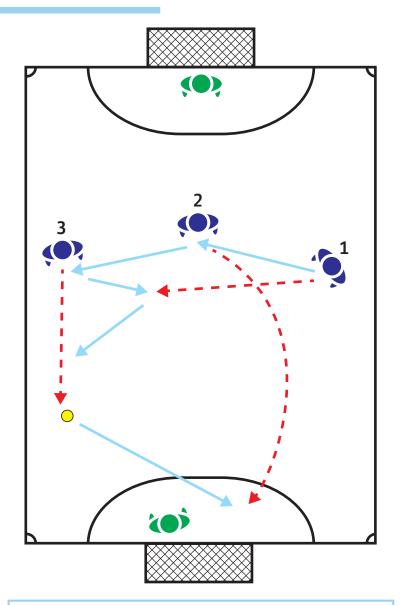
Session Title: Passing Patterns.

Date: 10/03/24



Games:

As many touches in own half but only 2 touch in oppositions half - double score for 1 touch goal.

Phase	Week 20 - Passing patterns Shape, Recover, Patience, Desire
Time	Various Passing patterns
Players	As many as we have!
Organisation	Pattern 2 Player 1 passes to 2, who passes to 3. Player 1 moves across court & plays a 1-2 with 3. Player 2 runs on a curve to the edge of the D and finishes from a cross from 3 Try both ways
Key Coaching Points	Move at pace, why? Weight of the pass. As few touches as possible, how many? Why 2nd post finish?

1st Hour - CC/EE fun warm-up 2nd/3rd Hour - AW warm-up 4th Hour - U16 Match Vs Samba Max time for warm up 15mins Include EE, EST, LP & others when available

