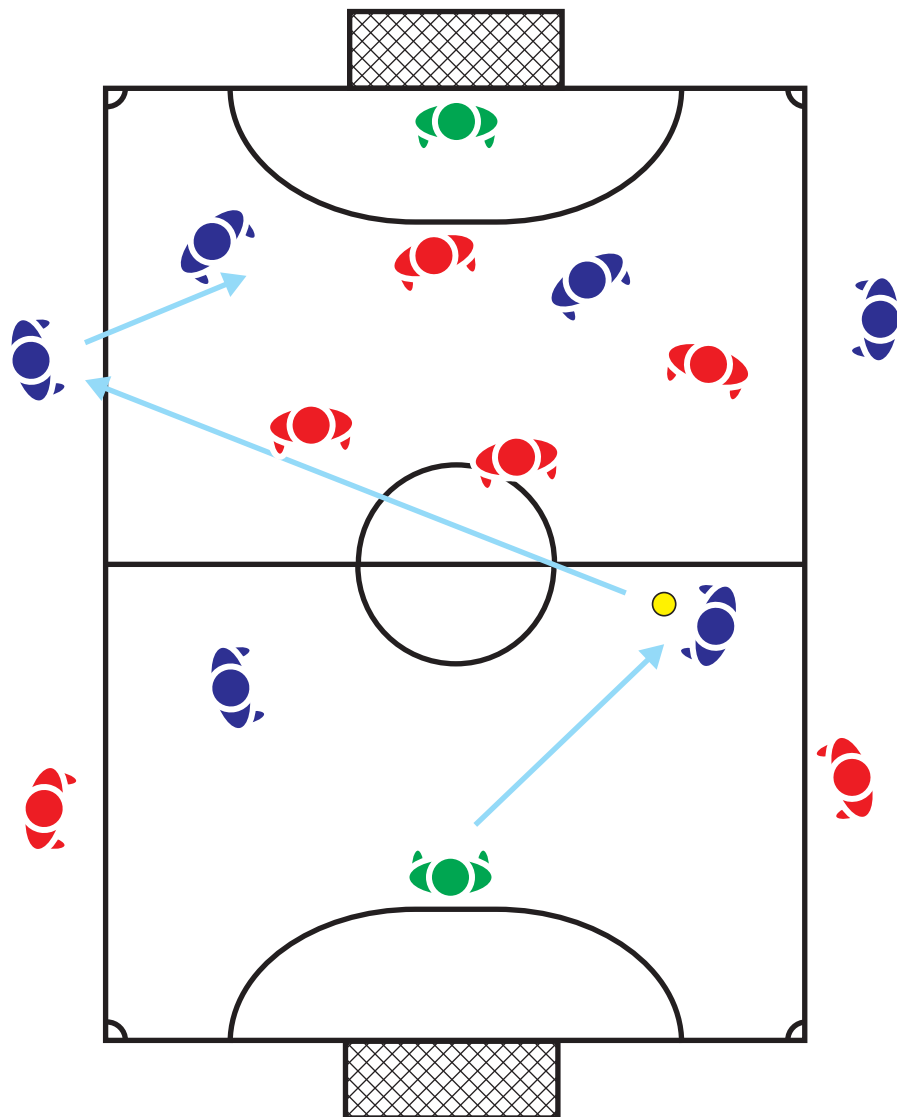


# Session Title: Who Will You Use?

Date: 14/04/24



## Games:

This for the whole sessions - no separate matches - see how the players do!

|                            |   |
|----------------------------|---|
| <b>Phase</b>               | Week 21 - Who Will You Use?<br>Support/Thought/Passing/   |
| <b>Time</b>                | 6min games - normal rules   |
| <b>Players</b>             | 10 Players - two teams with subs on sides   |
| <b>Organisation</b>        | Normal game with subs acting as support players on either side of the court - start anywhere they want.<br>1 - When in possession use the side players to help you out<br>2 - Support players in own half<br>3 - Support players in oppositions half<br>4 - When you pass to side players swap with them immediately. |
| <b>Key Coaching Points</b> | When you should use the side players?<br>Where should they be to best use?<br>Can you put them elsewhere?<br>Why pass quickly and firmly?<br>Why the players in each half at various times?   |

1st Hour - CC/KS fun warm-up

2nd/3rd Hour - AW warm-up

Game - AW/PW to run - CC to time keep

Max time for warm up 15mins

Include EE, EST, LP & others when available

