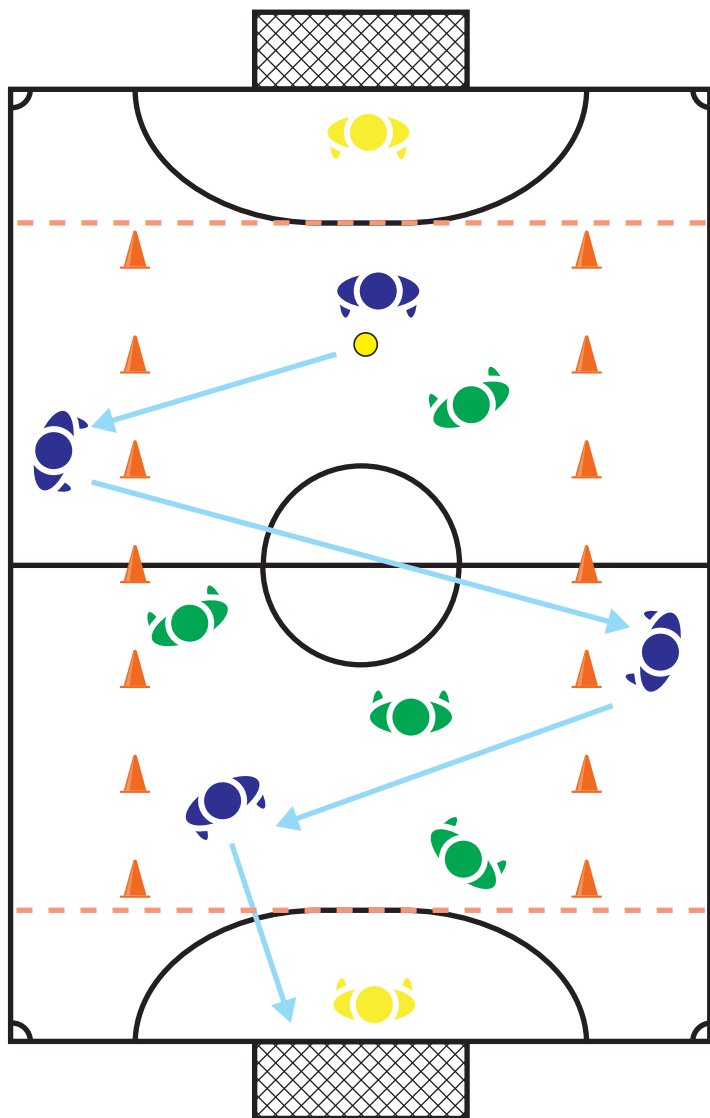


# Session Title: Where Are My Laterals?

Date: 27/04/25



Match - can you create from the wide areas, goals from here worth 5, if use both wide areas worth 10x - really push this!

Phase	Week 17 - In possession keep the width and occupy all areas of the court
Time	6min games, then swap players
Players	5v5 normal rules
Organisation	<p>Court marked out as per the images.</p> <p>In possession, must have 1 player in each channel, especially the wide channels - out of possession no restrictions.</p> <p>Work on keeping the width when building the game.</p> <p>Prog 1 - Goals from the wide areas worth 3</p> <p>Prog 2 - Remove the discs and see what the players do.</p>
Key Coaching Points	<p>Why do we keep this width when in possession?</p> <p>What are the wider areas smaller than middle?</p> <p>Why are the channels not the full court length?</p> <p>What must we do with our passes and why?</p> <p>When would you use width - what defence?</p>

1st Hour - CC/TJ/EST fun warm-up

2nd/3rd Hour - PW warm-up

All session delivered by - CC

Max time for warm up 15mins

Include AD, EST, LP & others when available

