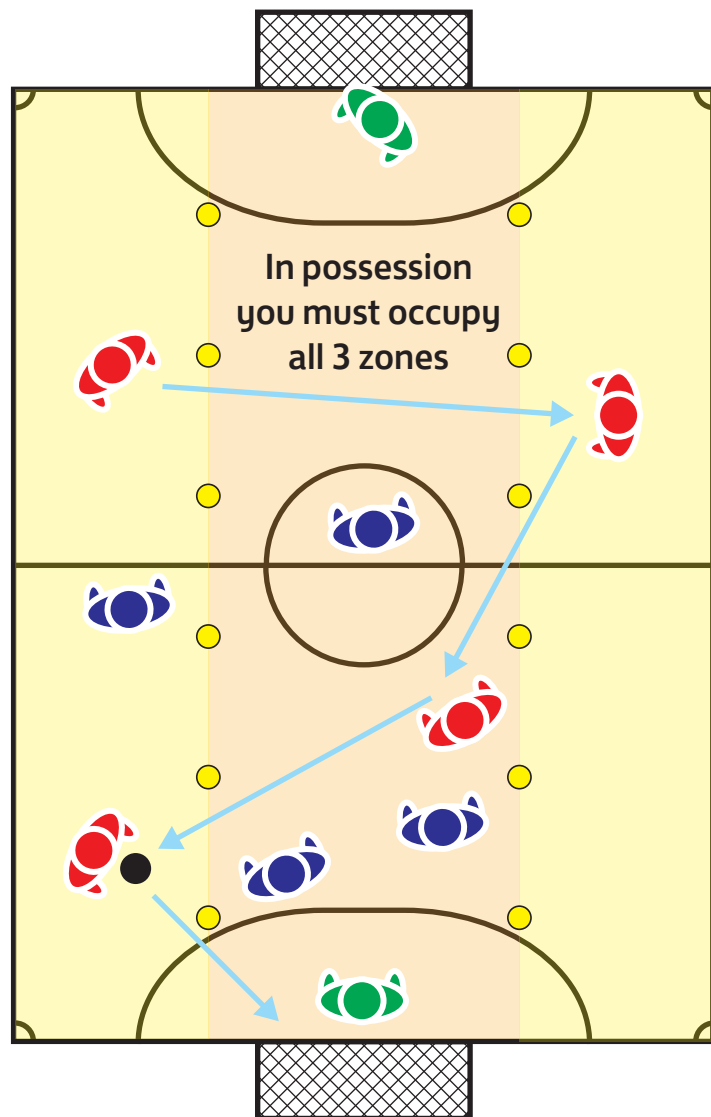


Session Title: Go Wide Or Go Home!

Date: 28/09/25



Make sure players drop off to receive the ball from kick-ins, especially in their own half, possession is key!!

Phase	Week 3 - Use the full width of the court - help keep possession.
Time	6min games, then swap players
Players	5v5 normal game
Organisation	<p>Mark the court with 3 vertical zones with the middle zone being larger. In possession a team must occupy all 3 zones - out of possession no rules. On restarts take time to set up your players before you begin.</p> <p>Prog 1 - Rule only applies in oppositions half</p> <p>Prog 2 - Free play no zones</p> <p>Note - Think about playing backwards to keep possession.</p>
Key Coaching Points	<p>Why do we need to have width on the court?</p> <p>How does this help us to keep possession?</p> <p>Where should we look on a kick-in?</p> <p>Why is possession important?</p> <p>Can we score every time we have the ball?</p>

1st Hour - PW/TJ fun warm-up
2nd/3rd Hour - PW/TJ warm-up
3rd Hour - PW/TJ to deliver
Max time for warm up 15mins
Include EST, TJ & others when available

