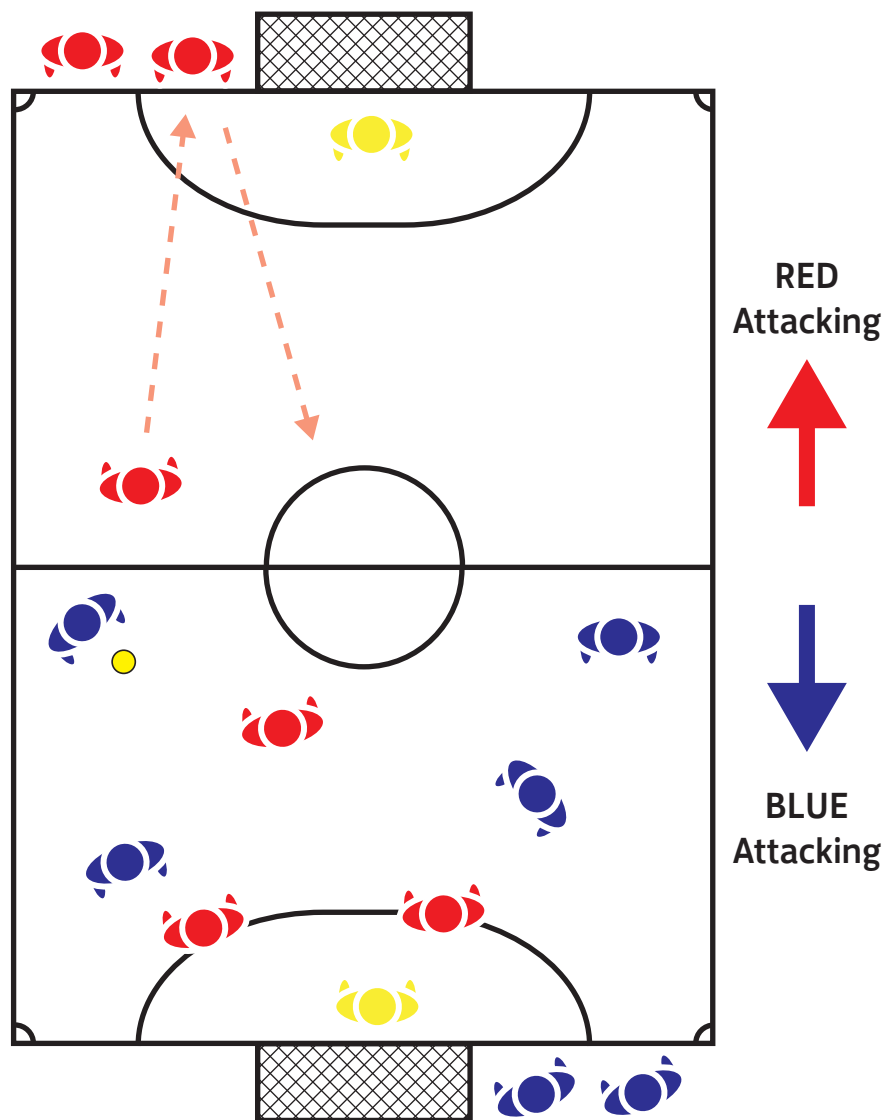


Session Title: Turn & Burn – 4v3 Recoveries

Date: 12/11/25



Concentrate on limited touches in the games, and work hard both in and out of possession.

| | |
|---------------------|---|
| Phase | Week 4 - 4v3 overloads when the ball is lost by the team in possession! |
| Time | 6min games, then swap players |
| Players | 4v4 with everyone else at ATT end |
| Organisation | <p>Normal game 4v4 with GKs</p> <p>If you give the ball away, you must sprint to the attacking goal and tag a team mate who takes your place - creating a temporary 4 Vs 3.</p> <p>Prog 1 - player losing the ball and deepest player on your team run and tag a teammate</p> |
| Key Coaching Points | <p>Why would you sprint off the court?</p> <p>What should your team mates do at this point?</p> <p>What can the opposition do at this time?</p> <p>Why the deepest player as well?</p> <p>Why must you be careful in possession?</p> |

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

