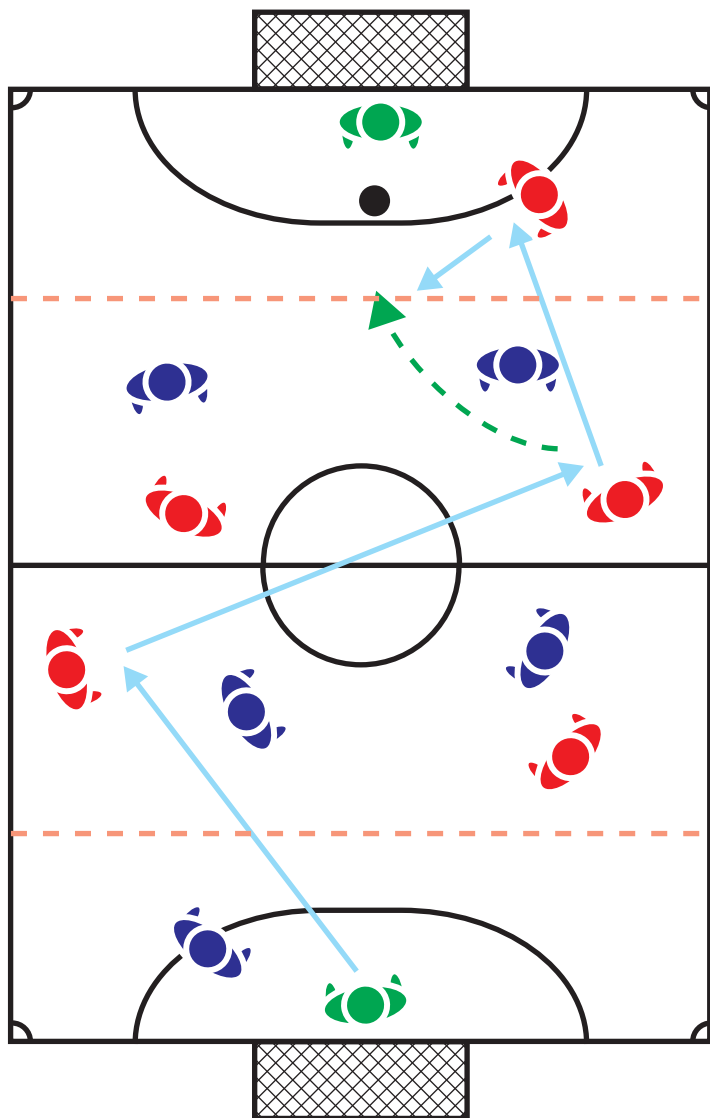


# Session Title: Pivot Progression!

Date: 07/12/25



Goals scored from a pivot players are worth 3 goals! Make sure more than one player has a go at being a pivot player in the match

Phase	Week 10 - Further play with the pivot, combining and finishing the play
Time	6min games, then swap players
Players	5v5 + GK
Organisation	<p>Court divided into 4 zones, with 2v2 in each of the middle zones. Players must move the ball into the pivot in the end zone, then the player can join the pivot and tray and score - only 3 seconds to score once the pivot has the ball.</p> <p>Prog 1 - Player not passing joins pivot</p> <p>Prog 2 - Player can rotate but must have 2v2 in each zone and a Pivot</p> <p>Prog 3 - One touch finish</p>
Key Coaching Points	<p>Why must the ball be good to the pivot?</p> <p>Why should we time our run carefully?</p> <p>Why do we finish quickly?</p> <p>Why must we occupy each zone?</p> <p>What does a pivot offer the attacking team?</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

