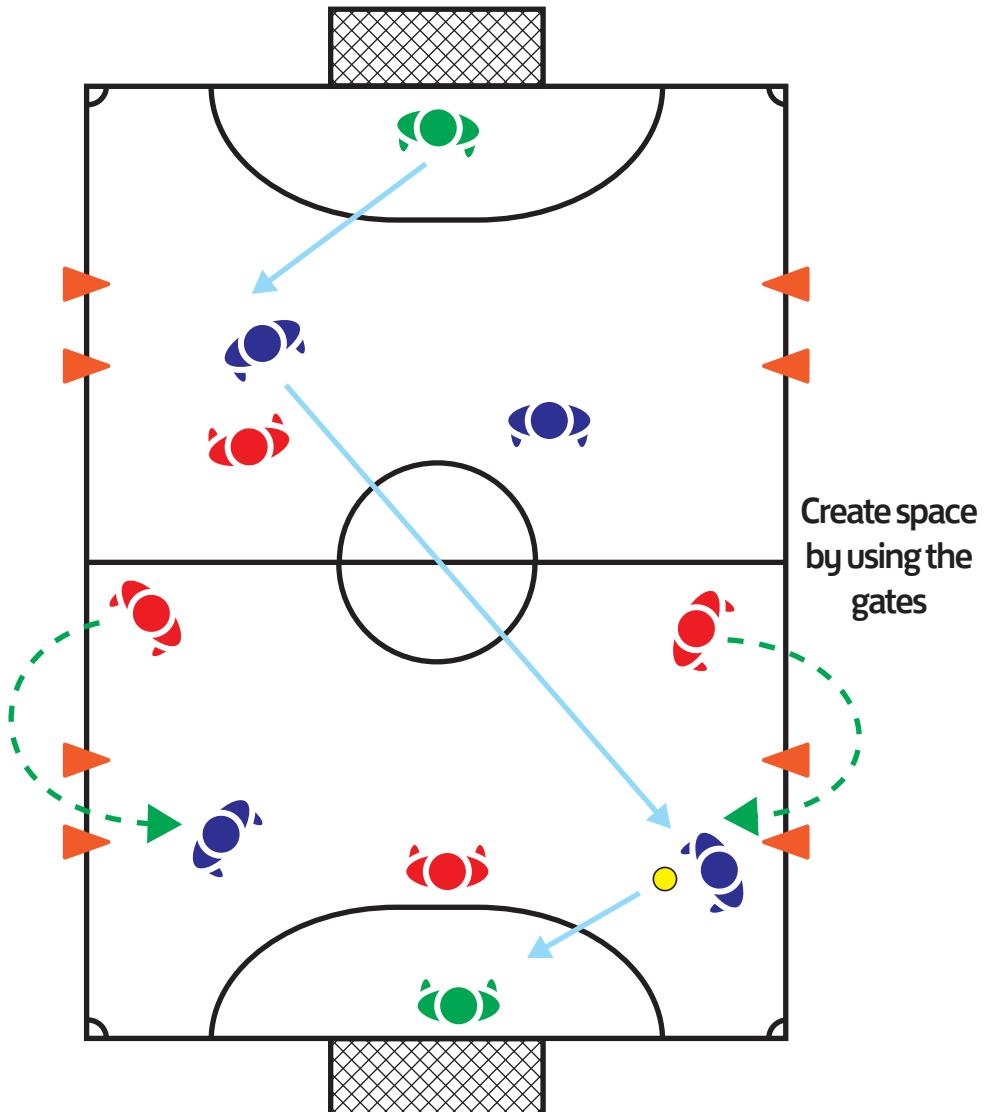


Session Title: Follow Me!

Date: 18/01/26



Leave the gate on the court, in the match you can only use each gate once, then it is closed until the opposition score

Phase	Week 14 - Tracking & Losing Players - Creating Space
Time	6min games, then swap players/teams
Players	4v4 normal game
Organisation	<p>When a team is in possession, any attacking player who runs through any of the gates MUST be followed by an opposition player, though the same gate.</p> <p>Prog 01 - remove two of the gates, one in each half, what happens now?</p> <p>Prog 02 - must score within 5 seconds of any run through the gate.</p>
Key Coaching Points	<p>What does a run though the cone create?</p> <p>When should we use this run?</p> <p>Why are there 4 gates on the court?</p> <p>Could more than one player make this run?</p> <p>Why should you try and finish the move quickly?</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, TJ & others when available

