

SESSION PLAN



Date: Fri 08/11/24	Time: 8.00 – 9.15pm	Venue: UP3G	Coaches: TW
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Session Aims: Embed attack shapes and explore footwork/fend to encourage offloading game.

Time	Detail	Coach
8.00 – 8.10	Warm up – Pulse raiser, dynamic stretching. Aim: Prepare for activity and session.	Player led
8.10 – 8.23	DMG: HONG KONG. 3 x 3 mins, 1 min rest between. Alternate breakdown and pop off floor. Aim: Explore how we support the ball.	TW
8.23 – 8.30	Skill zone – Footwork/fend/through KCPs - Footwork to attack space, fend/get ball through contact, execute offload to support Aim: Grow our attacking options	TW
8.30 – 8.45	DMG: FIJI. 3 x 3 mins, 2 mins rest between. 10v10/12v12. 1 x 2 handed touch = offload. 2 x 2 handed touches = through floor, 1 over, tackler pancakes. Aim: Explore how we support the ball & footwork/fend/through around contact to allow offloads.	TW
8.45 – 8.47	Rehydrate	
8.47 – 8.57	Skill zone – Wedge shape Aim: Install wedge shape to overload defenders	TW
8.57 – 9.15	DMG: CLERMONT. 3 x 3 mins, 2 mins rest between. 15v10. Overload attack. 2 handed touch = present, 2 over, tackler pancakes. Aim: Implement shapes, play to space in attack	TW



Easy 0-2	Moderate 3-4	Hard 5-6	Difficult 7-8	Maximal 9-10
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Our Values: Respect, Inclusive, Commitment.

“The environment you set is the environment you get” – *Amelia Yates 9/9/24*