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| --- | --- | --- |
| 7.30 | **Warmup** | 15 mins |
| 7.45 | Water break | 2 mins |
| 7.47 | **Small sided Hand passing Games (note A)**   * 6 v 6 * 20 x 20m grid * 45 second games * 2 teams on, 2 teams off and rotate | 6 mins |
| 7.53 | Water break | 2 mins |
| 7.55 | **Jab Lift 15m Sprints x 10 (note B)**   * Restrict the gap they have to lift and place down again * Put in chasing opposition | 4 mins |
| 7.59 | Water break | 2 mins |
| 8.01 | **Diagonal Passing Drill (note C)**   * Lengthen striking distances * Rotate groups around rectangle * Add no-man’s land * Add opposition | 8 mins |
| 8.09 | Water break | 2 mins |
| 8.11 | **Conditioned Possession game (note D)** | 8 mins |
| 8.19 | Water break | 2 mins |
| 8.21 | **Conditioned Shooting / Possession game (note E)** | 8 mins |
| 8.29 | Water break | 2 mins |
| 8.31 | **Stamina runs** | 8 mins |
| 8.39 | Water break and Warm down | 5 mins |
| 8.44 | Finish session | 1 hour 14m |

**Golden Question: Why are you doing what you are doing?**

**Have a process:**

1. Identify what you need to train the team to do / improve on problems
2. Design your session to address it (may have to be done gradually over a period of several weeks and revisited)

**Note A: Small sided hand passing games**

Focus Points:

* Get to the opposition end line and put the ball down for a score
* No blind or loopy passes
* Look to switch and play the ball backwards and sideways instead of forcing a pass and turning over possession – you don’t have to go forward every time
* Attack space when it’s there but protect possession
* Looping back around to support player in trouble and run off shoulder
* Communicating / Listening to the call / trusting the call

**Note B: Jab lifting sprints**

Focus Points:

* A IO I B
* 3 players at A and B
* A runs full pace to jab lift ball and place down again before passing the next cone
* Close the gap to ensure jab lifted cleanly and quickly

**Note C: Diagonal passing drill**

Focus Points:

* Trying to switch play from one wing to opposite wing
* Important drill for backs and midfielders to set up attacks with diagonal ball

**Note D: Conditioned possession game**

Focus Points:

* 10 v 10 inside the 65 and end line.
* Decision making under pressure is vital
* 3 passes back to back earns a point
* Switch play earns extra point
* Awareness of where the space is
* Important for forwards for making good quality runs
* Attack the space

**Note E: Conditioned possession/shooting game**

Focus Points:

* 30 metre circular exclusion zone around the goals
* 10 v 10 in total but half are one side of posts half are the other side
* Scores only allowed outside the zone
* Players can pass to their teammates on opposite sides of posts
* Extra point for switching play for a score