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| Coaches: | DS, BP | |
| Area of focus/emphasis | | Offence – Sets and moving the ball  Defence – Help the helper/scrambling | |  |  |
| Time | | Organisation/Drill | | Key Points- Teaching cues | |
| 0-10 | | Intro/Warm up  *Player led* | |  | |
| 10-15  15-20  20-45  45-50 | | 3 man weave with two shots  *3 passes*  *Shots on the wings*  *4 mins 65 makes*  Drive and kick  *Baseline and middle*  *Make 10*  Sets  *1*  *Red*  *White*  *2*  *Heat*  *3*  *44*  Press break  *Break down both breaks* | | Good solid passes  Communicate everything  Aggressive drive  Good passes (one handed)  Game pace for everything  Quick ball movement  Don’t go through the motions  Quick and good decisions | |
| 50-60 | | Tag shell drill  *4v4*  *Tag coach on rotation*  *Recover*  *First to 7 stops* | | Communicate  Active hands  Balls of your feet  Always in stance | |
| 60-75 | | 5v5  *Pressing defence*  *Games to 7* | | Play at game pace the whole time | |
| 75-80 | | Cooldown/debrief | |  | |

**Philosophies and focus**

Hustle/intensity/desire

Communication

Team