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| Coaches: | DS, BP |
| Area of focus/emphasis | Offence – Sets and moving the ballDefence – Help the helper/scrambling |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Intro/Warm up*Player led* |  |
| 10-1515-2020-4545-50 | 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 passesCommunicate everythingAggressive driveGood passes (one handed)Game pace for everythingQuick ball movementDon’t go through the motionsQuick and good decisions |
| 50-60 | Tag shell drill*4v4**Tag coach on rotation**Recover**First to 7 stops* | CommunicateActive handsBalls of your feetAlways 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