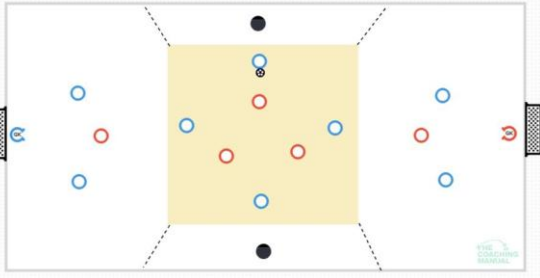
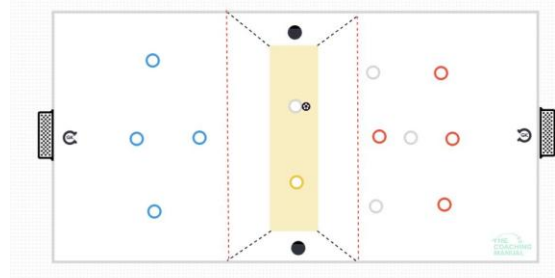


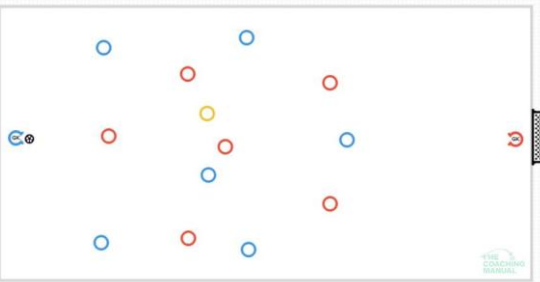
2



3



4



TIMINGS

20:00	WARM UP/ACTIVATION
20:15	ACTIVITY 1
20:25	ACTIVITY 2
20:35	ACTIVITY 3
20:45	ACTIVITY 4

MOMENT	In Possession
Sub Moment	Transition to Defend
AIM	Finish
Sub Aim	Immediate Press

ACTIVITY	INSTRUCTIONS
1	Activation Activity – Passing Activity
2	4v3 into 3v2 Attacking Overloads– Using overload in central area and keeping possession. Defending team regain and attack any half they wish to go 3v2 towards goal. If team in possession kick ball out, coach will feed ball into attacking half. Progression: As many attackers as they wish with one recovering defender from central area. Swap players after 5 mins
3	5v4 Attacking Waves – Attack and score to stay on. Defenders regain and find yellow or coach to attack opposite direction. Team resting in opposite half must start behind ref flat line. Blue – Gill, Jenna, Mason, Kodie. Orange – Chelsie, Leishy, Hannah, Carla. White – Tegan, Bailley, Kodie, Sophie. Yellow - Lia
4	7v7+1 Game Team 1 – Emma, Chelsie, Leishy, Mia, Bailley, Hannah, Carla Team 2 – Becks, Tegan, Gill, Jenna, Mason, Kodie, Sophie Yellow - Lia

PLAYERS AVAILABLE

GK – ET, RC
 DEF – TB, CW, GI, SL, JP
 MID – MC, MM, LY, LR
 ATT – CB, HC, KH, BC, ST
 NOT AVAILABLE – JA, AB, AD, KR
 13+2 GK

Leadership Group
GI
CW

