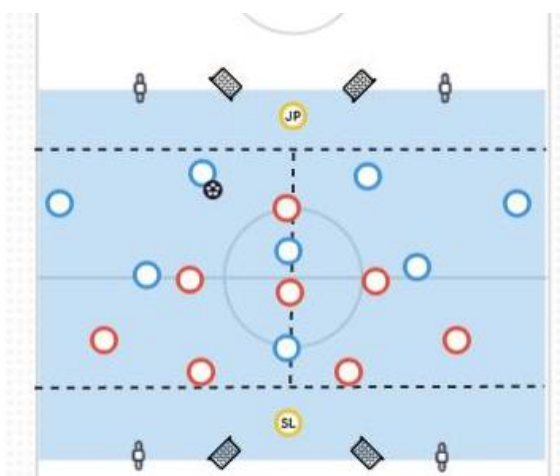
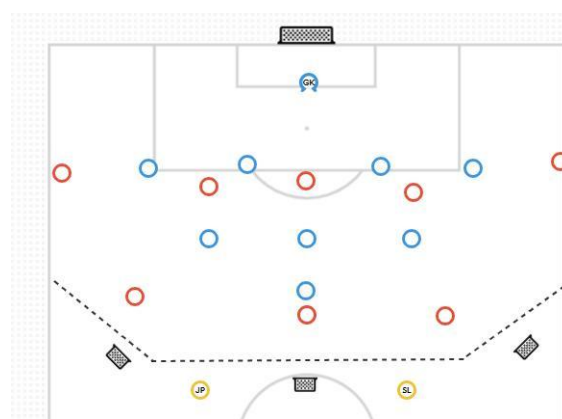


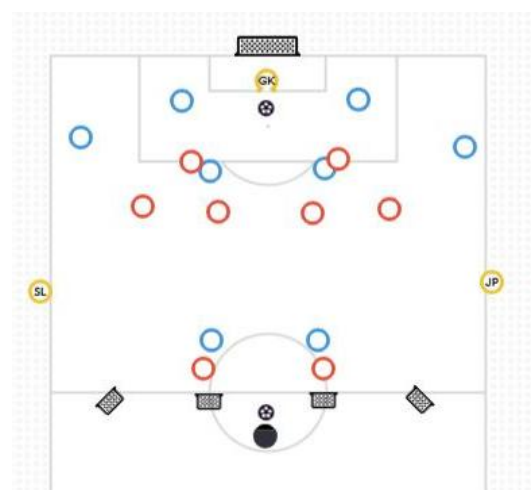
2



3



4



TIMINGS

18:00	WARM UP/ACTIVATION
18:20	ACTIVITY 1
18:30	ACTIVITY 2
18:50	ACTIVITY 3
19:10	ACTIVITY 4

MOMENT	In Possession
Sub Moment	Transition to Defend
AIM	Build
Sub Aim	Deny Space

ACTIVITY

INSTRUCTIONS

1	Rondo – Bank Game – 3 Teams of 5 plus 3 neutrals. The numbers of passes you make to then successfully transfer to other team is number of points you get i.e., 6 passes is 6 points. Pressing team get point for interception and ball out of play, but if they regain and score it's 5 points. 3 pressing players at one time
2	Possession 8v8+2 – Score into mini goals or dribble through outside areas for a goal. If you regain and score in opposite half or combine to score with Neutral, it's worth 2 goals.
3	GRP 10v9 - Attacking momentum, JP and SL play as centre backs for attacking team. Both can step in but if tagged by opposition ball restarts with ET. 10 minutes of attacking for "Reds" and always getting restart other than tagging cbs if they step in. 30 seconds off time if blues regain and keep for 6 passes. Reverse roles for next 10 mins
4	9v8+2 Game – Normal game but if team defending big goal scores into mini goals the game will flip so they get the chance to score opposite way

PLAYERS AVAILABLE

- GK – ET
- DEF – KR, OB, TB, CW, GI, JA, JP (NC), SL (NC)
- MID – AB, LR, MC
- ATT – CB, HC, KH, DB, BC, SP, ST
- NOT AVAILABLE – CL, RC, AD
- 18+1 GK (2 NON-CONTACT)

Leadership Group

- GI
- CW

