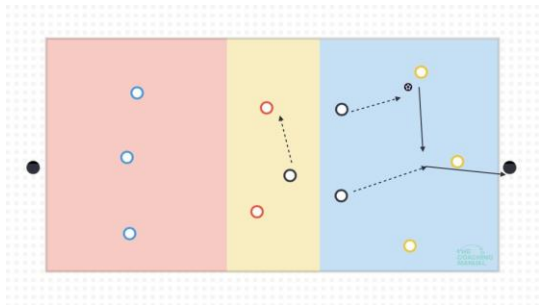
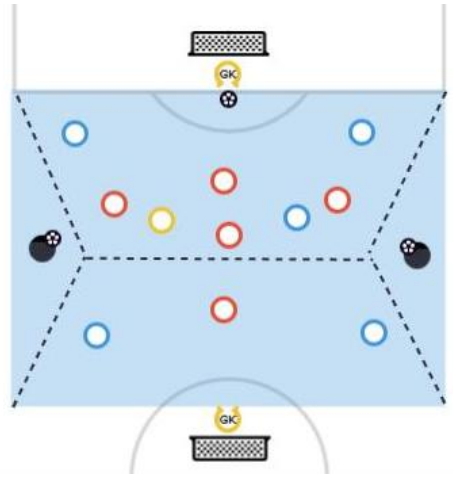


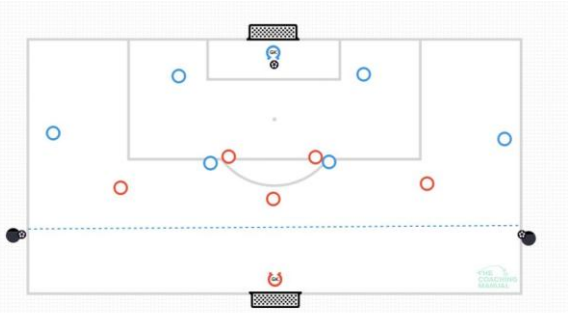
2



3



4



**TIMINGS**

09:10	WARM UP/ACTIVATION
09:20	ACTIVITY 1
09:35	ACTIVITY 2
09:55	ACTIVITY 3
10:15	ACTIVITY 4

<b>MOMENT</b>	Out of Possession
<b>Sub Moment</b>	Transition to Attack
<b>AIM</b>	Setting Traps
<b>Sub Aim</b>	Kill

ACTIVITY	INSTRUCTIONS
1	<b>Activation Activity</b> – Y Passing Practice
2	<b>3 Team Transfer +2 Central</b> – In possession teams look to transfer through middle area. To transfer both middle players must touch the ball. Pressing 3 look to regain and find coach behind build 3. Press for 2 minutes and rotate press group.
3	<b>7v5+1 Possession</b> – Team in possession must always keep two players in opposite half of where ball is. Must transfer GK to GK for a goal and can only pass through centrally. Pressing team can press with 4 in half of where ball is, and one must screen in opposite half. Regain and score into goal you are facing.
4	<b>6v5 Build vs Press</b> – Build past flat line before scoring. Pressing team force wide, regain and score into big goal. If ball goes out, DB/IR will feed pressing team to transition to attack. Same if building team score, there will always be transition moment.
5	<b>6v6+1- High regain and score is worth 2 goals - Team 1</b> – Emma, Tegan, Leishy, Jenna, Hannah, Kodie. <b>Team 2</b> – Becks, Gill, Chelsie, Milly, Mia G, Carla. <b>Yellow</b> – Mason

**PLAYERS AVAILABLE**

**GK** – RC, ET  
**DEF** – TB, CW, SL, JP, GI  
**MID** – MC, MG, MB  
**ATT** – CB, HC, KHay  
**NOT AVAILABLE** – KR, JA, ST, MG, BC, LR, LY, AD, KH  
**11+2 GK**

<b>Leadership Group</b>
GI
CW

