

Session 5 (1 hour)

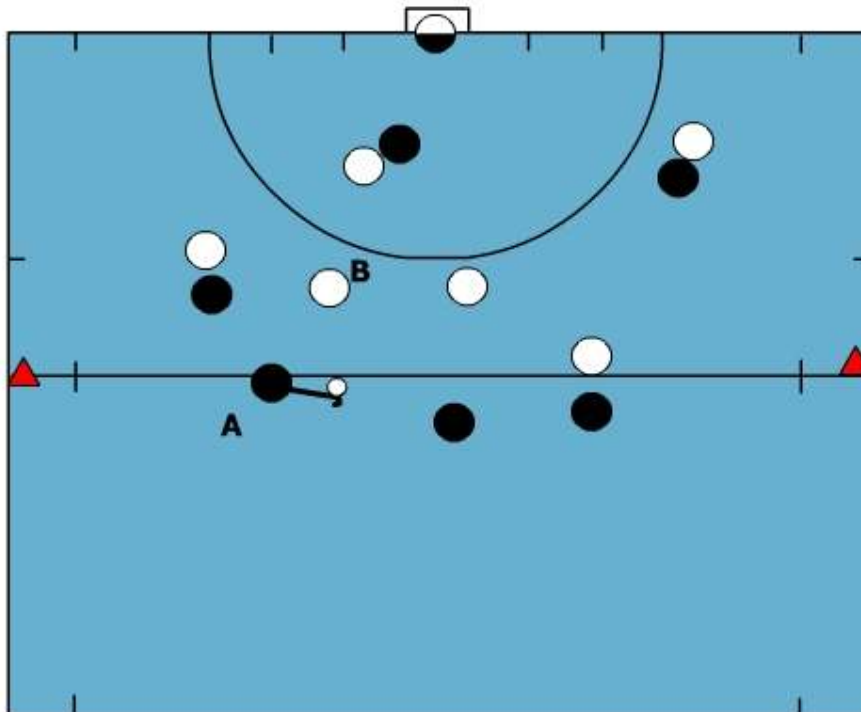
Start with dynamic warm up with ladders. Get the guys knocking up in pairs emphasising midfielders and forwards turning and arcing, defenders receiving and moving

NOT STATIC RECEIVING. Back 4 guys can just move the ball without arcing before distributing.

BACK 4 PASSING SKILLS: Hitting normally (low hitting technique), Hitting off right leg front stick, passing off both feet reverse, slap, push and areal on move

MIDFIELD/FORWARD RECEIVING SKILLS: Strong turning and arcing with right leg facing forward to make arc easier. Strong tuck, hook shape leads both sides.
15 mins

1 hour 2X 25 Yard Turnover WITH PASS TO YOURSELF RULES to prepare guys for season. Like Basketball whereby team A has right to attack. If team B wins possession they must run the ball back out the 25 yard area to get right to attack. Normal game. Ball is still in normal play outside the 25 yard area. They can play up to half way if need be



End off with warm down TOTAL TIME 1 Hr

