


93/94 Session: Week 1 [11th January 2008]

Session Aim: Core Movement Skills

| Section | Drill | Time |
|-----------------|--|------|
| Warm-up | <p>> 200 FC, 50 FC kick, 100 BR, 50 BR kick</p> <p>> 4x 50 as ½ length Head-Up / ½ length Head-Down & <u>Turn Off the Wall</u></p> <p>> 6x 75 split as: 25: fly arms & br kick 25: 3 strokes fc - 3 strokes bk 25: 3m Spider / 3m FC head-up Sprint</p> | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths -</p> <p>NO LEANING ON SIDE AT THE END OF EACH WIDTH STAY OFF SIDE, EB WRISTS OUT or HANDS ON HEAD</p> <p>> 2x 1w Penguin (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m)</p> <p>> 2x 1w Vert EB: turning 90° every 2m (knees high, shoulders above surface, back straight)</p> <p>> 2x 1w Vert EB: High Jump every 2m (knees high before lift, explosive double kick, high reach)</p> <p>> 2x 1w Vert EB & Spider: Spider 2m & then High Jump (tucked knees coming thro' quickly to get high lift)</p> <p>> 2x 1w Spider & Jump: Spider across width, continuous movement with any direction jump every 2m</p> | 10 |
| DYNAMIC SWIMS | <p>> Forward Spider to Backward Spider</p> <p>- 2m fwd/2m bk x4, 15s rest x2 - concentrate on rapid movement, quick tuck & quick change dir</p> <p>> Forward Spider to Backward Spider + Pass with partner</p> <p>- as above, static partner passing the ball, one high pass on each change of direction</p> <p>- catch & pass ball in vertical position, not falling backwards/sideways</p> <p>- 8 passes then swap over - alt right & left hands</p> <p>> Forward Spider to Backward Spider + Fake + Pass with partner</p> <p>- as above, include fake before each pass</p> <p>- stay vertical and high for each fake and pass, working legs hard</p> <p>- 8 passes then swap over - alt right & left hands</p> <p>> Lateral Spider Drill</p> <p>- side to side spider movement, partner passes ball on water</p> <p>- tuck to bring knees forwards "underneath the ball", then lift the ball with hand underneath</p> <p>- kick vertical to make the pass</p> <p>- 8 passes then swap over - alt right & left hands</p> | 25 |
| SHOOTING DRILLS | <p>USE THE REST OF THE SESSION FOR REPETITION TO IMPROVE ON THESE SHOOTING DRILLS</p> <p>> Lateral Movement & Shooting - Pass to Hand</p> <p>- In 3's, two passers & one shooter. Shoot against wall or targets so that all groups are working.</p> <p>- First Practice is 'Pass to Hand'</p> <p>- In all the exercises it's important that the athletes continue with good technique</p> <p>- Tucked knees come through forwards so knees are high in front, catch & kick high to make the shot</p> <p>- Work side to side, catching with right and left hands</p> <p>> Lateral Movement & Shooting - Pass to Water</p> <p>- as above, ball on the water for shooter</p> <p>> Lateral Movement & Shooting - Fake & Shoot</p> <p>- as above, pass to hand or water (vary the pass)</p> <p>- athlete staying vertical to fake before shot</p> | 30 |
| FINISH | <p>> Swim down - floppy f/s swim</p> | 5 |

93/94 Session: Week 3 [25th January 2008]

Session Aim: Protecting the Ball & Passing Under Pressure

| Section | Drill | Time |
|------------------|--|------|
| Warm-up | <ul style="list-style-type: none"> > 4x 100 - FC, BK, BR, FC as 25 swim, 25 kick, 25 pull, 25 swim with 15s rest > 5x 50 FC on 50 > 5x 50 split as: 25: 5m spider/5m fc 25: fly arms & br kick | 20 |
| Main Skills | <p>LEG SET</p> <p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 4x 1w Horizontal EB, fwd / lead left / lead right / bwd - 10 pushups at the end of each width > 2x 1w Penguin > 4x 1w Vertical EB, fwd / lead left / lead right / bwd - 10 pushups at the end of each width <p>Pairs Leg Set - start facing partner, goal width apart:</p> <ul style="list-style-type: none"> > SET 1 - 15s static EB, hands on head <ul style="list-style-type: none"> - on whistle drive in towards partner & wrestle for 15s - on whistle swim easy back to post & rest for 15s - 3x drill > SET 2 - as above, include a vertical high jump before drive to wrestle > SET 3 - as above, include vertical spin before drive to wrestle <p>PASSING SET</p> <p>> Groups of 2 or 3 Passing Drills with Good Technique, max. 3m apart</p> <ul style="list-style-type: none"> > SET 1 - Passing at Level 1 <ul style="list-style-type: none"> - 60 passes, split to 10 right-handed; 10 left-handed etc > SET 2 - Catch at Level 1 & Pass at Level 2 <ul style="list-style-type: none"> - 5 sets of 20 passes, with 15s rest - emphasis on quality passing - no drops > SET 3 - Pass at Level 2 <ul style="list-style-type: none"> - 30s clockwise, medium pace - 30s anti-clockwise, medium pace x2 sets > SET 4 - Fake & Pass at Level 2 <ul style="list-style-type: none"> - 60 s slow pace - 60 s medium pace - 60 s fast pace x2 sets | 20 |
| PROTECT THE BALL | <p>> Arc Passing Drill, working 3v3, 4v4 or 5v5</p> <div style="display: flex; justify-content: space-around; align-items: center;">  </div> <ul style="list-style-type: none"> - Set up pairs attackers v defenders in a triangle, or square - Defenders inside & attackers outside (defenders pressing) - Attacker playing hips up pushing both hands in towards def to hold position - work 1 ball around the group, start with clockwise, then change to anti-clockwise - Defence start at 70%, after the groups have changed over build up to 80%, 90%, 100% - Encourage the attackers to use both right & left hand to work the ball around, feeding the ball away from the defender onto the attackers hip, so the attacker can protect the ball and step away to pass it on - Work for 40-50s, then rest & give feedback - Each group attack 3 or 4 times at each level until confident enough to move on to a harder defence | 25 |
| FINISH | > Swim down - floppy f/s swim | 5 |

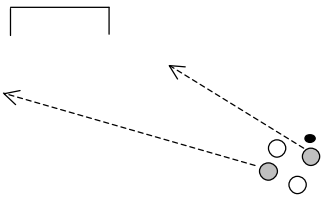
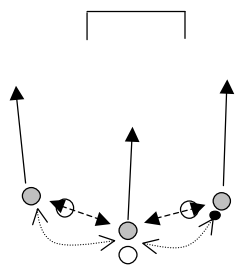
93/94 Session: Week 4 [1st February 2008]

Session Aim: Releasing & Keeping Possession

| Section | Drill | Time |
|-------------------|--|------|
| Warm-up | <ul style="list-style-type: none"> > 4x 100 as 75 swim & 25 kick: FC / BK / FC / BR with 15s rest > 4x 75 as 25: 6 strokes WP Bk / 6 strokes FC 25: BR, 1pull - 2kicks 25: FC build 80%-95% with 15s rest > 6x 20m FC Head-Up Sprints, vary starts - jumps, eb lift, wrestle etc. | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths</p> <ul style="list-style-type: none"> > 2x 2w BR Kick, with hands behind back & thumbs linked - 10 pushups at the end of each swim > 2x 1w Spider to post, Vertical EB across goal, Spider to wall > 2x 2w Underwater EB - Fly & BR kick - 10 tricep dips at the end of each swim | |
| DYNAMIC SWIMS | <ul style="list-style-type: none"> > Forward Spider to Backward Spider <ul style="list-style-type: none"> - 2m fwd - 2m bwd x4, 15s rest x2 - concentrate on rapid movement, quick tuck & quick change dir - 2m fwd - 2m bwd & V. Jump x4, 15s rest x2 - incl vertical jump on change of dir from back to front - 2m fwd - V. Jump - 2m bwd x4, 15s rest x2 - incl vertical jump on change of dir from front to back | 15 |
| PASSING SET | <ul style="list-style-type: none"> > In groups of 3, 1 min rest after each set > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 1 min clockwise, group moves in anti-clockwise direction - 1 min anti-clockwise, group moves in clockwise direction - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift > SET 2 - Pass to Water (1m to left or right), Spider & pick up ball underneath to Pass <ul style="list-style-type: none"> - 90 s clockwise, medium pace - 90 s anti-clockwise, medium pace - 90 s any direction, fast pace > SET 3 - Pass to Water, with Defender holding hips <ul style="list-style-type: none"> - working under pressure, spider & pick up ball underneath, for 6 passes then swap over - pass to water 1m to right/left alt - 3x each | 15 |
| RELEASING DRILLS | <ul style="list-style-type: none"> > Jump ½ Turn / Step Away - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - Attacker leans back into defender, protecting the ball with back & shoulders - shoot feet away from defender, pushing off with shoulders - pick up the ball from underneath, turn to face the def, keeping the ball at arms length - kick high & make pass > Stroke to Release - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - stroke forwards across the face of the pressing defender - Tuck up legs, bring knees to chest and push away from defender using shins - third player pass the ball to the water on the correct side, attacker picks up ball underneath - kick vertical and make pass - make sure you work both left and right sides using left & right hands to pass | 10 |
| POSSESSION DRILLS | <ul style="list-style-type: none"> > 1v1 : Keeping Possession Under Pressure - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - Without swimming with the ball, keep possession and protect the ball - Use left and right hands to control the ball and keep it away from the defender - Work for 10s & then kick away to make pass - Work for 15s & then kick away to make pass - Work for 20s & then kick away to make pass - Second time thru' increased pressure from defender > 3 v 3 - working in groups of 6, with 1 ball <ul style="list-style-type: none"> - work in small area, releasing and short drives to make space & keep possession - 2x 20s each, then stop and talk through good and bad points - 2x 20s each again - this time if the team loses possession have a forfeit, ie push-ups or high jumps | 10 |
| FINISH | <ul style="list-style-type: none"> > Swim down - floppy f/s swim | 5 |

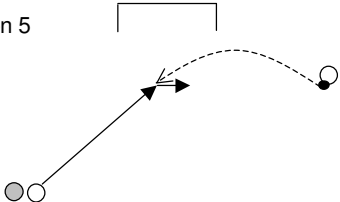
93/94 Session: Week 5 [8th February 2008]

Session Aim: Attack & Decision Making Drills

| Section | Drill | Time |
|------------------------|--|----------|
| Warm-up | <ul style="list-style-type: none"> > 150 FC, 50 BK, 150 FC, 50 BR with 15s rest > 2x IM: Reverse - Normal with 15s rest > 6x 25 Races - vary starts | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths -</p> <ul style="list-style-type: none"> > 2x 2w BR 1 pull - 2 kicks > 2x 1w Vertical EB - 10 pushups at the end of each width > 2x 1w Partner Push: Partner sitting in front facing forward > 2x 1w Vertical EB with Vertical Jumps every 2m - 10 tricep dips at the end of each width > 2x 1w Partner Push: Partner lying on front facing pusher > 2x 1w Vertical Kick: 2m BR / 2m EB with hands on head | 10 |
| PASSING SET | <p>> In groups of 3, 1min rest after each set</p> <p>> SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm</p> <ul style="list-style-type: none"> - 1 min clockwise - 1 min anti-clockwise - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift <p>> SET 2 - Pass & Move, take a stroke right or left after each pass</p> <ul style="list-style-type: none"> - 1 min clockwise - 1 min anti-clockwise - 1 min clockwise, catch & lift to level 2 - 1 min anti-clockwise, catch & lift to level 2 | 15 |
| DECISION MAKING DRILLS | <p>> 2 v 1 with Chaser, from wings</p> <ul style="list-style-type: none"> - start close together, attackers side-by-side, one def in front & one behind - Defender make a vertical high jump, and attackers drive - Attackers drive wide, to split defence, near post player starting with the ball & looking to make an accurate cross pass when under pressure - use skills to protect the ball, and keep possession to score - Practice from both wings - Encourage players to use opposite hand for pass, or to control the ball  <p>> 3 v 2 with Chaser, from centre</p> <ul style="list-style-type: none"> - start in 3v2 set up, attackers pass the ball & two defenders work between to intercept the ball - Defenders work between, as on 3-3 man-down or against an M Zone, not over-committing to the centre attacker, more like 75%-25% between two attackers - after 5s passing attackers drive on whistle, chasing defender jumps then chases - Attackers keep possession, making accurate passes to create scoring opportunity  | 20 20 |
| FINISH | > Swim down - floppy f/s swim | 5 |

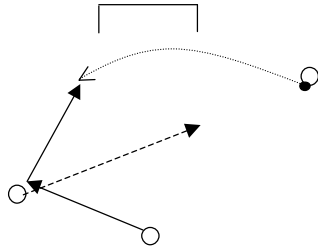
93/94 Session: Week 6 [15th/22nd February 2008 (half term)]

Session Aim: Single Arc Drive

| Section | Drill | Time |
|------------------|---|------|
| Warm-up | <p>> 200 FC, 50 FC kick, 100 Choice, 50 Choice kick</p> <p>> 2x 75 as Head-up Fc / Br 1 pull - 2 kicks / 5 strokes WP BK - 5 strokes FC with 15s rest</p> <p>> 4x 50 FC Build -> 85% / -> 90% / -> 95% / -> 100% TURN OFF WALL with 10s rest</p> | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths -</p> <p>> 2x 1w Penguin (vert body position, hands behind back, back straight, alt br /eb kick changing every 2m)</p> <p>> 4x 1w Vert EB: turning 90° every 2m (knees high, shoulders above surface, back straight)</p> <p>> 2x 1w Vert EB: High Jump every 2m (knees high before lift, explosive double kick, high reach)</p> <p>> 2x 1w Vert EB & Spider: Spider 2m & then High Jump (tucked knees coming thro' quickly to get high lift)</p> <p>> 4x 1w Juggling: Alt horiz / vert body position, juggling the ball - increase speed of ball, keeping it off water</p> <p>> 4x 1w: ½ Sprint dribbling the ball / ½ vert EB with ball on head - keeping shoulder above surface</p> | 10 |
| PASSING SET | <p>> In groups of 3, 1min rest after each set</p> <p>> SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm</p> <ul style="list-style-type: none"> - 90s clockwise - 90s anti-clockwise - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift <p>> SET 2 - Catch, Move & Pass, sideways movement with the ball</p> <ul style="list-style-type: none"> - 1 min clockwise, with kick to left with ball - 1 min anti-clockwise, with kick to right with ball - 1 min clockwise, with kick to right with ball - 1 min anti-clockwise, with kick to left with ball | 10 |
| DRIBBLE RELAYS | <p>> Dribble & Faking Ball, across width in 3's</p> <ul style="list-style-type: none"> - Practice bringing knees through under ball & pick ball up from underneath, kicking vertical to pass or shoot - Dribble ½ width, swim FC into Spider, then tuck & bring knees forward, hand under the ball - Lift and rotate the ball, keep hips facing forward, rotate from tummy - Move forward, slow steady fake, staying high in the water, keep head still - Pass ball to partner & continue - Practice with both left & right hands | 15 |
| SINGLE ARC DRIVE | <p>> Arc Drive from position 4</p> <ul style="list-style-type: none"> - Passer at position 1 and drivers line up at position 4 - Driver swims head up at speed from position 4 to centre of goal, change stroke into Spider for last metre - Passer makes pass to the water for the driver to swim on to, 2-3m from goal - Tuck and bring knees forward, lift ball from underneath & kick vertical and sideways to right - Take another kick sideways before shooting - Continuous drill to get used to the movement - Left-handers can practice with a drive from position2, pass coming from position 5 - Once the level of skill has improved, can introduce a passive defender  | 30 |
| FINISH | > Swim down - floppy f/s swim | 5 |

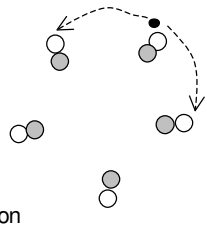
93/94 Session: Week 7 [29th February 2008]

Session Aim: Drives & Intro to the Pick

| Section | Drill | Time |
|---------------------|--|------|
| Warm-up | <ul style="list-style-type: none"> > 3x 125 FC as swim 100 + kick 25 > 3x 50 as Long stretchy Br / Br 1 pull - 2 kicks with 10s rest > 4x 50 Fly arms & Br kick - FC Sprint with 15s rest | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths -</p> <ul style="list-style-type: none"> > 2x 1w BR Kick, with hands behind back & thumbs linked > 4x 1w Underwater EB, arms stretched out in front, legs working hard > 2x 1w Partner Push: Partner sitting in front facing forward > 4x 1w Spider & Jump: Spider across width, continuous movement with a vertical jump every 2m > 4x 1w Juggling: Alt horiz / vert body position, juggling the ball - increase speed of ball, keeping it off water > 4x 1w: ½ Sprint dribbling the ball / ½ vert EB with ball on head - keeping shoulder above surface | 10 |
| PASSING SET | <p>> In groups of 3, 1min rest after each set</p> <ul style="list-style-type: none"> > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 90s clockwise - 90s anti-clockwise - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift > SET 2 - Catch, Move & Pass, sideways movement with the ball <ul style="list-style-type: none"> - 1 min clockwise, with kick to left with ball - 1 min anti-clockwise, with kick to right with ball - 1 min clockwise, with kick to right with ball - 1 min anti-clockwise, with kick to left with ball | 10 |
| SINGLE DRIVE & SHOT | <p>> Short Drive & High Pass</p> <ul style="list-style-type: none"> - continue practice of drive, knees through to kick vertical to catch & shoot - Drivers ready at 2 & 4, Passers ready at 1 & 5 - Driver at 2, drives across towards 5, catch x-body pass or left handed catch & shoot - Driver at 4, drives across towards 1, catch pass & shoot - after drive, shooter become passer - include sideways kick on catch, before shooting the ball | 20 |
| PICK DRIVE | <p>> 3/4 Pick Drill</p> <ul style="list-style-type: none"> - Drivers at 3 & 4, passer at 1 - no defenders - Focus on short, sharp drives & accurate high pass for shot - 3 drives across to cut in front of 4, and stops facing the goal, keeping hips up - 4 drives across 3s hips toward the passer at position 1 - After player at 4 has driven across, 3 makes an explosive kick forwards & drives to the goal - Player at 1 can make high pass to either player - Once movements are correct include a pressing defender at 4  | 25 |
| FINISH | <p>> Swim down - floppy f/s swim</p> | 5 |

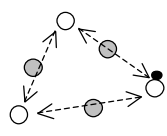
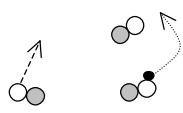
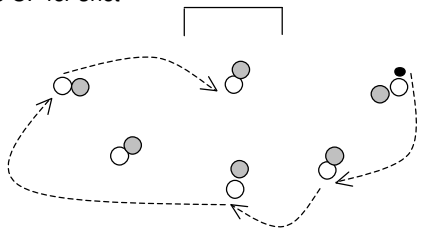
93/94 Session: Week 8 [7th March 2008]

Session Aim: Re-cap of Release & Keeping Possession

| Section | Drill | Time |
|------------------|---|------|
| Warm-up | <ul style="list-style-type: none"> > 4x 100 as 100 FC / 100 Choice with 15s rest > 4x 75 as 25: 6 strokes WP Bk / 6 strokes FC 25: BR, 1 pull - 2 kicks 25: FC, ½ head-down-½ head-up with 15s rest > 8x 20m Sprints : start with 5s EB lift, finish with 10s Vert kick with both arms out | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths -</p> <ul style="list-style-type: none"> > 2x 1w Penguin > 2x 1w Partner Push: Partner lying on front facing pusher > 2x 1w Vert EB: turning 90° every 2m (knees high, shoulders above surface, back straight) > 2x 1w Vert EB: High Jump every 2m (knees high before lift, explosive double kick, high reach) > 2x 1w Spider & Jump: Spider across width, continuous movement with any direction jump every 2m | 10 |
| PASSING SET | <ul style="list-style-type: none"> > In groups of 3, 1min rest after each set > SET 1 - Passing at Level 1 - concentrating on rotation turn from tummy NOT arm <ul style="list-style-type: none"> - 90s clockwise - 90s anti-clockwise - 1 min clockwise, fast pace, static with lift - 1 min anti-clockwise, fast pace static, with lift > SET 2 - Catch & Pass with Movement <ul style="list-style-type: none"> - 1 min clockwise, with static-spider & lift vertical to catch and pass - 1 min anti-clockwise, with static-spider & lift vertical to catch and pass - 1 min clockwise, take a stroke left or right before receiving ball - 1 min anti-clockwise, take a stroke left or right before receiving ball - 1 min any direction speed passing, fast & flat passes | 10 |
| RELEASING DRILLS | <ul style="list-style-type: none"> > Jump ½ Turn / Step Away - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - Attacker leans back into defender, protecting the ball with back & shoulders - shoot feet away from defender, pushing off with shoulders - pick up the ball from underneath, turn to face the def, keeping the ball at arms length - kick high & make pass > Stroke to Release - working in groups of 3, with 1 ball <ul style="list-style-type: none"> - stroke forwards across the face of the pressing defender - Tuck up legs, bring knees to chest and push away from defender using shins - third player pass the ball to the water on the correct side, attacker picks up ball underneath - kick vertical and make pass - make sure you work both left and right sides using left & right hands to pass | 20 |
| ARC POSSESSION | <ul style="list-style-type: none"> > Working Ball Around the Arc <ul style="list-style-type: none"> - set up a circle, with attackers on the outside & pressing defenders on the inside - attackers have to hold position on arc, pressing arm to arm & hips up - use both left and right hands to work ball around circle - accurate pass to water, no low percentage passes - pass to hip away from defender - attacker kicks vertical to make pass - need to use upper body and leg strength to protect the ball and keep possession  | 25 |
| FINISH | <ul style="list-style-type: none"> > Swim down - floppy f/s swim | 5 |

93/94 Session: Week 9 [14th March 2008]

Session Aim: Possession & Set Attack

| Section | Drill | Time |
|-------------------|---|------|
| Warm-up | <p>> 2x 150 FC - 3rd & 6th length: 5m Spider & 5m Head-up FC with 10s rest</p> <p>> 3x 50 as Br / Bk with 10s rest</p> <p>> 4x 50 FC Build -> 85% / -> 90% / -> 95% / -> 100% TURN OFF WALL with 10s rest</p> | 20 |
| Main Skills | | |
| LEG SET | <p>Across width or ½ lengths -</p> <p>> 4x 2w: Short Sharp BR - Underwater EB, arms stretched out in front, legs working hard</p> <p>> 2x 1w Spider to post, Vertical EB across goal, Spider to wall</p> <p>> 2x 2w Forward Jumps - Fly & BR kick - 10 tricep dips at the end of each swim</p> <p>> 4x 1w Spider & Jump: Spider across width, continuous movement with any direction jump every 2m</p> | 10 |
| PASSING SET | <p>> In groups of 3, 1min rest after each set</p> <p>> SET 1 - Passing at Level 1 & lifting to Level 2</p> <ul style="list-style-type: none"> - 90s clockwise - 90s anti-clockwise - 1 min clockwise, fast pace, static with lift to Level 2 - 1 min anti-clockwise, fast pace static, with lift to Level 2 <p>> SET 2 - Catch & Pass with Movement</p> <ul style="list-style-type: none"> - 30s Medium Pace, 30s Fast Pace - 1 min clockwise, with static-spider & lift vertical to catch and pass - 30s Medium Pace, 30s Fast Pace - 1 min clockwise, take a stroke left or right before receiving ball - 30s Medium Pace, 30s Fast Pace - 1 min clockwise, with static-spider & lift vertical to catch and pass | 10 |
| POSSESSION DRILLS | <p>> 3v3 Passing under pressure (static)</p> <ul style="list-style-type: none"> - 3 attackers, 3 defenders working in-between - Attackers try to make passes to hand, keep ball dry - High Passes in any direction - Defenders start without going for the ball, just putting pressure on player - gradual increase of pressure, to include intercepting pass - Make sure Attackers don't drift out wide, hold position & use legs to kick high  <p>> 3v3 Possession with Movement</p> <ul style="list-style-type: none"> - 3 attackers, 3 defenders working in a confined area - Attackers try to keep possession, so move & release for pass - Use right and left hands to make pass - Pass to hand or water - Defenders try to steal ball without making foul - Stay within set area, work for 30s then swap over roles  | 10 |
| SET ATTACK | <p>> Set Attack Exercise</p> <ul style="list-style-type: none"> - set up arc positions, with pressing defenders - practice all recent skills to keep possession and threaten goal - start by working ball around arc and look to feed ball into CF for shot - include releases against a pressing defence - progress to include arc drives, picks etc.  | 25 |
| FINISH | > Swim down - floppy f/s swim | 5 |

93/94 Session: Week 10 [28th March 2008]

Session Aim: Conditioned Match Play

| Section | Drill | Time |
|---|--|------|
| Warm-up | <ul style="list-style-type: none"> > 8x 50 FC with 15s rest > 4x 4X1 IM (2nd & 4th 4X1 all strokes with BR kick) with 15s rest > 8x 25 Racing Sprints, vary starts with lift, jumps, wrestle etc | 20 |
| Main Skills MATCH PLAY | <p>Playing multiple pitches across width in small groups - adopt the following conditions: (this may vary with pitch size or group size)</p> <p>Encourage team spirit & fair play and to use the skills they have learned over the term.</p> <ul style="list-style-type: none"> > Period 1: Spider Polo <ul style="list-style-type: none"> - All players spider, can only pass to team mate who is spidering - Score by placing ball on side > Period 2: '2 Second' Polo <ul style="list-style-type: none"> - Each player can only hold or dribble the ball for max. 2s before passing - Score by placing ball on side > Period 3: Opposite Hand Polo <ul style="list-style-type: none"> - Right-handers can only use Left hand and vice-versa - Score by placing ball on side > Period 4: '5 Passes' Polo <ul style="list-style-type: none"> - Each Team must make five passes before scoring - Score by placing ball on side > Period 5: 2m Polo <ul style="list-style-type: none"> - Player can only move 2m with the ball before passing - Score by placing ball on side > Period 6: Regular Polo <ul style="list-style-type: none"> - Regular Polo rules - Score by placing ball on side | 55 |
| PENALTY SHOOT-OUT | <ul style="list-style-type: none"> > Penalties <ul style="list-style-type: none"> - Shooting Competition | 10 |
| FINISH | <ul style="list-style-type: none"> > Swim down - floppy f/s swim | 5 |