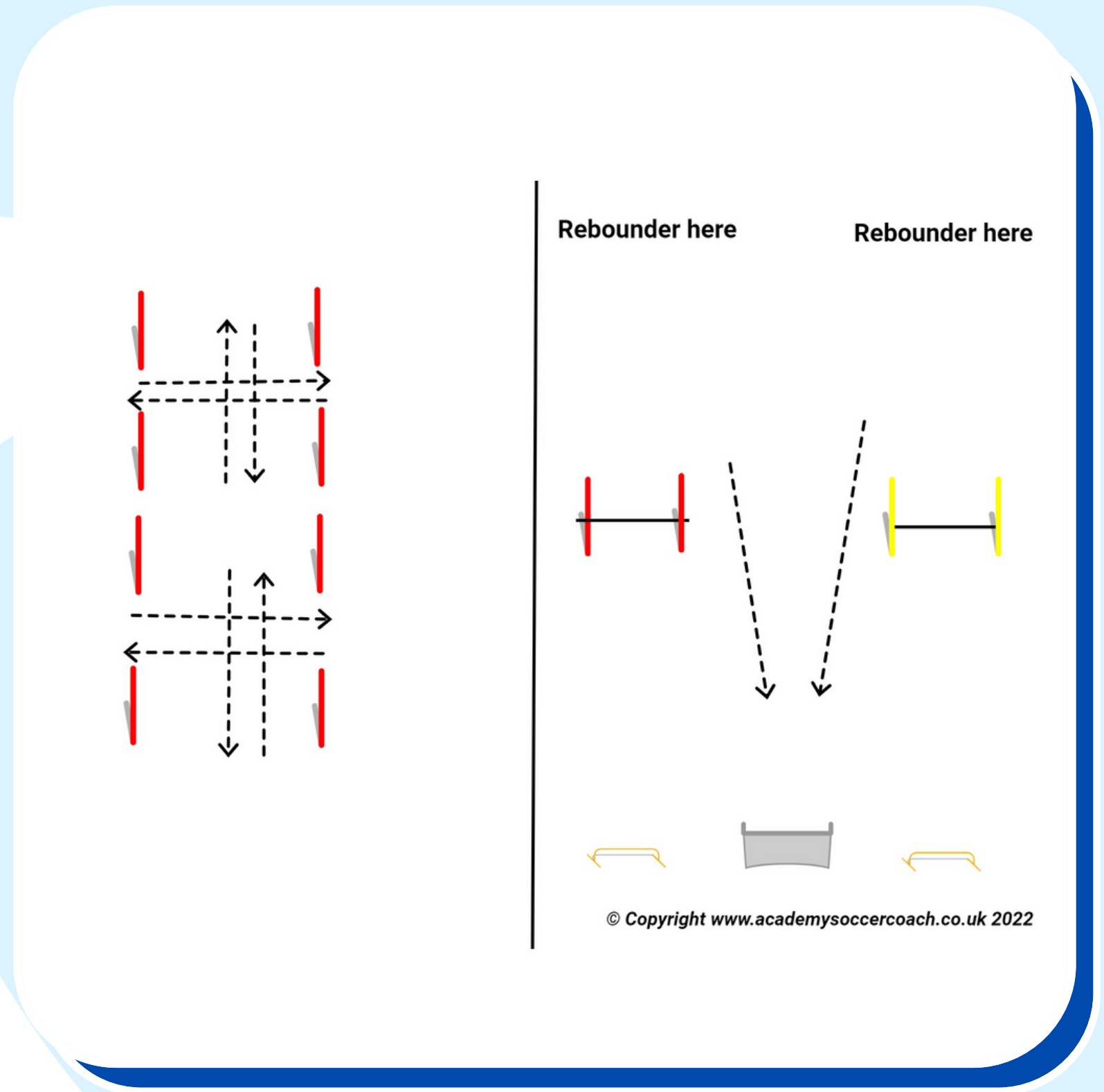


SESSION DETAILS

Direct one touch passing
 Working with a partner
 Racing with H Pole

COACHING POINTS

Sprinting off with speed
 keeping low around poles
 Passing and receiving - battling with arms





WEEK 1 - DECEMBER

30 MINUTE GAME

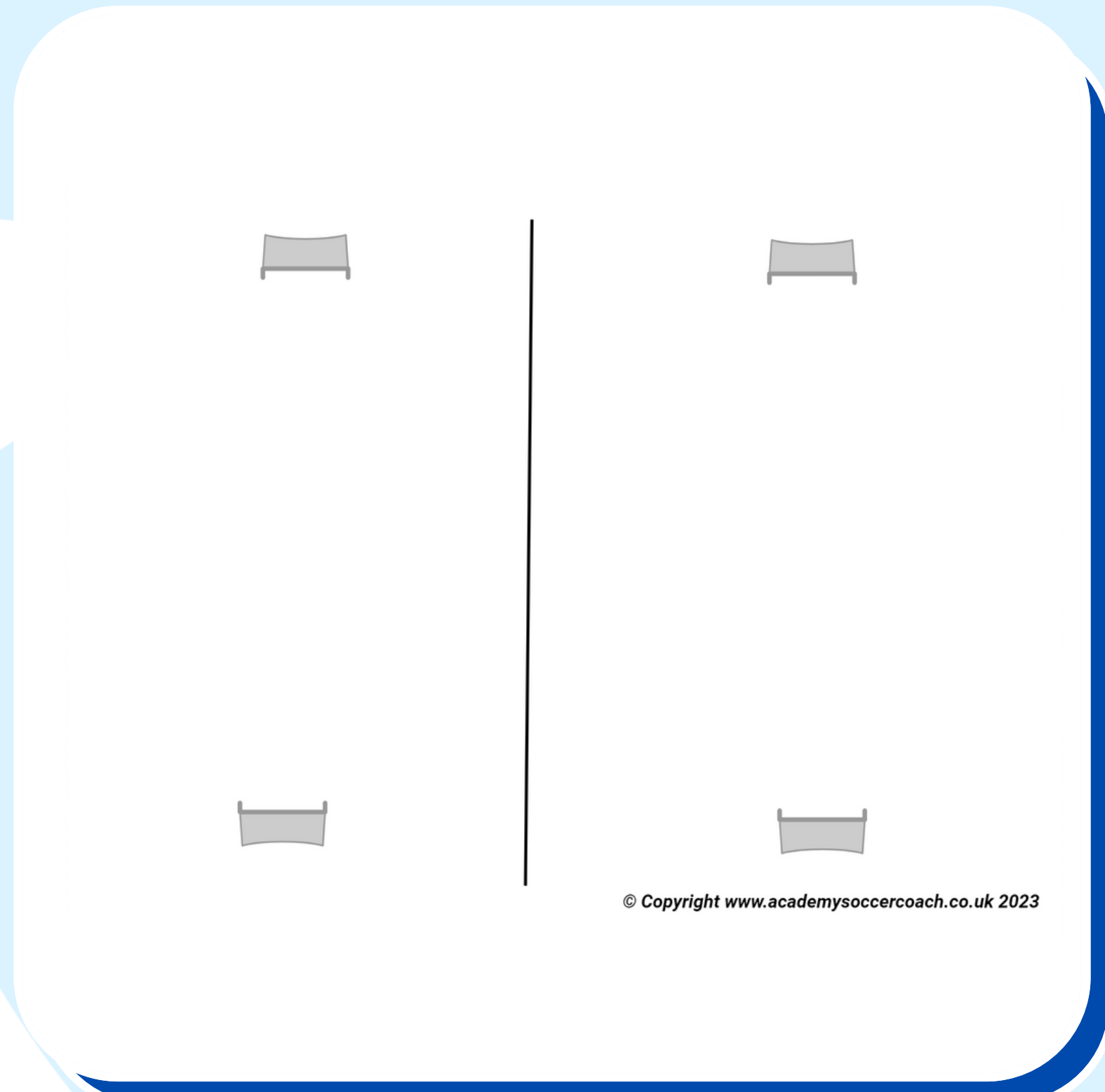
Long and narrow - two 10 minute games

HOW IT PLAYS

games are timed at 10 minutes - water break inbetween
winners play winners

COACHING POINTS

- Quick touches on the ball
- Finishing ability
- Using turns and moves in the game



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