

Set out a two (2) hour training session for a specific team that you will be coaching. Refer to Coaching Touch – The Basic Manual (p. 101-104).

A. The following is a session conducted by myself for the Sydney Mets Women's Open team.

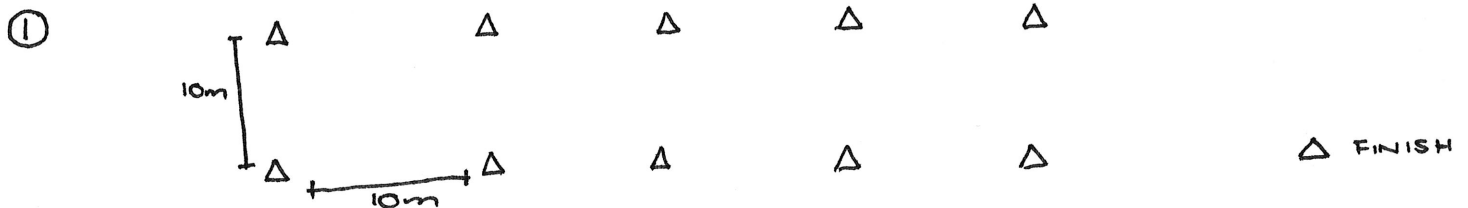
PRE TRAINING DISCUSSION

- INTRODUCTION'S
FORMAT OF TRAINING
RULES & CONDITIONS
PLAYER INPUT - RE- GOALS

WARM UP

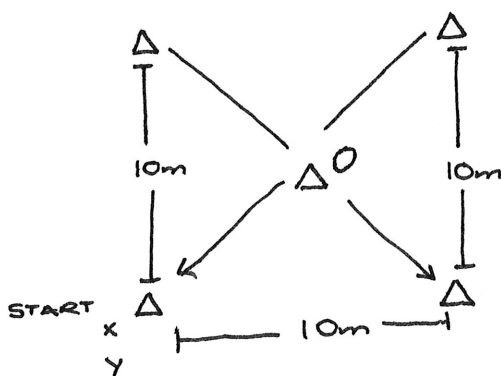
- * LAY OF THE FIELD
- * STRETCHING ROUTINE AS PER FLEXIBILITY
- * RUN THROUGH'S - 25 m x 4 JOG RECOVERY
- * KNEE LIFTS, QUICK HEELS, SLIDERS (KNEES & HEEL HIP FLEXOR'S, SIDEWAYS & LUNGES

FITNESS WORK



- * EXERCISE DONE WITH PLAYERS HOLDING BALL IN 2 HANDS AT ALL TIMES
- * PLAYER RUNS FWD 10m, BCK 10m, SIDE 10m, FWD 10m, BCK 10m, SIDE 10m
- * TURN & RUN 20m
- * START AGAIN WITH SAME COT TRAVEL LEFT SIDEWAYS FIRST
- * CONTINUE TILL LAST & SPRINT FINISH & WALK RECOVERY
- * 5 TIMES BY EACH PLAYER

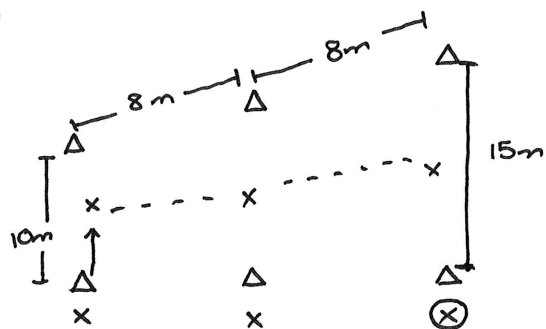
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- * PLAYER X STARTS & RUNS FWD 10m, BCK 10m, FWD 10m AROUND HAT & SCOOPS BALL IN MIDDLE
- * PLAYER Y STARTS WITH X AT FAR HAT
- * BOTH TRAVEL, FWD, BCK, FWD & DIAGONAL
- * X DUMPS & Y SCOOPS
- * PROCESS CONTINUES WITH WHOLE GROUP
- * GROUP SIZE 4min & 5max
- * 5 TIMES BY EACH PLAYER

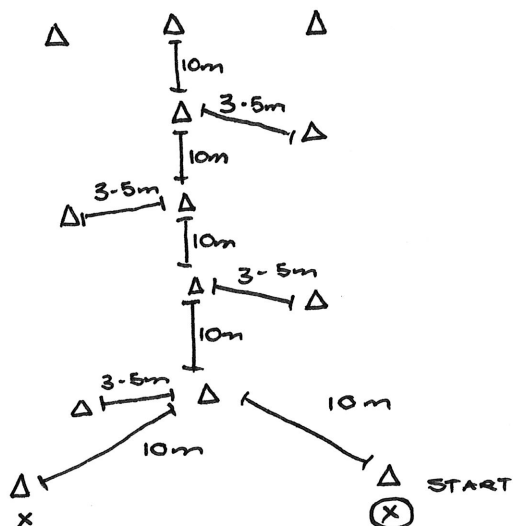
BASIC SKILL WORK

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- * BALL STARTS ON THE RIGHT FOR RIGHT TO LEFT PASS TO PLAYERS RUNNING ONTO THE BALL.
- * PLAYERS TURN AROUND TOP HATS WHICH ARE DIAGONALLY SET & RETURN TO HAND OFF TO THE NEXT GROUP WHO REPEAT
- * COACH CONTINUALLY ADJUSTS & ADDS OR DELETES HATS PLAYERS REACT
- * REST & CHANGE TO LEFT TO RIGHT PASS

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- * PLAYER IN POSSESSION & OPPOSITE RUN IN TOGETHER & PERFORM ROLLBALL AT THE MIDDLE HAT
- * X PICKS UP BALL & GIVES QUICK RELEASE PASS TO (X) WHO SPLITS DIAGONALLY AROUND HAT
- * (X) RECEIVES & DRIVES TO NEXT HAT
- * REPEAT UNTIL LAST POSSESSION IS SWAPPED & PLAYERS CHANGE SIDES
- * X THEN PERFORMS ROLLBALL & SPLIT

PATTERNS & PLAYS

- ① * RUN THROUGH RUCKING PATTERN 21 AS PER QUESTION 16 TEAMPLAY

- * ALLOW QUESTIONS
- * PRACTICE IN 2 GROUPS NO DEFENCE
- * RUN THROUGH LIGHTLY OPPOSED
- * RUCKING AT EACH OTHER ACTIVE USING 21 & EXSISTING PLAYS

OPPOSED

- ① * LINE ATTACK / LINE DEFENCE GAME ON FIELD 35m LONG & 50m WIDE. NORMAL RULES

- * WATCH STYLE OF ATTACK & DEFENCE
- * REDUCE SIZE OF FIELD LENGTH WISE TO 25m

WARM DOWN

- LAP OF THE FIELD
- PNF STRETCHING (REFER PNF)
- OWN STRETCHES

TEAM DISCUSSION & ADMINISTRATION

- COLLECT MONEY
- NEXT SESSION