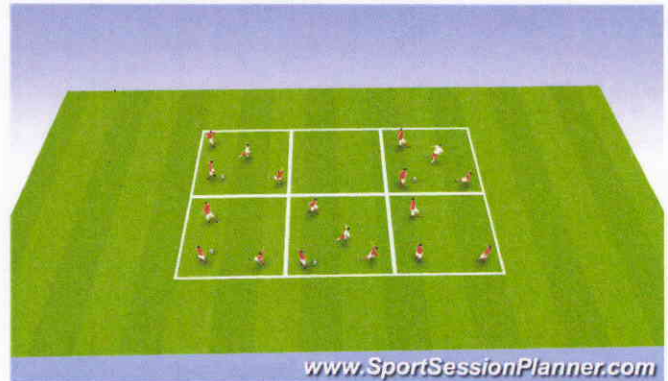




### 3:1 multi grid possession (15 mins)

3:1 in grid

- defenders with bibs in hand
- Touch restriction as appropriate
- Player who loses possession must take defender's bib and find an open grid to defend in
- Players in grids with no defenders cant let ball stop moving



### Small Square Passing (15 mins)

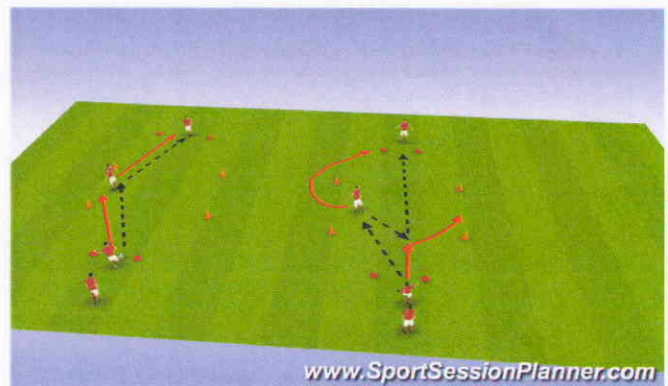
1) Follow-in/follow out - 2 touch

- angle
- touch
- complete technique
- how efficient can we be?

2) Follow-in/Follow out -Play/set/through

- body shape and angle
- quality of set
- movement off set
- finish technique to target

Give the work context and ask questions away from standard technique



### 5:5 + 5 (non- directional (15 mins)

5:5 +1 with 4 bumpers (2 minute segments)

- body shape throughout game
- dont do the same job as someone else
- simplicity of decisions (play what you can see)
- as game progresses, can we play inside the game

