

Monday 5th October

Session Plan

1. Warm Up (Ends 7:15)
2. Sprint Set 1 (Ends 7:20)
3. Box Drill (Ends 7:30)
4. Disc Touch Tag (End 7:40)
5. Swing Drill (Ends 7:50)
6. Modified Swing Drill (Ends 8:10)
7. Games (Ends 9:00)

Session Aims

- Fast Disc Movement
- Resetting the stall count as early as possible
- Focus on not letting the defence set
- Being aggressive with a dump swing.

Drills:

Intro Drill: Box Drill

Drill 1: Disc Touch Tag, Emphasis on not being on the disc for very long

Drill 2: Swing Drill

Focus:

- Moving as soon as you throw
- Releasing the disc as soon as possible
- Ensuring proper technique

We did a swing drill aiming to make the swing fast enough to hit our cutter in stride

Drill 3: Modified Swing Drill

(We were due to play an Australia drill but benched it for a modified swing drill)

With switching defence.

Aim is to race the defence

Instead we adapted our swing drill and threw straight to the front of stack to speed up our timing and hit the cutter earlier.

Games: 7 vs 7

Game Restrictions

Stall 6 to begin- Stall Outs cannot be contested

Session End (9:00pm)