

# Friday 4<sup>th</sup> December

## Session Plan

1. Warm Up (Ends 7:15)
2. Sprint Set 1 (Ends 7:20)
3. Swiss Drill (Ends 7:30)
4. Pairs Pass Box (End 7:40)
5. 1v1 me (Ends 7:50)
6. 1v1 Pairs Drill (Ends 8:00)
7. 5v5 Games (Ends 8:20)
8. 7v7 Games (Ends 9:00)

## Session Aims

- Ease everybody back in slowly
- Resetting the stall count as early as possible
- Focus on not letting the defence set.

## COVID Rules

- No stalling aloud
- No forcing from within 1m
- Whenever possible distance by a minimum of 1m in queues
- Distance by 2m when socialising and at the bags.
- Minimise switching of partners in marking drills.

## Drills:

### Intro Drill: Swiss Drill

#### Drill 1: Pairs Pass Box

- One disc between 2.
- The first pair to accumulate 50 completed throws wins.
- However, if your pass is intercepted or incomplete then you start again at 20.
- You may only hold the disc for 5 seconds.

#### Drill 2: 1v1 Me- In a Box

##### Set up:

- 10m by 10m box
- Cutters and disc start at opposite corners of the box, the offence must get free of the defence to catch the disc within the box.

#### Drill 3: Vertical Cutting Pairs Cutting Drill

##### Set Up

(4 Cones) Throwing Cone, Two Stack cones in a vertical line. Dump Cone 10 Yards horizontal to the thrower

First Cut: From the back cone can pick either the open or break-side make a cut into

Second Cut: From the front stack cone they must make either a continuation cut for the first cut **or** a cut for the primary thrower if the first cut doesn't connect.

Dump Cut: If the two cutters fail to engage the reset cut should happen following normal reset patterns.

Rotation: Dump-Throw- Front Stack- Back Stack

*Variants:*

1. Non-fixed cutting order
  - a. Before each rep downfield cutters/defenders get 15 seconds to decide on a plan for the rep
  - b. The order of the cutters is no longer fixed.
  - c. The dump should still engage as before
2. No Cones
  - a. The stack cutting cones are removed and cutters may set up however they like.
  - b. The cutters should try and engage their defenders more to make the cut more realistic and gain an advantage.
  - c. The dump should still engage as before

Games: 7 vs 7

*Game Restrictions*

Stall 6 to begin- Stall Outs cannot be contested.

Session End (9:00pm)