

Session: SESSION 19			Group: lions	
Goal: Set the standards! Be the best at the basics!!! FOCUS ON WHAT DOESN'T REQUIRE TALENT!! MINDSET 1. PREP FOR OYSTERS 2. CLARITY ON SET PIECE			Date: 29/09/2022	
			Equipment:	
			Numbers	
Name:	Total Time + Drill Time	Description:	Coaching: Key points	Comments
READINESS	20:00- 20:15	WARM UP 15MIN	BN	
SPLIT	20:17- 20:42	FORWARDS: ATTACKING LINE OUT AND MAUL AND SCRUM BACKS: DECISION MAKING AND DEFAULT PLAY AND STRIKES	GG JC	
TEAM	20:44- 21:20	FOCUS ON ATTACK AND DEFENCE: (HIGH INTENSITY) RED ZONE: 1 ST TEAM X 3 REPS FROM SCRUM & L/O 2 ND TEAM X 3 REPS FROM SCRUM & L/O ORANGE ZONE: 1 ST TEAM X 3 REPS FROM SCRUM & L/O 2 ND TEAM X 3 REPS FROM SCRUM & L/O PLAY ZONE: 1 ST TEAM X 4 REPS FROM SCRUM & L/O 2 ND TEAM X 4 REPS FROM SCRUM & L/O GOLD ZONE: 1 ST TEAM X 4 REPS FROM SCRUM & L/O 2 ND TEAM X 4 REPS FROM SCRUM & L/O	GG, JC, BN	8MIN 8MIN 8MIN 8MIN