

Session: SESSION 17			Group: lions	
Goal: Set the standards! Be the best at the basics!!! FOCUS ON WHAT DOESN'T REQUIRE TALENT!! MINDSET 1. ATTACK FUNDAMENTALS 2. SET PIECE 3. MICRO SKILLS			Date: 20/09/2022	
			Equipment:	
			Numbers	
Name:	Total Time + Drill Time	Description:	Coaching: Key points	Comments
TEAM	20:00- 20:20	WARM UP 10MIN CONTACT READY EXERCISES 4MIN COMBAT EXERCISES 4MIN	SASCHA GG	
SPLIT	20:20- 20:35	RUNNING BLOCK – EXIT GAME – 22 SECONDS TO EXIT – 15 VS 15	GG	
TEAM	20:37 – 20:47	BREAKDOWN CIRCUIT FIGHT ON GROUND – FIGHT TO HIT SPACE AND LEG DRIVE – BLAST – PLUG OR PLAY	GG	
SPLIT	20:49- 21:10	FORWARDS: ATTACKING LINE OUT AND MAUL AND SCRUM BACKS: DECISION MAKING AND DEFAULT PLAY AND STRIKES	GG	
TEAM	21:12- 21:32	RUN FROM SCRUMS – DEFAULT ATTACK PLAY	GG	