*2/3* Better deep cutting

**9:30 - 9:35:** Arrive and boots on

**9:35 - 9:45**: Warm up - *we will run a group warm up. Feel free to do your own thing if you prefer.*

**9:45 - 10:00:** Mini

*What: 3 v 3 on small pitches. Stall 8.*

**10:05 - 10:10:** deep throwing looks

*What: how we want to look, cut from pretty shallow, going to the middle deep, usually straight, when in power position.*

**10:10 - 10:35:** throwing across thirds

*What: Drill throwing to cutters from opposite third. Disc thrown to receiver on one side, cutter from back of stack initially cuts to opposite side and then cuts straight deep. Flip to do on other side.*

**10:40 - 10:45:** feedback discussion

*What: group feedback and observations*

**10:45 - 11:10:** butterfly cut

*What: Drill. when having to throw and cut from the same third, looking to have cut come across laterally, then cut diagonally deep. Shot to curve in over the stack in the middle of the pitch*

**11:15 - 11:30:** Controlled games

*What: 6v6 or 7v7 with set rules, bonus points for deep goals.*

**11:35 - 11:55:** scrim

*What: 6v6 or 7v7*

**11:55:** wrap up