*29/10* Practising break throws

**5:45 - 6:00**: Warm up - *we will run a group warm up. Feel free to do your own thing if you prefer.*

**6:05 - 6:10:** Intro

**6:10 - 6:40**: Unconventional breaks.

*What: Break mark drills looking at some different break patterns that might occur in games. 6 drills (3 different types flick and backhand). From behind on break side, break to upfield cutting breakside-leaning isolated player, cutting from away directly at the force.*

*Why: Not all break marks are as simple as hitting a running offence, perpendicular to the force.*

**6:45 - 7:05**: Throwing into space

*What: Reset / isolation throws into space. Handler lead, floaty break throws that should lead the offence into an uncontested area of the field.*

*Why: Breaking into space with floaty throws will initiate offences.*

**7:10 - 7:30** 6v6 with a condition that there are no quick turns and every play is restarted from a handler-lead space throw. 6v6 is quicker to run through and keep track of gender. More space on pitch

**7:35 - 8:00** 6v6 or 7v7 with no specific conditions (numbers dependent)

*What: scrimmage where we are either playing 6v6 on 2 pitches or 7v7 on 1 pitch. ABBA. 4/3 or 5/2.*