*5/11*  Honing break mark skills, timing and accuracy.

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

**6:00- 6:05:** Intro

**6:10 - 6:35**: Break mark drill warmup

*What: 1st and then 2nd break mark drill warmup (small competition, lives)*

*Why: Warming up, moving the mark and breaking throws. Effectively breaking the mark will open up > 50% more pitch. Talking about insides and around in the 2nd drill, helping with voice.*

**6:40 - 7:05**: Specific break mark drill

*What: Breaking the mark to a specific “window”. Different speeds and float necessary to hit the offence in-stride.*

*Why: Warming up moving the mark and breaking throws.*

**7:10 - 7:30:** 6v6 with a condition that turns are taken from the sideline.

*Why: Much harder to get the disc off the sideline from a slow-start. Good to practise some of the harder throws that are forced.*

**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.*