*12/11* Throwing to receivers under pressure/ at speed

**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

**6:05 - 6:15:** Full swiss drill

*What: 3 variants; short pops, throwing to player attacking disc, leading passes*

*Why: Good warm up drill for different throws, attacking the disc and touch*

**6:15 - 6:35:** Mini

**6:40 - 6:55:** Hitting under cutter at speed

*What: Drill to focus hitting a cutter at speed, under pressure. First openside then breakside. Force, throw, immediately run to the waiting stack, touch defender and accelerate to catch throw on an angled under.*

*Why: Mixed requires being able to hit a variety of teammates at a variety of speeds. This is to practise throwing to teammates who are catching under-pressure. Floating discs at the correct speeds.*

**6:55 - 7:10:** Hitting deep/lead cutter at speed

*What: In pairs, the offense cutter sets up a little deep of their defender. Thrower throws opeside leading pass for the offence to run onto.*

*Why: Same reason as above, this time weighting deep throws into space for the offender to run onto/ body out the defender. Floating discs at the correct speeds.*

**7:15 - 7:30:** Throwing timing after a catch

*What: Initiate with an up-line strike cut from the first receiver in the reset space. They get the disc and then look for the continuation from the stack. Either Deep or under depending on their positioning, speed and preference. Defender on the 2nd receiver.*

*Why: Practising throwing forwards and continuing flow after a catch. Stabilising and releasing the disc quickly. Timing of cuts from 2nd receiver to ensure they are cutting hard in a direction when a thrower can throw to them.*

**7:35 - 8:00:** scrim, games 6v6

(wrap up: been over some throwing and timing now, structure to begin from next week, starting with endzone)