*19/11* Endzone structure/ offence

(Structure layout for rest of season)

Warmup, relevant warmup drill (mini, swiss, four lines, break mark), structured drill, structured game(s), scrim, wrap-up

**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 - 6:25:** Mini

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

*Why: Get up to speed, practice game-level throws in short spaces. Reps with teammates. Intensity and quick-start on D. isolation cutting in smaller spaces*

**6:30 - 7:05:** Endzone Structure practice

*What: Endzone structure outline and practice. To be determined and outlined in playbook. Likely some modified vert and isolation. Demonstrate the endzone and then practise with limited defence.*

*Why: Structured endzone practice to outline what it should look like. Ensure collective understanding on timing, shapes, where-to-look and positioning. Making redzone offence efficient. Critical in Mixed as there will be mixed-gender poaches. Ensure enough space is being utilised for cutters.*

**7:10 - 7:30:**  Double score games

*What: When you score, take the disc back to the outside the front of the endzone (10m out) and score again.*

*Why: Practice endonze offence at least once a point.*

**7:30 - 7:55:** Scrim

**7:55 - 8:00:** Wrap up