*26/11* Offensive timing (structure?)

**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 - 6:20:** Mini

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

**6:25 - 6:30:** offensive timing explanation

*What: Stack offensive timing. Looking initially at a vert stack, but will include examples from a side/ horizontal stack. Looking at when to time your cuts and when to progress the disc.*

**6:30 - 6:45:** vert offensive timing drill (waterfall)

*What: V stack timing in flow, moving the stack, cutting open side, filtering into the stack. Focu on completed undercuts for the moment.*

**6:45 - 7:00:** vert offensive timing drill 2

*What: same thing but with the option to switch the pitch with a reset. Practice being aware and can cut either way.*

**7:05 - 7:10:** side stack offensive timing

*What: side stack positioning and timing. Similar to vert, so good to cover in the same session. How to set up the stack, when to look at continuation and pairs cutting. Especially pairs cutting as useful for vert and ho.*

**7:10 - 7:35:** Isolation cutting/ side stack cutting and throwing drill

*What: Drill to look at pairs cutting and throwing. Under and deep. Mirroring.*

**7:35 - 7:55:** Relevant games/ games

*What: likely 6v6*

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