*3/12* Throwing technique and skills

**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 - 6:20:** Mini

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

**6:25 - 6:35:** Swiss drill

*What: focus on throwing, all 3 variants*

**6:35 - 6:40:** Intro to longer lead passes

*What: Break side lean, float, consistency of throws, correct cuts deep.*

**6:40 - 7:20:** Triangle of death

*What: Triangle of death. Throws to under for a set then throws to deep. From a single player, cutting in a V pattern. Many discs are required. Length this goes on for really depends on the number of people attending.*

**7:20 - 7:30:** small note + drill on high-pointing discs

*What: When you are looking to take high discs, some boxing out information. How shape, edge, and throw location will affect where the disc is taken. Some practice by floating up discs to partner*

**7:30 - 7:55:** Relevant games/ games

*What: likely 6v6, 2 points for huck goal, -1 point for incomplete huck goal*

**7:55 - 8:00:** Wrap up, Christmas break advice