*19/01* Defensive positioning

**9:30 - 9:35:** Arrive and boots on

**9:35 - 9:45**: Warm up - *we will run a group warm up. Feel free to do your own thing if you prefer.*

**9:45 - 10:00:** Mini

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

*(Footwork drill here, good for defence trainings?)*

**10:05 - 10:10:** Reset defensive positioning explanation

*What: Reset positioning on defence. Basic marking on-disc and communicating calls. Understanding calls and how to react.*

**10:10 - 10:35:** Reset D drill

*What: 3v3 disc on sideline, force either way. Looking to use your body to dictate harder/ more negative throws, by getting your torso in the way, being on the balls of your feet and shepherding (not over-comitting hips and getting turned). Ensuring you’re not over committing to get the D, match the intensity of the cut. Identify risk areas and defend those primarily, understanding the decision-making point. Communicate a lot. Win scenario is not always a turnover, a negative/ harder throw into a bad location is the win here.*

**10:40 - 10:45:** Downfield defensive positioning

*What: Understanding positioning, back shoulder and different areas of the pitch. Downfield specifically. Understanding help defence and when to commit. Head on a swivel.*

**10:45 - 11:10:** Downfield D drill

*What: Horizontal switch D drill. 1 feeder, 1 initiator, 4 potential O/D players. Whichever side initiator goes to (and gets disc from feeder) is the offence, the other 2 are defence and have to work to contain for a few passes/ 20m downfield. Lots of communicating and defending 2 active cutters working off each other.*

**11:15 - 11:30:** Relevant game

*What: longer breaks between points. If you get a D/ force a turn you can bring another player on the pitch. Like dodgeball rules. Maxim 2 more. Trying to keep ratio the same. Rewarding good D with easier O.*

**11:35 - 11:55:** scrim

*What: 6v6.*

**11:55:** wrap up