*26/1* Dominator offence

**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 is shorter this time as there will be talking/ explaining in the session).

**6:05 - 6:25:** Mini

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

**6:30 - 6:40:** Dominator principles

*What: Describing dominator structure, when to use, when to break out, benefits and flaws, what the other players can be doing. Key principles. Refer to playbook.*

*Why: Understanding the use and then the key principles will mean that it can be put into action much easier.*

**6:45 - 7:00:** Shape cutting, throws practice

*What: Drill to to practise some of the ideal cuts and throws that you would see in a dominator. Timings and shot selection are more important than completions here. Early insides, around breaks into space, following throws, and not abandoning.*

*Why: Key elements and skills first, before using them in a game-like scenario*

**7:05 - 7:25:** 4O v 3D drill.

*What: 4 offensive players against 3 defensive players. Slightly longer than indoors and the same width field. The Offense should set up 3-1. The deepest player can be the only one to score within 10 seconds of entering the final ⅓ of the pitch.*

*Why: Practise the flow in a more game-like situation. Less defence so flow should be encouraged. Looking to hit the deep person in flow when the timing/ pitch location requirements have been met.*

**7:30 - 7:55:** 7v7 games. Preferably focus on dominator offence.

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