*13/02*

**7:05-7:10**: Into hall and warm up

**7:15-7:30**: disc skills

*Any of break mark, 60 throw drill, swiss drill.*

**7:30 - 7:50**: catching high and reading drill

In matching pairs. Split hall down middle with cones. Throw down either length with some float and some OI. offender starts further ahead and looks to box out and take high. Emphasise no contact and good reading to take the disc high. Explode into jump. Go back down other side of hall drill. Q at end of hall. Don’t throw too far or too high, aim for floaty throws. Likely flicks. Throw early.



**7:50 - 8:10**: hitting harder corner shots drill

Cutter cuts up line (1), second cutter cuts the same side then cuts across to box on far corner (2). First cutter looking to catch turn and throw. Do on both sides. Make the box to catch in progressively smaller



**8:10-8:55:**games

*What: scrimmage 5v5*