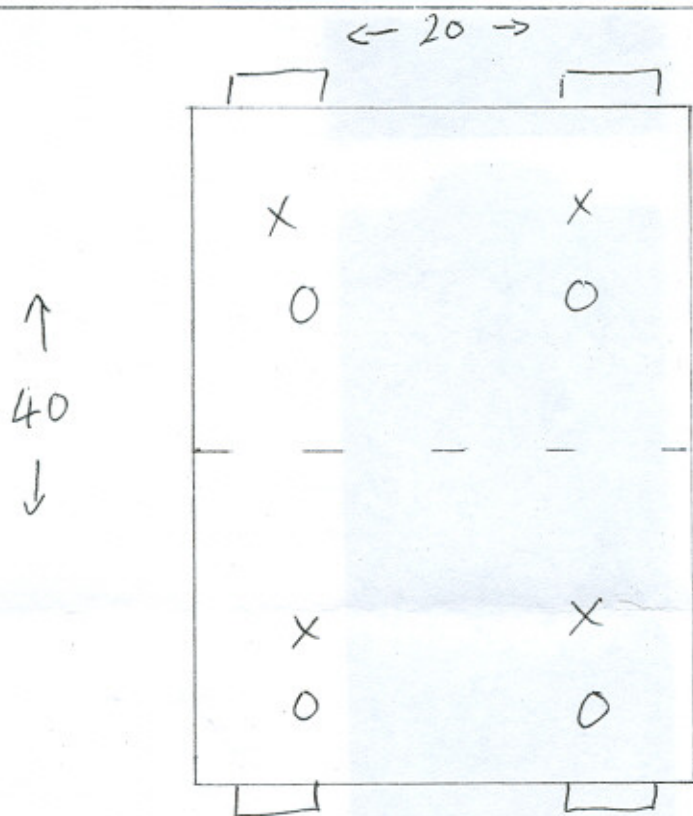


SESSION PLANNER -

DATE 3/22/09 VENUE LAFAYETTE DURATION 15-20 mins
GROUP INVOLVED MAGIC COACHES No. IN SESSION 8
TITLE OF SESSION Defending high - overloading
AIMS & OBJECTIVES OF SESSION Turn defending into goals.

ORGANISATION



STRUCTURE & PROGRESSION

2 v 2 in EACH 1/2

if you win Ball in attacking half, one of the defenders can join to make a 3 v 2 overload.

- Progression for older players

2 TOUCH in 'D' half

3 TOUCH in 'A' half.

COACHING POINTS

- win ball high
- use numerical advantage
- Be Switched on