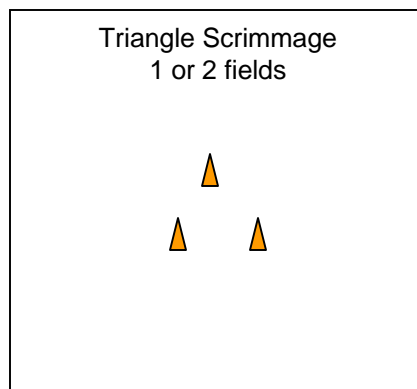
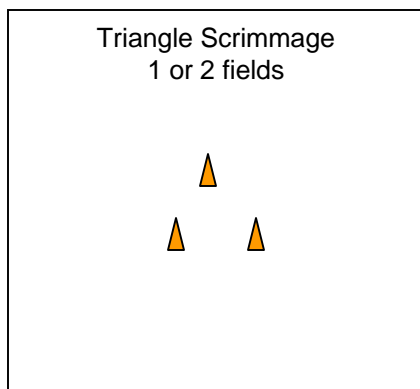
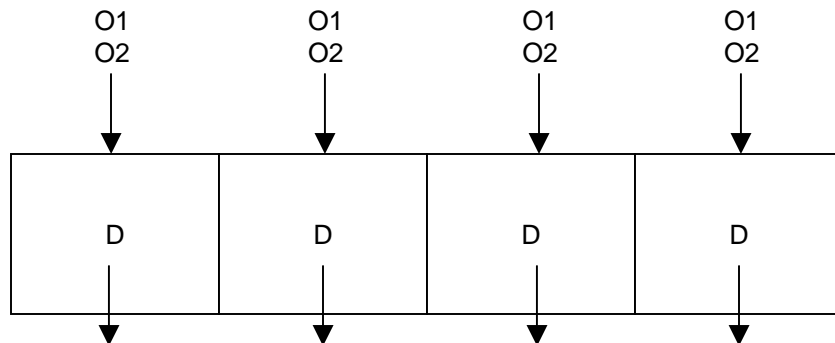


Practice – Passing - Long Kicks/Chips - Defensive positioning/tackling - Position

Warm ups

Long Kicks/Chips

Tackling - 3 teams - work 4 x through to get through each defender - switch up



Walk though 11 v 11 positioning on the field

