

### **1. POSITIONAL DISCIPLINE**

- Whiteboard session with Marc for all coaches and players to show position names and expectations.

### **2. HEIGHT AND WIDTH WHEN IN POSSESSION OF THE BALL**

- Whiteboard session today with Marc for all coaches and players to show position names and expectations.

### **3. 'DUMPING' / CHANGING THE POINT OF ATTACK**

- Use a possession game in a larger space in 3v3 / 4v4 to show how you need to identify where space is not simply play forwards
- When marked or under pressure receive the ball from a player and simply pass the ball back and relead
- We need to know where our next pass is before we receive the ball

## **SKILL DEVELOPMENT**

1. **PROTECTING THE BALL** – Get our body between the ball and the player and play the way you are facing -> Do not turn into the player or into a contest
2. **HITTING CONSISTENTLY** – Don't hit a stationery ball and roll the ball towards the desired target first -> Hit the ball on the move