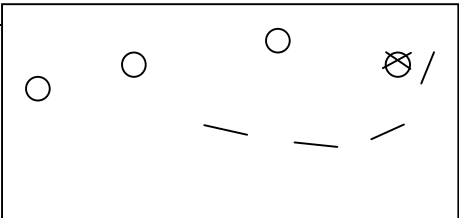
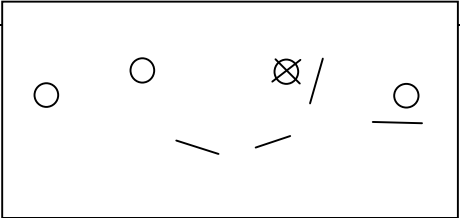
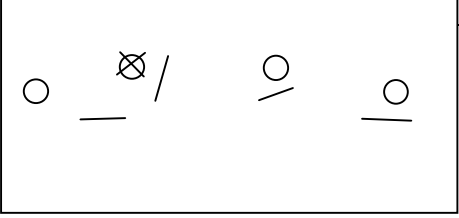
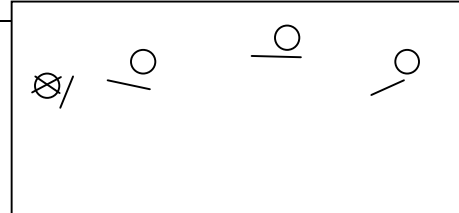
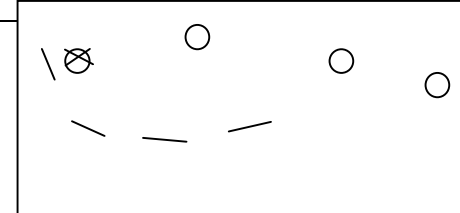


## Training plan

Warm-up/stretch:		15mins
Throwing:	20 backhand, 20 forehand swap ends & repeat. If the weather's good can stipulate roll curves and inside outs, if windy, just flat lots of spin	10mins
Break-mark drill:	Use square force	10mins
Cutting drills:	Same as Saturday – lateral cuts, then forward and back.	20mins
3-2-1 defence: (see below)	Practice as 4-3-2-1 or 3-2-1 depending on numbers (4-3-2-1 if possible as this is probably what we will play against Chch when they do their pearl play). Have 4 on D, 4 on O and just work the disc back and forward across the field. Could have a downfield player making cuts in if you want. Swap positions so everyone gets a go on D and O.	20mins
End-zone drill:	If you have some spare time set up dump/swing/score end-zone drill. We did this on Sunday so if you can't remember you could check with Jane, Leanne, Kate, Katherine or Tanya.	
Scrimmage:	If you have numbers and time finish up with some scrimmage, maybe game to 5? Try and practice 3-2-1 defence.	30mins

### 3-2-1 Defence (we could think of a better name for it though)

<p>Set up 4 handlers across field D forces 1 way, and poaches in lanes, effectively forming 4 person cup. Remember cup needs to be 3m back from handler.</p> 	<p>Disc gets thrown to 2<sup>nd</sup> handler, D moves to 3 person cup, 4<sup>th</sup> D player stays man on. Stress – we really don't want to disc going back to the first handler.</p> 	<p>Disc gets thrown to 3<sup>rd</sup> handler, D moves to 2 person cup. Other D man on. Don't want disc to go back to 2<sup>nd</sup> handler.</p> 
<p>Disc gets thrown to 4<sup>th</sup> handler. Last D person does hard line force. Don't want disc to go back across the field.</p> 	<p>For this drill, when you get to the line, you can stall for 5 then switch the force, reset the D and move back across the field.</p> 	<p>The man-on defenders can poach a bit if they are more experienced players and can read the play – ie: can anticipate if the disc is going to be thrown back to the player they are defending. More inexperienced players should stay man-on.</p>