



# THE STRUCTURE OF A TRAINING SESSION

One hour duration (3 x 20 minute sessions)

## **PART 1 (20 minutes)**

PRACTICING SKILLS WITH AND  
WITHOUT PRESSURE IN GRIDS

## **PART 2 (20 minutes)**

FUN ACTIVITIES OR COMPETITIVE  
PRO-ACTIVE GAMES

## **PART 3 (20 minutes)**

SMALL GAME WITH MINIMUM  
AMOUNT OF COACHING