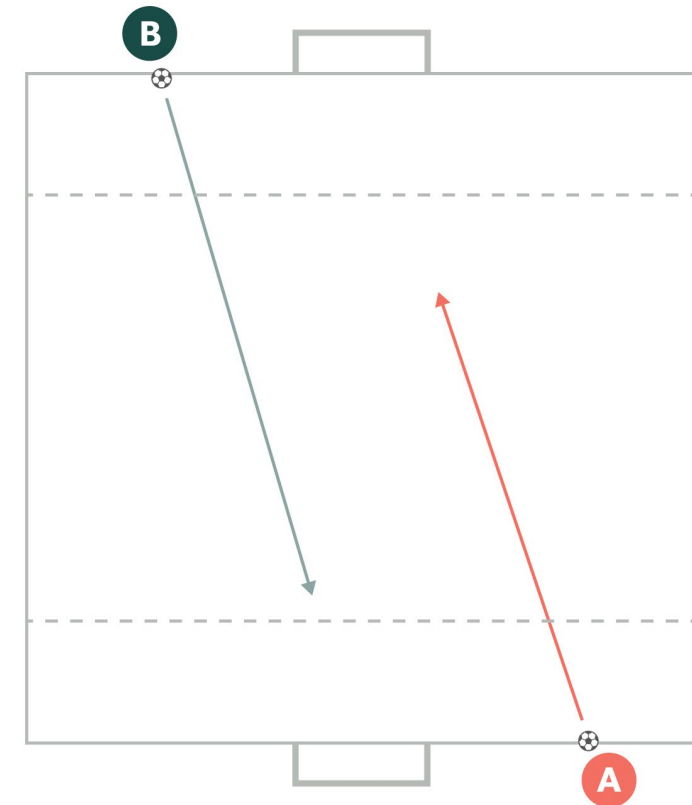


SKILL INTRO

15 Minutes

RWTB
IN WIDE AREAS

- 2 areas (20m x 30m)
- 4 teams of 3
- A starts by RWTB toward the opposite endzone
- Once in the endzone, A can score
- B completes the same process RWTB to their opposite endzone once A has shot
- After shooting A then becomes the defender and tracks back to chase B
- Use bigger touches on the ball, to allow for more strides between touches
- If the defender is gaining, cut across the defenders line to protect the ball



NEWCASTLE PERMANENT SKILL OF THE WEEK



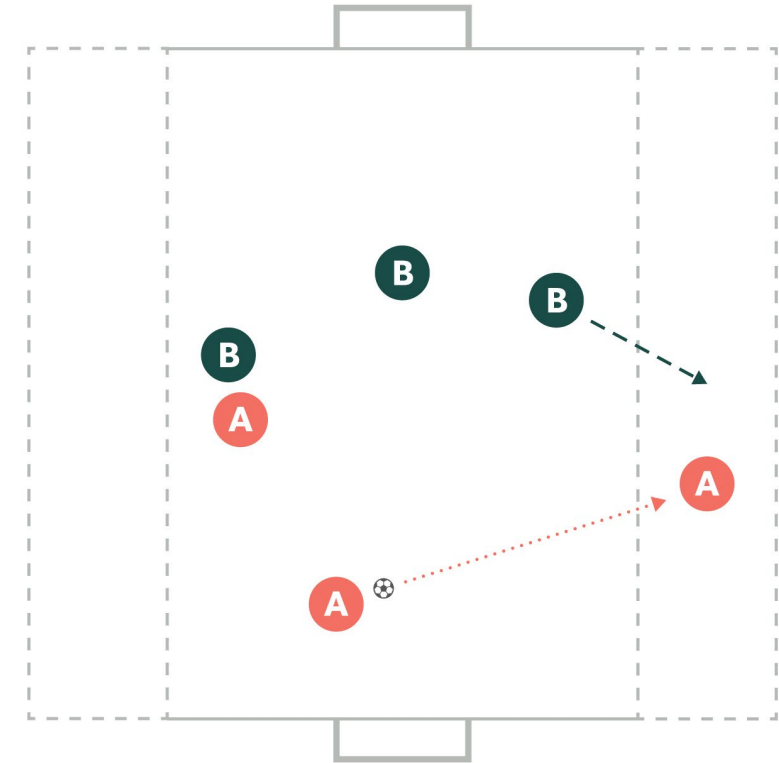
SKILL TRAINING

20 Minutes

RWTB
IN WIDE AREAS

- 2 areas (20m x 30m)
- 2 wide channels
- 4 teams of 3
- 3 x 6 minute games
- Players must RWTB in a wide channel before shooting
- Only one defender can enter the wide channel to defend

- Include points from Skill Intro
- Can you get into a position out wide where there is space in front of you to receive
- Can you knock the ball into space before the defender can defend front on



NEWCASTLE PERMANENT SKILL OF THE WEEK



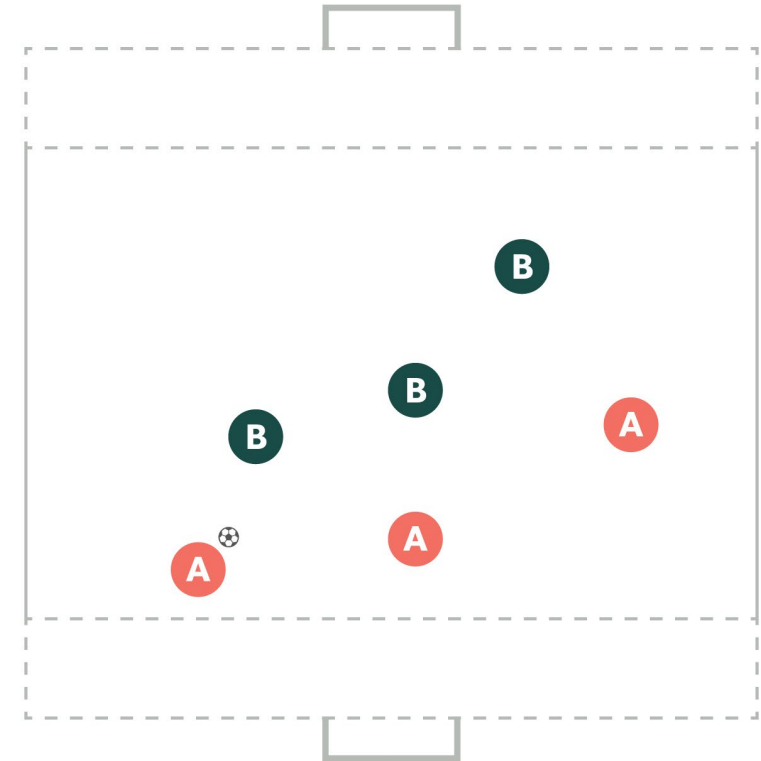
SKILL GAME

25 Minutes

RWTB
IN WIDE AREAS

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Simple 3v3
- Players must RWTB into their attacking endzone before shooting
- Team with the highest score at the end of 8 mins wins

- Can we see a change in behaviour when we RWTB?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if RWTB in wide areas and create a scoring chance



NEWCASTLE PERMANENT SKILL OF THE WEEK

