



GGG FOOTBALL TRAINING SESSION

DATE: Tuesday 5 August
 VENUE: Roberts Oval

TIME: 3.45pm
 CONDITIONS: Fine

Coach	Time	Activity / Drill	Instruction			
			No's	Front loading	Debrief	RPE
GV	10	Off the boundary then into lane work	24	Voice – sing (learn) the team song	Why did we do that?	
GV	15	Basketball drill	24	Turn your head / push up hard to 1 on 1 Feed out the back & spread	Are we getting better at this?	
LM	15	Competitive triangle	24	Voice, kick to advantage & numbers to contest	What do you think?	
BL	10	Keepings off	24	Lower the eyes / hit targets	Is that a skill or DM drill?	
GV, LM, BL	20	Stoppages into forward line (match play) <ul style="list-style-type: none"> • Kick ins 	24	Structures & leading patterns	Questions some specific plays	
					TOTAL RPE	
		Total Work – 70				

Session evaluation:

What worked well?

What didn't work so well?
