**ESSEX MET PLAYER PATHWAY PROGRAMME 2023/24 SEASON**

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|  | **SESSION** | **U13****COACHES****Lead Coach Michelle** **Please check dates and times**  | **Notes**  |
|  | Warm-up -Game play to split athletes into 2 groups 1s and 2s | Michelle to provide names, game play and positions.Sunday 8 October 2023 2pm-4pmJoan, Michelle, Kaye |  |
|  | Warm-up -Game play to split athletes into 2 groups 1s and 2s | Michelle to provide names, game play and positions. Sunday 22 October 2023 4pm-6pmJoan, Michelle, Kaye |  |
|  | TURNING IN THE AIR & PASSING RELEASE POINTS.  | Monday 30 October 2023 6pm-8pmJoan, Jacqui, Sophie | Train in the selected squads  |
|  | MENTAL TOUGHNESS & PASSING UNDER PRESSURERECEIPT OF A CENTRE PASS & TURNING TO FACE GOAL | Monday 13 November 2023 6pm-8pmJoan. Michelle, Sophie | Train in the selected squads |
|  | Tournament Play Christmas FundraiserFancy Dress | Sunday 10 December 2023 6pm-8pmSophie, Jacqui, Kaye |  |
|  | 17 December- 31 December Christmas Break | 17 December- 31 December Christmas Break |  |
|  | PROBLEM SOLVING & PATTERN SPOTTING (MINI GAMES) PASSING AROUND A 3FT MARKER | Sunday 7 January 2024- 2pm-4pmMichelle, Jacqui, Sophie | Train in the selected squads  |
|  | DEFENDING A CENTRE PASSSHOOTING TECHNIQUE & DEFENDING THE SHOTGETTING FREE USING FRONT & BACK CUT GETTING FREE USING ROLL/REVERSE PIVOT | Sunday 14 January 2024- 6pm-8pmJoan, Kaye, Jacqui | Train in the selected squads – Review Athletes in their squads  |
|  | BALANCING THE CIRCLEMOVEMENT IN & AROUND THE CIRCLE & CIRCLE ENTRY | Monday 22 January 2024 6pm-8pmMichelle, Sophie, Jacqui | Train in the selected squads |
|  | Sunday 11 February 2024- Half term | Sunday 11 February 2024- Half term |  |
|  | 3 STAGES OF DEFENCE DEFENDINGDIRECTING PLAYERS/CALLINGFEEDING THE CIRCLE AND FEEDING A HOLDING SHOOTER | Sunday 18 February 2024 6pm-8pmJoan, Kaye, Jacqui | Send out letters to parents as who can attend Festival.Train in the selected squads |
|  | HOLDING A PLAYER OFF TO TAKE A FRONT BALLGETTING FREE FOR BACKLINES & SIDELINES | Monday 26 February 2024 6pm-8pmJoan, Sophie, Jacqui | Train in the selected squads |
|  | TEAM PRACTICE FOR FESTIVAL  | Sunday 10 March 2024 – 4pm-6pmMichelle, Joan, Kaye | Train in the selected squads |
|  | SHOOTING TECHNIQUE & DEFENDING THE SHOTGETTING FREE USING FRONT & BACK CUT GETTING FREE USING ROLL/REVERSE PIVOT | Monday 18 March 2024 6pm-8pmJoan, Sophie, Jacqui | Train in the selected squadsReview players to join Under 15s sessions TBC |
|  | REGIONAL FESTIVAL Venue TBC \*\*ALL COACHES TO ATTEND End of March 2024  | Sunday End of March 2024 |  |
|  | 31 March- 7 Aprill 2024 Easter Break | 31 March- 7 Aprill 2024 Easter Break | 31 March- 7 Aprill 2024 Easter Break |
|  | COURT LINKAGESTAGE 2 DEFENCE & MAKING INTERCEPTIONS | Sunday 14 April 2024 -6pm-8pmMichelle, Jacqui, Kaye | Send out email to parents regarding next session on Monday Tournament against u15s |
|  | Tournament Play Against Under 15s | Monday 29 April 2024Joan, Michelle, Sophie, Jacqui | Play in their selected squads  |
|  | GETTING FREE FOR BACKLINES & SIDELINESCOURT LINKAGESTAGE 2 DEFENCE & MAKING INTERCEPTIONS | Sunday 12 May 2024 – 2pm-4pm Joan, Michelle, Kaye |  |
|  | END OF SEASON- Achievement Session  | Sunday 19 May 2024 6pm-8pm Under 13s Presentations Michelle, Joan, Kaye, Jacqui, Sophie |  |