**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-4pm  Joan, 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-6pm  Joan, Michelle, Kaye |  |
|  | TURNING IN THE AIR & PASSING RELEASE POINTS. | Monday 30 October 2023 6pm-8pm  Joan, Jacqui, Sophie | Train in the selected squads |
|  | MENTAL TOUGHNESS & PASSING UNDER PRESSURE  RECEIPT OF A CENTRE PASS & TURNING TO FACE GOAL | Monday 13 November 2023 6pm-8pm  Joan. Michelle, Sophie | Train in the selected squads |
|  | Tournament Play Christmas Fundraiser  Fancy Dress | Sunday 10 December 2023 6pm-8pm  Sophie, 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-4pm  Michelle, Jacqui, Sophie | Train in the selected squads |
|  | DEFENDING A CENTRE PASS  SHOOTING TECHNIQUE & DEFENDING THE SHOT  GETTING FREE USING FRONT & BACK CUT  GETTING FREE USING ROLL/REVERSE PIVOT | Sunday 14 January 2024- 6pm-8pm  Joan, Kaye, Jacqui | Train in the selected squads – Review Athletes in their squads |
|  | BALANCING THE CIRCLE  MOVEMENT IN & AROUND THE CIRCLE & CIRCLE ENTRY | Monday 22 January 2024 6pm-8pm  Michelle, Sophie, Jacqui | Train in the selected squads |
|  | Sunday 11 February 2024- Half term | Sunday 11 February 2024- Half term |  |
|  | 3 STAGES OF DEFENCE DEFENDING  DIRECTING PLAYERS/CALLING  FEEDING THE CIRCLE AND FEEDING A HOLDING SHOOTER | Sunday 18 February 2024 6pm-8pm  Joan, 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 BALL  GETTING FREE FOR BACKLINES & SIDELINES | Monday 26 February 2024 6pm-8pm  Joan, Sophie, Jacqui | Train in the selected squads |
|  | TEAM PRACTICE FOR FESTIVAL | Sunday 10 March 2024 – 4pm-6pm  Michelle, Joan, Kaye | Train in the selected squads |
|  | SHOOTING TECHNIQUE & DEFENDING THE SHOT  GETTING FREE USING FRONT & BACK CUT  GETTING FREE USING ROLL/REVERSE PIVOT | Monday 18 March 2024 6pm-8pm  Joan, Sophie, Jacqui | Train in the selected squads  Review 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 LINKAGE  STAGE 2 DEFENCE & MAKING INTERCEPTIONS | Sunday 14 April 2024 -6pm-8pm  Michelle, Jacqui, Kaye | Send out email to parents regarding next session on Monday Tournament against u15s |
|  | Tournament Play Against Under 15s | Monday 29 April 2024  Joan, Michelle, Sophie, Jacqui | Play in their selected squads |
|  | GETTING FREE FOR BACKLINES & SIDELINES  COURT LINKAGE  STAGE 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 |  |