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

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|  | **SESSION** | **U15s**  **COACHES**  **Lead Coach JOAN**  **6pm -8pm** | **Notes** |
|  | Warm-up -Game play to split athletes into 2 groups 1s and 2s | Michelle to provide names, game play and positions.  9 October 2023  Sophie, Joan, Michelle, Jacqui |  |
|  | Warm-up -Game play to split athletes into 2 groups 1s and 2s | Michelle to provide names, game play and positions.  16 October 2023  Joan, Sophie, Jacqui |  |
|  | 23 October 2023 -Half Term | 23 October 2023 -Half Term | 23 October 2023 -Half Term |
|  | TURNING IN THE AIR & PASSING RELEASE POINTS. | 6 November 2023  Sophie, Jacqui, Michelle | Train in the selected squads |
|  | MENTAL TOUGHNESS & PASSING UNDER PRESSURE  RECEIPT OF A CENTRE PASS & TURNING TO FACE GOAL | 20 November 2023  Joan, Michelle, Jacqui | Train in the selected squads  Review players for Trial U15s London Pulse |
|  | PROBLEM SOLVING & PATTERN SPOTTING (MINI GAMES) PASSING AROUND A 3FT MARKER | 27 November 2023  Sophie, Michelle, Jacqui | 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 | 4 December 2023  Joan, Sophie, Jacqui | Train in the selected squads – Review Athletes in their squads  Split sessions into shooters, defenders, attackers. |
|  | Tournament Play Christmas Fundraiser  Fancy Dress | 11 December 2023  Joan, Sophie, Jacqui | Play in the selected squads |
|  | 18 December 2023 1 January 2024 -Christmas Break | 18 December 2023 1 January 2024 -Christmas Break | 18 December 2023 1 January 2024 -Christmas Break |
|  | 3 STAGES OF DEFENCE DEFENDING  DIRECTING PLAYERS/CALLING  FEEDING THE CIRCLE AND FEEDING A HOLDING AND MOVING SHOOTER | 8 January 2024  Sophie, Jacqui, Joan | Train in the selected squads |
|  | HOLDING A PLAYER OFF TO TAKE A FRONT BALL  GETTING FREE FOR BACKLINES & SIDELINES | 15 January 2024  Joan, Michelle, Sophie | Train in the selected squads |
|  | DEFENDING A CENTRE PASS  BALANCING THE CIRCLE  MOVEMENT IN & AROUND THE CIRCLE & CIRCLE ENTRY | 29 January 2024  Joan, Sophie, Jacqui | Train in the selected squads  Review players for Trial U15s London Pulse TBC |
|  | SHOOTING TECHNIQUE & DEFENDING THE SHOT  GETTING FREE USING FRONT & BACK CUT  GETTING FREE USING ROLL/REVERSE PIVOT | 5 February 2024  Sophie, Jacqui, Joan | Train in the selected squads  Athletes in their squads  Split sessions into shooters, defenders, attackers. |
|  | 12 February 2024- Half Term | 12 February 2024- Half Term | 12 February 2024- Half Term |
|  | COURT LINKAGE  STAGE 2 DEFENCE & MAKING INTERCEPTIONS  Team Practice for Festival Train in the selected squads | 19 February 2024  Joan, Jacqui, Michelle | Train in the selected squads  Send out letters to parents as who can attend Festival. |
|  | GETTING FREE FOR BACKLINES & SIDELINES  COURT LINKAGE  STAGE 2 DEFENCE & MAKING INTERCEPTIONS | 4 March 2024  Sophie, Jacqui, Michelle | Train in the selected squads |
|  | DICTATING SPACE MATCH PLAY-REACTIONS EG WRONG UMPIRING DECISIONS | 11 March 2024  Joan, Michelle, Jacqui | Train in the selected squads |
|  | REGIONAL FESTIVAL Venue TBC  \*\*ALL COACHES TO ATTEND TBC March 2024 |  |  |
|  | COURT LINKAGE  STAGE 2 DEFENCE & MAKING INTERCEPTIONS | 25 March 2024  Sophie, Jacqui, Michelle | Train in the selected squads |
|  | 31 March- 7 Aprill 2024 Easter Break | 31 March- 7 Aprill 2024 Easter Break | 31 March- 7 Aprill 2024 Easter Break |
|  | GETTING FREE FOR BACKLINES & SIDELINES  COURT LINKAGE  STAGE 2 DEFENCE & MAKING INTERCEPTIONS | 15 April 2024  Joan, Sophie, Jacqui | Train in the selected squads  Athletes in their squads  Split sessions into shooters, defenders, attackers. |
|  | Tournament Play Against Under 13s | 22 April 2024  Sophie, Jacqui, Joan, Michelle | Play in their selected squads |
|  | MENTAL TOUGHNESS & PASSING UNDER PRESSURE  RECEIPT OF A CENTRE PASS & TURNING TO FACE GOAL | 29 April 2024  Joan, Michelle, Jacqui | Train in the selected squads |
|  | 6 May 2024- Bank Holiday | 6 May 2024- Bank Holiday | 6 May 2024- Bank Holiday |
|  | 3 STAGES OF DEFENCE DEFENDING  DIRECTING PLAYERS/CALLING  FEEDING THE CIRCLE AND FEEDING A HOLDING AND MOVING SHOOTER | 13 May 2024  Joan, Sophie, Jacqui | Train in the selected squads |
|  | END OF SEASON- Achievement Session | 20 May 2024 – Presentation Evening  Joan, Michelle, Sophie, Jacqui | All to attend including parents |