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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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 PRESSURERECEIPT OF A CENTRE PASS & TURNING TO FACE GOAL | 20 November 2023 Joan, Michelle, Jacqui | Train in the selected squadsReview 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 PASSSHOOTING TECHNIQUE & DEFENDING THE SHOTGETTING 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 squadsSplit sessions into shooters, defenders, attackers.  |
|  | Tournament Play Christmas FundraiserFancy 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 DEFENDINGDIRECTING PLAYERS/CALLINGFEEDING 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 BALLGETTING FREE FOR BACKLINES & SIDELINES | 15 January 2024 Joan, Michelle, Sophie | Train in the selected squads |
|  | DEFENDING A CENTRE PASSBALANCING THE CIRCLEMOVEMENT IN & AROUND THE CIRCLE & CIRCLE ENTRY | 29 January 2024 Joan, Sophie, Jacqui | Train in the selected squadsReview players for Trial U15s London Pulse TBC |
|  | SHOOTING TECHNIQUE & DEFENDING THE SHOTGETTING FREE USING FRONT & BACK CUT GETTING FREE USING ROLL/REVERSE PIVOT | 5 February 2024 Sophie, Jacqui, Joan | Train in the selected squadsAthletes in their squadsSplit sessions into shooters, defenders, attackers.  |
|  | 12 February 2024- Half Term | 12 February 2024- Half Term | 12 February 2024- Half Term |
|  | COURT LINKAGESTAGE 2 DEFENCE & MAKING INTERCEPTIONS Team Practice for Festival Train in the selected squads | 19 February 2024Joan, Jacqui, Michelle  | Train in the selected squads Send out letters to parents as who can attend Festival. |
|  | GETTING FREE FOR BACKLINES & SIDELINESCOURT LINKAGESTAGE 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 2024Joan, Michelle, Jacqui | Train in the selected squads  |
|  | REGIONAL FESTIVAL Venue TBC \*\*ALL COACHES TO ATTEND TBC March 2024 |  |  |
|  | COURT LINKAGESTAGE 2 DEFENCE & MAKING INTERCEPTIONS | 25 March 2024Sophie, 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 & SIDELINESCOURT LINKAGESTAGE 2 DEFENCE & MAKING INTERCEPTIONS | 15 April 2024 Joan, Sophie, Jacqui | Train in the selected squadsAthletes in their squadsSplit 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 PRESSURERECEIPT OF A CENTRE PASS & TURNING TO FACE GOAL | 29 April 2024Joan, 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 DEFENDINGDIRECTING PLAYERS/CALLINGFEEDING 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  |