

SENIOR MEN'S TRAINING CYCLE

Week 1 – Fitness

Shuttle Swims

Week 2 - Fitness + Passing

Shuttle Swims with Passes

Week 3 – Long Range Passing

Pairs, Spread the distance

Week 4 – Short Range Passing

Quick Short Passing in groups and pairs

Week 5 – Short Passing and Shooting

Set up a shooter on 5m, everyone else forms around (Max of 2m distance) quick passes random to the shooter. Once everyone has passed then they rotate.

Week 6 – Shooting Drills

Swim and Shoot, Shoot with a defender, Back Shots, Long Shots, Flick Shots

Week 7 – Attacking Formations

Set up the D formation, quick passing and working on driving into the pit and changing positions whilst in the Arc.

Week 8 – Defending Formations

Marking Drills, Wrestling, Front and Back marking, Blocking

Week 9 – Man up + Man Down Positions and games

4 – 2 Positions, 3 – 3 Positions, Defending positions. Quick games to get into those positions. make sure all players can play each position and know when to shoot.

Week 10 – Recap of Skills, Match to finish.

Go through some of the drills that we have covered already. Half pool matches, Possibly against the ladies team