



Hot Shots Matrix

	Warm-up Include Dy Flex	Main Part	Training Games	A-League Tournament	What can players / parents expect
Tuesday	Passing and receiving	Options left, right, and middle	4v4, 7x7 games, 1-2-1, 1-3-3	4v4 Four Goal	<i>All Sessions are run by fully qualified coaches</i>
Wednesday	Ball control starting with a quality first touch	First touch to be able to play forward	4v4, 7x7 games, 1-2-1, 1-3-3	4v4 Line Goal	<i>All sessions related to High Performance Programs and include the Functional game skills necessary to progress as an individual</i>
Thursday	Running with the ball	1v1's to create goal scoring opportunities	4v4, 7x7 games, 1-2-1, 1-3-3	4v4 Two Goal	<i>Hot Shots sessions include Fun - Competition - Development - Indirect Coaching</i>
Friday	1v1 defending	Limiting space and time	4v4, 7x7 games, 1-2-1, 1-3-3	4v4 Line Goal	<i>All sessions include a ball and are game related</i>

Registration	Split Groups Age specific	8.45 - 9.00
Warm-Up	Dy Flex and with Ball Introduce topic	9.00 - 9.25
Main Part	Specific to session	9.25 - 9.45
Training Game	Free Play	9.45- 10.05
Break	Skillz Zone Coaches v Kids	10.05- 10.25
A - League Tournament	Free Play	10.25 - 11.30
Cool Down	Includes Homework	11.30 - 11.45

Parent pick up

Register kids out