



## In House 2024 Structure

First kicks - 3 station rotations, small game at end

7th grade - 30 minutes drills (2 rotations) then game

8th grade - 20 minute drills (1 rotation) then games

9th grade - Games (optional warm up activity if they arrive early)

	<b>Arrive</b>	<b>Leave</b>	<b>What</b>	<b>Where</b>	<b>Equipment</b>
First Kicks	9.30	10.30	3 x rotations and 1 game	S1 and S2	Pop up goals and cones
7 <sup>th</sup> Grade	10.50	11.50	2 x rotations and 1 x game	S1 and S2	Pop up goals and cones
8 <sup>th</sup> Grade	10.00	11.15	1 x rotation and 2 x games	Junior Pitches	Alu folding goals and cones
9 <sup>th</sup> Grade	8.30	9.50	Warm up. 2 x 20 min halves	Junior Pitches	Junior goals and nets