

U7 & U9 Skills Day Saturday May 28th 2011
Rasey Park

Warm up 7.30 – 7.45am

Session 1 - 8:00 – 9.30am

All Teams for Session 1 please warm up on field RP U9 5 & 6 with your coaches & then assemble at Rasey Park Canteen.

<u>U7 TEAM</u>	<u>U9 TEAM</u>	<u>START & FIELD</u>	<u>ROTATION ORDER</u>
SWUM U7 COMMERCIAL BLUE U7	NORTHS COBRAS U9 SWU STARS U9 MBC BUGS U9	<u>Drill 1</u> <u>RP1</u>	1, 2, 3, 4
EASTS U7 BULIMBA U7	VALLEY WHITE U9 BULIMBA U9 ST ANDREWS U9	<u>Drill 2</u> <u>RP2</u>	2, 3, 4, 1
ARANA ASCOT U7 NORTHS EAGLES U7	ARANA ASCOT U9 KED WAVELL RED U9	<u>Drill 3</u> <u>RP3</u>	3, 4, 1, 2
ST ANDREWS U7 KED WAVELL U7	EASTS GOLD U9 PINE HILLS U9	<u>Drill 4</u> <u>RP U7/7 &</u> <u>RP U7/8</u>	4, 1, 2, 3
	GKs	<u>Drill 5</u> <u>RP 5 & 6</u>	5

5 x 15 minute sessions with 2 minutes rotation (a siren will sound indicating when to rotate)

9.45am – Ribbon presentation

Warm up 9:00 – 9.15am

Session 2 – 9.30am – 11.00 am

All Teams for Session 2 please warm up on field RP U9 5 & 6 with your coaches & then assemble at the Rasey Park Canteen.

<u>U7 TEAM</u>	<u>U9 TEAM</u>	<u>START</u>	<u>ROTATION ORDER</u>
COMMERCIAL PURPLE U7 PINE HILLS U7	KED WAVELL BLUE U9 SBE BLACK U9	<u>Drill 1</u> <u>RP1</u>	1, 2, 3, 4,
NORTHS HAWKES U7	NORTHS PYTHONS U9 COMMERCIAL PURPLE U9 SWU ROCKETS U9 EASTS RED U9	<u>Drill 2</u> <u>RP2</u>	2, 3, 4, 1
VALLEY RED U7 SWU STARS U7	REDCLIFFE DOLPHINS U9 COMMERCIAL BLUE U9 SWUM U9	<u>Drill 3</u> <u>RP3</u>	3, 4, 1, 2
	VALLEY BLUE U9 PINE RIVERS U9 SWU FIRE FLIES U9 MBC BEES U9 NORTHS VIPERS U9	<u>Drill 4</u> <u>RP4</u>	4, 1, 2, 3
	GKS	<u>Drill 5</u> <u>RP 5 & 6</u>	5

5 x 15 minute sessions with 2 minutes rotation (a siren will sound indicating when to rotate)

11.15am – Ribbon Presentation

1

2

3

4

4

5