

December 18th Training Session at Llandrindod Wells Leisure Centre

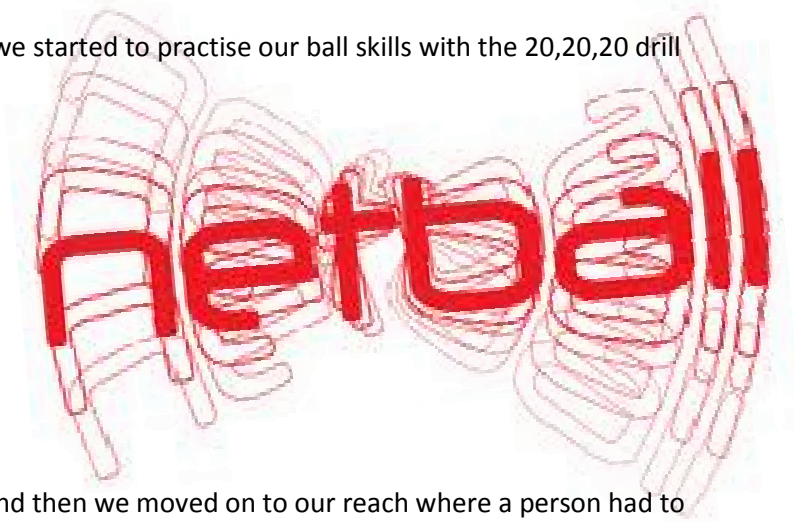
On a cold December morning the Welsh under 15 squad joined up with the Powys Hub for a joint 6 hr training session. Unfortunately Louisa was caught up on a train in Wales so Trisha and Natalie Davies (the Powys Hub coach) took us for the first four hours.

To start we did our warm-up which consisted of a "Christmas Tree" drill and individual and group stretches. In the first two hours we focused on fitness. The Yo-yo test was competed by the Powys Hub, Georgi and me and the results were an improvement from last time. The support from the under 15 squad kept everyone going as many of them had completed the Yo-Yo test the day before. We continued the theme of fitness with the exercise of the plank, press-ups and the horizontal jump. Some excelled....some didn't in different areas. To finish the fitness testing we did the Illinois Agility Test which consisted of running to various cones in a specific order. The majority of people achieved times of less than 20 seconds.

We then had lunch for half an hour and we then moved onto game play as the umpire arrived. The main targets were to practise driving forward and to focus on the "Brilliant Basics" – passing, throwing and catching. We carried on with the game whilst mixing up the teams so we could look at combinations of attack and defence.

At around two o'clock Louisa arrived and we started to practise our ball skills with the 20,20,20 drill which was basically

- 20 right foot forward chest passes
- 20 left foot forward chest passes
- 20 right handed shoulder passes
- 20 left handed shoulder passes
- 20 over head passes



We practised this for about half an hour and then we moved on to our reach where a person had to kneel down and reach for the ball in various places and a person had to lay flat on their stomach and reach for the ball in various places.

To end the session we played a game where only one person was allowed in the circle and have only one chance of shooting for goal. To stop the people reaching the circle you needed to "tag" them before they reached the circle. I think the game ended as a draw.

Overall, it was a good session and the under 15 squad and Powys Hub mingled and worked together well and I think we are all looking forward to the next training session in the New Year ☺☺☺

Report by Squad member Caitlin Evans

