

# ST. MARK'S TRAINING SESSION U9/U10

48 players-4 groups

5min Warmup

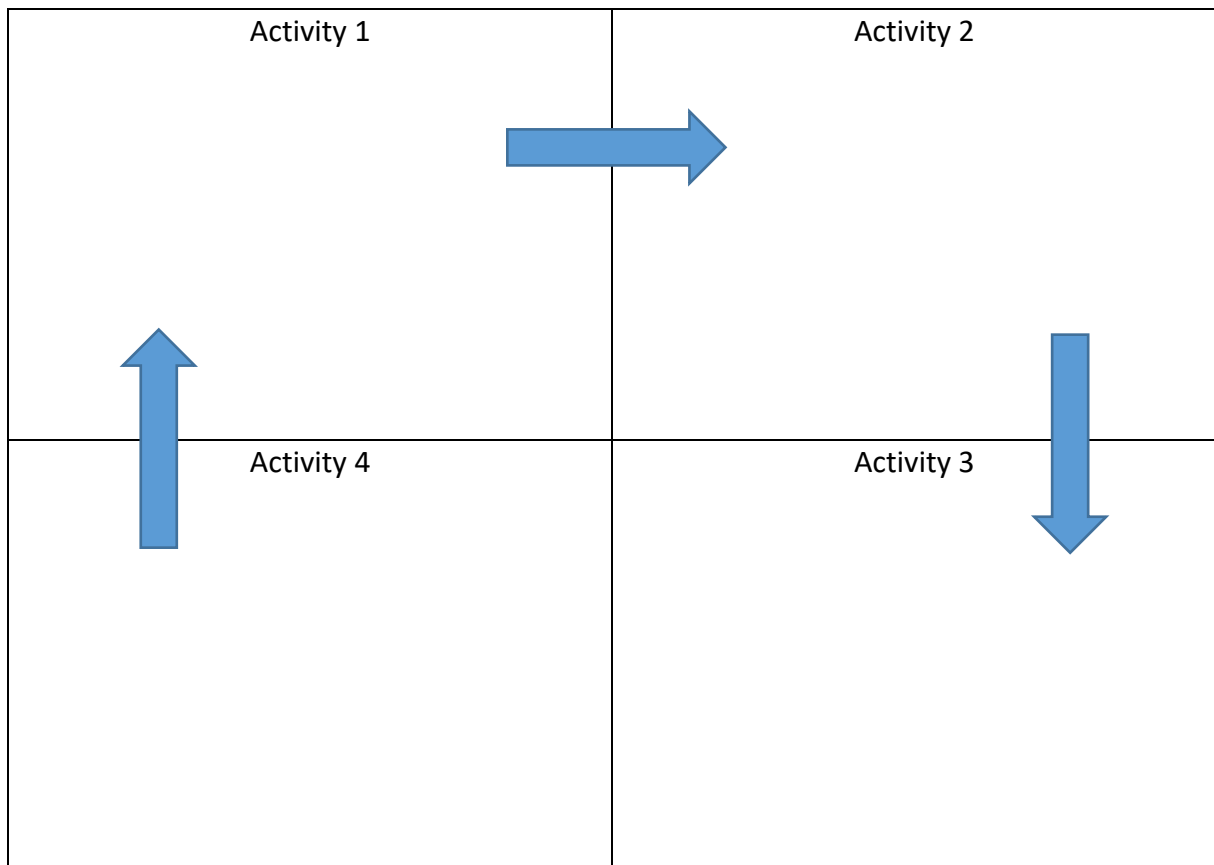
4 Activities x 10 mins followed by 10 min games

## Session Plan – Grid Layout

Session Theme

Date

Grid Layout used to split up a large group. Different activity in each grid then rotate after 7-8 mins



Equipment Required