

Example Game Sense Session

**Theme - Creating Go Forward**

**Warm Up Content**

Fijian Touch - 3 Touch and Pass

Functional Dynamic Flex

Fijian Touch - 3 Touch and Turnover

**Main Content**

Fijian Touch - 2 Touch and Pass (2 handed carries)

Fijian Touch - 2 Touch and Turnover (2 handed carries, push pass only)

Fijian Touch - 2 Touch (first touch is an offload, second touch go to floor and lift pass)

Continuous Fijian Touch - 2 Touch (as above but when the team scores they keep the ball an attack the opposite try area)

1 Second Offload Touch - 1 Touch (players have one second to offload on their feet if not they must go to floor roll and lift pass)

**Warm Down Content**

Static Flex