

# **INTERMEDIATE COMPETITION PAINTBALL CLINIC**

## **WARM UP SESSION**

- 3 laps jogging, standard stretches

## **COURSE OVERVIEW DISCUSSION**

- coaches discuss what we will be doing for the course and why
- participants to use emarkers because this is intermediate course so we will review use of emarkers and handling
- each player will have skills assessment sheet where scores will be written down and notes taken on their current skill level for each drill

## **INDIVIDUAL SKILLS ASSESSMENT**

### **BREAKOUT DRILLS**

- coaches demonstrate breakout techniques, importance of reaction time, marker handling and player roles at breakout

Players assessed with score out of 10 on ability with no shooting based on technique and reaction time, centre back position, corner back position and front player position.

Breakout shooting accuracy/reaction time - timed test from standard back centre position from Game On until they hit opposite end target.

### **SLIDING DRILLS**

- coaches demonstrate standard sliding techniques off the break into corner bunkers, snake bunkers, dorito bunkers and discuss why it is important to slide into bunkers

Players assessed with score out of 10 on sliding ability, no markers involved, using cones left and right side and superman slide (If players do not know how to slide we will not score and will try and teach)

## **REST BREAK**

### **MARKER HANDLING AND ACCURACY DRILLS**

- coaches discuss importance of marker handling, running and gunning and gun accuracy

Players assessed with score out of 10 on marker handling shooting 5 cones alternating left and right hands

Players then do the same drill on a timed run

## **SNAP SHOOTING DRILLS**

- coaches demonstrate snaphooting techniques from different bunkers (can, temple, maya temple, dorito and snake)

Players assessed on score out of 10 for technique at each bunker

Snap shooting target test - 15 seconds left, 15 seconds right, 15 seconds both sides. Players scored on targets hit during each session.

## **END OF INDIVIDUAL SKILLS ASSESSMENT**

### **REST BREAK**

Same drills to be repeated without shooting to work on improving each individual's technique/reaction time/speed. A lot of one on one coaching. Breakout, sliding and recover to shooting position (with or without guns based on their current skills), snap shooting - standing, kneeling, swapping hands, running and gunning.

### **LUNCH BREAK**

### **GAME THEORY**

Theory session involving discussion on breakout planning, individual players roles on the field, communication, teamwork, field awareness, finishing points, pit management. Players given printed field layouts to test their ability to create a breakout plan, importance of secondary bunkers, importance of opponent scouting.

### **FIELD AWARENESS/TEAM MOVEMENT/PLAYING DISCUSSION**

Coaches review topics taught in theory lesson on the field, discuss back centre role, corner player role, front player roles and demonstrate.

### **COMMUNICATION DRILLS**

3 Vs 1 Coach (2 fronts shooting, back not shooting only communicating, back only shoots if front shot and they have to fill spot - objective to pinch out the coach by communicating and bunker movement.

### **3 V 3 / 3 V 2 - ONE MINUTE DRILLS**

From breakout players attempt to win points in 1 minute (each player given infield coaching to improve their bunker positioning, marker handling and field awareness. Players only given light verbal coaching if their technique is wrong or they are making obvious mistakes.

### **FINAL INDIVIDUAL SKILLS ASSESSMENT**

Players complete the same skill drills, to see if any improvement.

### **5 V 5 - GAME SIMULATIONS** (Dependant on paint left)

## **INDIVIDUAL PLAYER REVIEWS**

Coaches to review with each player their individual player assessment scores, discuss with them areas they need to improve on and training techniques they can use to improve their skills, fitness, field awareness etc.

## **PRESENTATION OF CERTIFICATES**