

Session One Years 1 and 2		
Session Aims: <ul style="list-style-type: none"> • Be able to demonstrate the principles of throwing and catching • Understand the importance of balance while throwing and catching 3 key messages to take home <ol style="list-style-type: none"> 1. Balance is important – they can practice this anywhere at any time! 2. Throwing – one foot forward, fingers end up pointing to target (chest) 3. Catching – Fingers up and bend elbows 		
Aim	Content	Comments for you, as coach to give
Warm Up (~ 10 mins) Set up – put enough bean bags for one between 2 at end of the court, cones, balls and bands nearby		
1. To run around, dynamically and with low intensity; to think about balance. Pair up and introduce each other	1. Players to run on the lines of the court anywhere. On whistle, stop, making sure they are balanced. You can then ask them to hop, skip, jump around (whatever comes to your mind!). On whistle, get them to ‘freeze’ and see how balanced they are! 2. Distribute the bean bags, one per player. - Must walk along the court lines with the bean bag on their head, then speed it up to jogging! - Next, put bean bag on their head, throw it up and catch behind their back x 10 - Lastly, see how high they can throw it up and catch it successfully 3. ‘Number off’ players 1,2,1,2, etc. Ask all number 1’s to jog to one area and all 2’s to jog to another area. When you say ‘go’, each number 1 must find a number 2 and stand beside them. Introduce themselves to each other...	1. Ask players how to be more balanced – what can they do to be balanced? (spread legs apart, land knees bent...) 2. While they are doing this, note what the skill level is – there will probably be 3 ‘groups’ – one will be good, one medium and one group not too good! Remind them about the balance... Keep their bean bags in their hands at this stage. Check they know their number, 1 or 2!!!
Next (~ 25 mins)		
THROWING technique Weight transfer during throwing	Each pair to line up behind each other along the side court line. One of each pair runs to the opposite side-line. Each pair: throw their bean bag, one at a time as far as they possibly can across the court. Their partner collects it, runs back and repeats x 10 each. This time, they must stand still, 2 feet together x 10 each. Lastly, they must step one foot forwards as they throw, (foot forward should be the opposite to the hand throwing). X 10 each Ask them if there was a difference in their throws. Which one went further??? (hopefully the step forwards!!)	You will need to demonstrate this and ask them to show you (all at once) stepping forward, pretending to throw

Accuracy	In pairs, they throw to each other about 2 m apart. 3 points if direct to persons chest, 2 points if to the side and 1 if not near them. Try x 10 each	Suggest that where they point to is where the bean bag will end up....
CATCHING technique	<p>Return to original pairs with one ball each pair this time. Ask them to think about catching something – where should their fingers point? (UP).</p> <p>In their pairs, line up and practice throwing and catching (2m apart).</p> <p>Ask them to catch the ball as ‘early as they can’. You are trying to encourage them to reach out for the ball and catch it early, then bring it into their chest. Also, remind them that they should move to be behind the ball when they catch it, so need to move their feet. Don’t just stretch and try and grab it (ask why?? = easier for the defender to grab it first!)</p> <p>Give them lots of practice time in their pairs, focusing on both catching and throwing technique.</p> <p>Groups of 4 (2 pairs join up). 1 person out the front, 3 lined up. Get ready to catch – person out front can throw to anyone, but they need to use the players name when they throw to them.</p>	They will need to introduce each other again!!
MINOR GAME: ~ 20 minutes	<p>2 teams</p> <ul style="list-style-type: none"> - Wearing colour bands, not positional bibs - No positions - Anyone can goal using the low rings 	<p>Concentrate on catching & throwing technique.</p> <p>Don’t get bogged down with the rules, just start the game quickly. Tell them that they have about 3 seconds to throw the ball (but allow more) and they must try not to run with the ball.</p>
<p>Revision: Bring in and have a brief chat about 3 key points to remember and their homework....</p> <ol style="list-style-type: none"> 1. Balance is important – they can practice this anywhere at any time! 2. Throwing – one foot forward, fingers end up pointing to target (chest) 3. Catching – Fingers up and bend elbows <p>Homework for players</p> <ul style="list-style-type: none"> • To throw and catch any type of ball (even scrunched up newspaper!) either to a friend, parent or brother/sister or a wall as often as you can 		