

## Session Two Years 1 and 2

### Session Aims:

- Reminder of principles of throwing and catching
- Introduce footwork (pivoting)

### 3 key messages to take home

1. Pivoting is like 'squash the spider'
2. Cannot step when holding the ball, so pivot
3. Keep eyes up so can see where you are throwing to

Aim	Content	Comments for you, as coach to give
<p><b>Warm Up (~ 10 mins)</b>            Set up – put enough balls for one between 2 at end of the court, cones and bands nearby. You will need hoops for this session, or you can use coloured chalk            Get players moving as soon as they turn up – don't make them wait for everyone...</p>		
<p>1. To run around, dynamically and with low intensity; to think about balance.</p>	<ol style="list-style-type: none"> <li>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!)</li> <li>2. Knee tag In pairs, facing each other. On 'go', try and tag each others knees.</li> <li>3. Jump up and Tap Facing each other, both partners jump up at the same time and double tap the hands of their partner. Repeat using one hand, then the other etc.</li> </ol>	<p>Reinforce balance</p> <p>Make sure you count them all first and if uneven numbers, don't let someone walk around aimlessly looking for a partner, get a pair ready for a group of 3.</p>
<p><b>Next (~ 25 mins)</b></p>		
<p>Revise throwing and catching</p> <p>Activity – using bean bags</p>	<p>In same pairs, one person runs and gets a ball and runs back.</p> <p>Practice their throwing and catching. Start close together, then slowly get them to take a step back, then another etc..... X15. Once completed, bring ball back.</p> <p>Relays. In teams of 4, one player stands out front at a cone and 'on go' throws a bean bag to the next player, who then throws it back and bobs down. The thrower then throws it to the next player, who throws it back and bobs down etc.... When all bobbed down, thrower runs to end of line, everyone stands up and the front person moves forward to cone and becomes the thrower....</p>	<p>Ask if they practised at home etc....</p> <p>At the end of the activity, ask them to bring their balls back to you.</p>

<p>PIVOTING</p>	<p>Talk to them about stepping rule (and demonstrate). Keep it VERY simple, just can't run when they have the ball in their hands.</p> <p>Talk about pivoting – why need to do it (as you can't run with the ball, so how can you get ball down the end?). Tell them that pivoting is like 'squashing a spider'.</p> <p>In groups of 4 (pair the pairs up) Place hoops in a line on ground, the length of 1/2 of the court. Players to run up to hoop, land and pivot on 1 foot around hoop, then run to the next hoop and do the same. Pretend they are squashing the spider!</p> <p>Introduce the ball. One person to run and catch the ball in the hoop, pivot and throw back, then run to next hoop and repeat.</p> <p>In groups of 4, with 1 thrower, the rest are 'players' Set hoops out on ½ court, enough for one each + one spare. Each player stands in a hoop. On go, 1 player runs to the empty hoop and catches the ball from the thrower, pivots then passes back. Next player runs to the empty hoop and catches ball from thrower etc....</p>	<p>Check for their understanding – ask them what the stepping rule is</p> <p>Relate this to the rules of stepping.</p> <p>Careful that they watch where the hoop is - don't want a sprained ankle if they land on it....</p> <p>Remember to swap thrower around</p>
<p><b>MINOR GAME: ~ 20 minutes</b></p>	<p>2 teams</p> <ul style="list-style-type: none"> <li>- Wearing colour bands, not positional bibs</li> <li>- No positions</li> <li>- Anyone can goal using low goal rings</li> </ul>	<p>Concentrate on:</p> <ul style="list-style-type: none"> <li>• Not stepping</li> <li>• Using pivoting skills</li> </ul> <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>If someone pivots properly, praise them loudly....</p>
<p>Revision: Bring in and have a brief chat about 3 key points to remember about pivoting and how they can practise at home.</p> <ol style="list-style-type: none"> <li>1. Pivoting is like 'squash the spider'</li> <li>2. Cannot step when holding the ball, so pivot</li> <li>3. Keep eyes up so can see where you are throwing to</li> </ol> <p><b>Homework for players</b></p> <ul style="list-style-type: none"> <li>• To throw and catch any type of ball either to a friend, parent or brother/sister or a wall as often as you can, including a pivot</li> </ul>		