

Session Three Years 1 and 2

Session Aims:

- Introduce throwing on the run (and revision of pivot)
- Introduce goal shooting

3 key messages to take home

1. Stepping rule
2. Goal shooting success comes with practice – if don't have a low goal at home, practice back spin lying on floor at home
3. Keep balanced!!

Aim	Content	Comments for you, as coach to give
<p>Warm Up (10 mins) Set up – put enough balls for one between 2 at end of the court, cones and bands nearby. Need bibs (or coloured bands) and cones for warm up 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"> 1. Bib tag – everyone has to run around and try and steal everyone else's bib that is tucked in to skirt. 2. Groups of 3 needed, so play a game of clumps. Yell out any number and they have to get into a group of that number. No one goes 'out', just start game again. End the activity with finding a group of 3. 3. Relays in their group of 3. One of the team to stand at their cone. The other 2 to line up behind the end line of the court. Players to do a variety of relays. <ol style="list-style-type: none"> a) Run forward to person at cone, tag hands. The runner stays, the other person runs back and tags hand of other team member (go through a couple of times) b) Run forward with a bib on, when you reach the person at the cone, remove bib and give to them to put on. c) Try and throw beanbag to the person at the cone. If it doesn't reach them, you have to run to where it lands and try again... 	<p>Keep head up and be balanced</p> <p>Set up cones on third line while they are playing 'clumps'.</p> <p>Encourage them to use each others names (learn their team name). You could get them to come up with a team name also....</p>
<p>Next (25 mins)</p>		
<p>Revise throwing and catching</p>	<ol style="list-style-type: none"> 1. In the same groups of 3 and one ball, put them in a triangle to practice their throwing and catching. They can start close together and if they all catch it, they take a step back and try again, then again (not too far!). Have a little competition between groups to see how far they can get without a dropped catch 😊 2. Introduce bounce pass – remember, the bounce pass should bounce about 2/3 of the way to the catcher. 3. Ask them to mix it up – sometimes bounce to the next person, sometimes throw... 	<p>Ask if they practised at home etc....</p> <p>Ask them again what is important to remember when throwing and catching – see if they remember!</p>

<p>Goal shooting</p>	<p>4. In same group of 3, one person is now the thrower, one person the runner and one person the catcher. The runner leads out diagonally to catch the ball from the thrower, then stops, and pivots and passes onto catcher. Repeat and swap positions regularly.</p> <p>Each player should have a bean bag for this first part.</p> <p>1) Ask them to lie on the ground on their back, with the bean bag on the ground beside them. Extend their arms and do a goose neck with their hands (to replicate a back spin). Repeat several times, then they can use the bean bag!! The bean bag should come back and land on their tummy if they are doing it right.</p> <p>2) If you feel that they can do this, introduce a ball each to do the same activity 2. Get ready for chaos as the balls will go everywhere – that’s part of the fun – they can just run, grab the ball and lie down where it lands and try again!</p> <p>3) Stand them up and see if they can do the same thing upright. Introduce the knee bend to add power to their goaling.</p> <p>4) Give them a go with goal rings (again, chaos!!)</p>	<p>Check for their understanding – ask them what the stepping rule is</p> <p>Relate this to the rules of stepping.</p> <p>You will need a good demonstration of this!!!</p> <p>Don’t explain back spin as they won’t get it, but at least get them in the habit.</p> <p>This is all about sequence of things, that is, knee bend then back spin push ball up</p>
<p>MINOR GAME (20 mins)</p>	<ul style="list-style-type: none"> • Divide into two teams, one team to put on coloured bands or bibs (no positions). • Select 1 ‘goaler’ for each team and send them down to the goal circle at their end (no defender) • The remaining players spread out across the court area, with a member of the other team as a partner to stay with. • They can run anywhere on the court except for the goal circles. • The ball starts in the middle and must be passed to 3 different players before trying to throw to the goaler in the circle. If they get it to the goaler, the goaler can try and shoot for goal. <p>Rotate goalers regularly.</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>If someone attempts a goal using the correct technique - whether they get the goal or not – 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"> 1. Stepping rule 2. Goal shooting success comes with practice – if don’t have a low goal at home, practice back spin lying on floor at home. 3. Keep balanced!! <p>Homework for players</p> <ul style="list-style-type: none"> • 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 		