

Session Four Year 1 & 2

Session Aims:

- Further goal shooting
- Introduce defence

3 key messages to take home about defence

1. You cannot 'contact' (touch opposition players)
2. Try to keep eyes on ball and on your player
3. Shadow your player – stand slightly in front of them

Content

Comments for coach

Warm Up

1. **Keepings off:** Groups of 3, two throwers on outside, one defender in the middle, trying to intercept the pass between the throwers.
2. Remain in the group of 3, this time the defender defends just one of the throwers (arms over the ball, 3 feet away)
3. **Jailbreak:** set up 4 cones at each corner of half a netball court. Divide group of about 8 into 2 teams, 1 attacking and 1 defending. Attacking team form a circle around the centre of the square, the defending team form a circle around them, about 2m away from them. Attacking team run clockwise in circle, while defenders run anticlockwise. When coach yells 'jail break', attackers must try and escape outside the outer circle of defenders and reach any of the cones.

Make sure they are swapping around a lot, especially if the defender is not being successful.

Vary distance between attackers and defenders if too easy/hard

Next

Revise goal shooting

1. Each player has a ball. Split them around goal posts and let them just shoot for fun.
2. Bring in and ask what the 3 most important things to consider are (from last week): balanced, bend knees, flick wrist
3. Send out again, this time they all start close in, shoot x 6 shots, stop, then move them out 1 m x 6 shots. Get them to add up how many shots they get out of 12.
4. Drill – players move around to have a shot at goal at each of the cones which have been placed around the semi-circle. Move from one cone to the next, does not matter if they got it in, just move to next spot so all flows smoothly.
5. Drill – split each group (at each goal circle) into pairs. One is the shooter, the other the passer. Shooters move around the circle and look for a pass from the passer. They catch the ball, land, turn and shoot from wherever they are.

Ask if they practised at home etc....

In each semi-circle, place 5 cones around (some close in, some further out) but in a line.

Make sure they swap roles around.....

<p>DEFENSE</p> <p>Shake your partner</p> <p>Groups of 3, One player with a bib or colour band on who acts as a defender, one player is the attacker and one player is the thrower.</p> <p>The attacker and defender stand together and when the thrower says 'go', the attacker runs forward, away from the defender, to catch the pass from the thrower. The defender 'shadows' the attacker who is trying to catch a ball from the other player.</p> <p><i>Please reinforce: Defenders to stand close to their attacker, but you cannot 'contact' them. Just keep close and try and intercept the pass</i></p>	<p>Make sure they swap roles around...</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' AND 1 "defender for each team and send them down to the goal circle at their end. • 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 & defenders regularly.</p>	<p>Concentrate on players shadowing their partner as they move down the court.</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 defence and how they can practise at home.</p> <ol style="list-style-type: none"> 1. You cannot 'contact' (touch opposition players) 2. Try to keep eyes on ball and on your player 3. Shadow your player – stand slightly in front of them 		