

Session Five Years 1 and 2

Session Aims: Revision of skills leading up to here.

Aim	Content	Comments for you, as coach to give
Warm Up (10 mins) Set up – put enough balls for one between 2 at end of the court, cones and bands nearby. Need bean bags for warm up.		
To run around, dynamically and get them ready for training	<ol style="list-style-type: none"> 1. Knee tag <ol style="list-style-type: none"> A) Partners facing each other and on 'Go' try and tag their partners knees while avoiding being tagged themselves 2. Bean bag scramble <ul style="list-style-type: none"> • Place a hoop in each corner of the centre third and one in the middle • 4 equal teams (coaches can participate if needed) • Bean bags equally distributed between 5 hoops • One at a time, members of the team can go steal a bean bag from the other team or from the middle and return it back to their corner • Team with the greatest number of bean bags in their corner at the end wins 3. Run to the whistle <p>All run around the court, when whistle blows, they must all move in slow motion, when the whistle blows twice they must move quickly</p> 	<p>Be careful of head clashes</p> <p>Only one bean bag at a time, and be careful to not throw bean bag but place it down in the corner, don't stop the other team from taking from you</p> <p>Do a couple of practice whistle blows so they know the difference</p>
Next	STATIONS:	5 minutes at each station (adjust)
Stations of goal shooting, defence, passing and catching,	<p>Activity 1 – Goal shooting</p> <p>Shuffle-shoot relay</p> <ul style="list-style-type: none"> - One line lining up straight in front of the goal ring with one member of the group directly in front and under the goal ring - The ball gets passed down the line and to the member under the goal ring where they pivot, balance and shoot the ball. They then retrieve the ball and head to the back of the line to restart the passing chain and the next member rotates up to under the ring and repeat for the time. <p>Activity 2 – Defence</p> <ul style="list-style-type: none"> - Small groups with 1 attacker, 1 defender and 1 thrower (coach can be thrower if not enough for groups of 3) - Defender must shadow the attacker while watching the ball, while the attacker tries to receive a throw from the thrower 	Do not 'score', it is just about having a go.

	Activity 3 – Passing/catching <ul style="list-style-type: none"> - Pair up and stand facing each other with 1.5m in between - Partner throws the ball and if a successful catch, then the pair both take a step backwards to create further distance between them - Keep going until they can't catch anymore and return to starting position to repeat 	
MINOR GAME	Shooting Rounders <ul style="list-style-type: none"> - Divide into two even teams - One team is the designated 'batting team' with the other 'fielding' - Fielding team is in a circle around the goal ring with the batting team on the outside of the court - Batting team will throw the ball into the goal third and try and run all the way around the goal third before fielding team can score their goal - Fielding team will retrieve the ball when thrown in and pass around each member of their team before one member scores a goal - If batting team member makes it back to the start before a goal is scored, they receive a point 	<p>Encourage the players to use each other's name when passing the ball</p> <p>Remind them to try and shoot their goal when balanced and take their time</p>
Revision	Bring in and have a brief chat about 1 key point from each activity and how they can practise it at home	