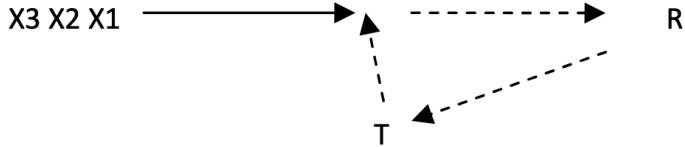


## Session Six Year 1 and 2

**Session Aim: To focus on leading for the pass, including introducing centre passes.**

Aim	Content	Comments for you, as coach to give
<b>Warm Up (10 mins)</b>		
To run around, dynamically and get them ready for training	<p>A) Up/Down/Stop/Go – players do the opposite to what is yelled out by coach. Up means they crouch down, down means they must jump up, stop means they must run around and go means they stand still</p> <p>B) Stuck in the mud – players run around and if tagged you are ‘Stuck in the Mud’ and can only become unstuck when tagged by another player.</p> <p>C) One, Two, Three Charge – two teams line up on opposite side lines and each player is numbered with a corresponding number. Two players stand in the middle (Taggers) and when a number is called the corresponding players attempt to pass through the middle without getting tagged to reach their opposite sideline. Players in the middle try tag as many people as possible. Those tagged move to side or can join in the middle.</p>	<p>Emphasise that it is opposites, and they must pay attention to the coach</p> <p>Use a court width for this activity</p>
<b>Next</b>		
Group work	<p>A) One player (A) stands facing away from other two players (B and C) on the transverse line. Player A throws the ball up in the air, catches it, pivots and turns to Players B and C. Player A then decides who to throw to as they both lead out (diagonally). Switch around positions and repeat several times.</p> <p><b>Key points:</b> should lead out at an angle (not directly out), with fingers out, ready. Encourage players to go a different way to the other person!</p> <p>B) Down the line – Teams of 5 players line up facing down the line and all are leading right. Thrower at front P1 leads forward at 45degrees to catch the ball, pivot and P2 then leads for the catch and so on.</p> <p>All leads need to be angled to the thrower and ball returns with players leading right again until back to P1. Repeat leading to the left and change positions in line.</p>	<p>Distances – try and replicate a centre pass distance – you could use hoops to pretend it is the centre circle and use the third lines.</p> <p>Keep an eye out on their pivot technique – make sure they pivot to the outside.</p> <p>Really important that you get them to be ‘ready’ to lead out for a pass. They should learn to lead out at 45degree angle.</p>

	<p>C) Straight Lead – Same 5 players line up in straight line and thrower passes to P1 when they lead forward, P1 passes to the receiver who passes back to the thrower. P1 then goes to back of the line and P2 leads forward and so on. (T= thrower, R = ball receiver). Use cones as markers for positions of T and R.</p>  <p>D) Set the players up on the court for centre passes – using one ‘centre’ player and on coaches whistle or ‘go’ can do a centre pass to a player, who then catches ball, pivots and throws to person in goal circle.</p>	<p>Teach basics of intercepting e.g., eyes on the ball</p> <p>CHANGE THE type of throw – chest pass, bounce, lob etc...</p>
<b>MINOR GAME</b>	<p>Minor game – Netball Tag</p> <p>Play in goal third and divide into two teams. Chasing team has a netball that they must pass between the team to try and tag the opposition team with the ball – all netball rules apply. Work for a few minutes and swap roles.</p>	<p>Encourage the players to use each other’s name when passing the ball</p>
Revision	<p>Bring in and have a brief chat about key points and how they can practise it at home</p> <ol style="list-style-type: none"> <li>1) Timing of the lead</li> <li>2) Lead out on an angle to catch the ball</li> <li>3) Footwork – lead to right, land on right &gt; pivot to right</li> </ol>	