

Session Seven Year 1 and 2

Session Aims: Revision of skills up to today and practice leading and centre passes.

| Aim | Content | Comments for you, as coach to give |
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| Warm Up (10 mins) | | |
| To run around, dynamically and get them ready for training | <p>A) Pairs passing, throwing just off to the right and left, making partner move sideways to catch and pass back.</p> <p>B) Leap frog – 2 teams and they need to leapfrog the width of the netball court. 1st team to get all players across win</p> <p>C) Race for the ball – Two players stand beside a thrower. The thrower tosses the ball out in front and as soon as the ball is thrown, the two players run out to retrieve the ball. Whoever retrieves the ball pivots and passes back to the thrower. The non-receiver has to defend the pass back to the thrower. Rotate positions</p> | Encouragement from team for player competing. Avoid contact when running in for ball. |
| Next (15 mins) | | |
| <p>Positions</p> <p>Defending a goal</p> <p>Centre passes</p> | <p>A) Give out bibs and ask players to go and stand where they should at the start of a match – check they know their position, where that position is allowed to go and what their role is. Refer Player Positions sheet</p> <p>Ask the group to “follow the bib” and jog around the area that positions is allowed to go.</p> <p>B) Goal shooting with defender – all stand around goal circle with two goalers and two defenders in goal circle. Aim to pass to goalers to shoot for goal with defenders practicing 3 feet defending stance.</p> <p>C) 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. THEN, add a defender and talk about how attacking player can get away from the defender.</p> | <p>NOTE: emphasise that they MUST rotate positions all the way down the court – they should not be seen as defenders or centre court or attackers – they should experience all positions.</p> <p>Teach basics of holding defensive position. Keep 1.2m back from opponent, keep eyes up, arms up after distance established.</p> <p>Need to lead at the appropriate time and into the open space</p> |

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| ACTIVITY (10 mins) | Pepper Pot: Players in a half circle with 1 “leader” in front. 2 players each have a ball, one of them the leader. The Leader passes a ball to anyone in the half circle and at the same time the other player passes to the leader. When the leader misses a ball, she is out and changes place. | |
| Minor Game (20 mins) | 2 groups = 2 teams <ul style="list-style-type: none"> • Each team has 2 goalers & 2 defenders. They are the only ones allowed in their respective goal circle • All other players can move anywhere ie) no positions • Start with toss up on the centre • Players must pass the ball down the court to their goalers • When a goal is scored the defender throws in from the goal line to work the ball back up to their goalers • The team who scored the goal swap around so others can be goaler <p>Rotate ALL positions regularly</p> | 2 groups on the same court play against each other. No positions other than 2 goalers and 2 defenders. Modifications – 4 feet defence, slight stepping allowed (shuffle) and extra time to look and pass ball. Make sure they swap positions around. |
| Revision | Bring in and have a brief chat about key points from each drill and how they can practise it at home <ol style="list-style-type: none"> 1) Defending a goal 2) Positions 3) Centre Passes | |