

Session Eight Year 1 and 2		
Session Aims: Working the ball towards the goals.		
Aim	Content	Comments for you, as coach to give
Warm Up (10 mins)		
To run around, dynamically and get them ready for training	<p>A) Bib Tag – players place bib in an accessible place and must run around and grab as many other bibs from others (while trying to defend their own!) Players cannot hold onto their bib.</p> <p>B) Divide into groups of 3, one ball per group. Each group member to stand side by side with the person in the middle with the ball. On ‘go’ twist and pass ball to person on one side, then they pass it back and turn and pass to the other side. Switch positions around after 10 full sets.</p> <p>C) Remain in group of 3 with one ball. One is defender in middle, other two must run around and pass ball between them. If the defender gets the ball, hand back to players. Switch around positions after 10 passes.</p>	<p>Try and keep them moving – no standing around now it is cold!!</p> <p>Help defenders to look for where the pass might go, and help throwers make a set lead for the ball</p>
Next		
Group work	<p>A) In same groups of 3 and one ball. Start with two players behind a line (one behind the other) and one thrower out in front (distance as per a centre pass). On ‘go’ the player in front runs out, catches ball, pivots and throws back to the other person in the line, then runs behind the thrower. The person with the ball now becomes the thrower. Keep rotating!</p> <p>B) Move to one end of the court for halfcourt activity. One player in C, one in WA and one in GA, one in GS. Give opposite bib to GD and GK Play a game, concentrating on C pass to WA and GA who both run out for pass on the whistle (or ‘go’), and whoever gets it turns and passes to C who has run to top of the circle. C then passes to one of the goalers, who goes for a shot at goal! Watch out for the defenders!!</p> <p>If they are going well, add a third ‘floating’ defender as WD.</p> <p>Rotate all positions around after each centre pass, to include sideline players.</p> <p>If the defender intercepts, just start the centre pass again.</p>	<p>Again, keep them moving!!</p> <p>This is to emphasise strong leads with arms out ready to catch the ball.</p> <p>Remind players to be gentle if contacting other players at any time and support teammates when it’s their turn</p>

MINOR GAME	<p>Mini Netball:</p> <ul style="list-style-type: none"> • 2 teams against each other; one with colour bands • 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>Modifications – 4 feet defence, slight stepping allowed (shuffle) and extra time to look and pass ball. Make sure they swap positions around.</p>	<p>2 groups on the same court play against each other. No positions other than 2 goalers and 2 defenders.</p>
Revision	Bring in and have a brief chat about the key game points and how they can consider positions on the court.	