

Session TEN Year 3		
Session Aims: Revision of skills, getting prepared for upcoming games		
Aim	Content	Comments for you, as coach to give
Warm Up (10 mins)		
To run around, dynamically and get them ready for training	<ul style="list-style-type: none"> Hand Slaps: In pairs player 1 stands as a post with 1 hand raised. Player 2 runs around player 1 as many times as possible in 15 secs, slapping Player 1's hand each time round. Octopus: 1 person stands in the centre third & everyone else on the baseline. On the whistle they all run through the centre third and the person in the middle has to tag as many people as possible. When tagged they have to sit on the ground in the centre third and tag others as they are running past. 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. 	Encouragement from team for player competing. Avoid contact when running in for ball.
Next		
Group work	<p>Intercepting:</p> <p>One on One defence: Groups of 3 (attacker A, defender D, thrower T). A moves from side to side and D shadows her while watching the ball. T passes to A while D attempts to intercept</p> <p>In the Middle: 4 players form a square with a Defender in the middle. Pass around the square & defender tries to intercept. 1 point for a tip & 2 points for an intercept. Swap after 4 points.</p> <p>Throwing:</p> <ul style="list-style-type: none"> Lob: A & B standing next to each other. A passes a lob out in front and B drives forward to catch Bounce: In pairs bounce to partner. Keep low, bounce 2/3 of the distance bw thrower & catcher Chest: Cross ball formation - pass the ball up and down the team line 6 times then sit down Shoulder: In pairs, A throws the ball to the side of B, forcing B to lunge and catch 	Eyes on the ball, drive forward to take the intercept

	<p>Positions:</p> <p>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>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>GAME PLAY</p>	<p>Half court games</p> <p>Play 5-minute games, but each game should have ONE focus for the players to concentrate on. As noted, swap positions (but just within the thirds – not full-scale swaps until next week)</p> <p>These include:</p> <ol style="list-style-type: none"> 1) Making sure they are 3 feet away from the person with the ball 2) Making straight, confident leads for the ball 3) Supporting each other as a team 4) Making sure you are in the best position to catch the ball – balanced, hands out etc. 	<p>Just for this week, keep them in defence or attacking positions so they are not too confused.</p>
<p>Revision</p>	<p>Bring in and have a brief chat about the key game points and how they can consider positions on the court.</p>	