

Session Five Year 3

Session Aims: Revision of skills up to today

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"> • 4 equal teams (coaches can participate if needed) • Teams start in corner of the third and bean bags equally distributed between teams and some in the middle of the third • 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. Partner relay <ul style="list-style-type: none"> • One ball between two, both standing on baseline when one partner runs up to the goal third line, pivots and runs back towards their partner leading for the ball • Partner remaining on baseline is practicing pivoting and throws the ball when partner is leading for the ball • Complete 5 times and then switch roles 	<p>Be careful of head clashes! Warn</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	Activity work: 5 mins at each activity, unless need more or less time	
Stations of goal shooting, defence, passing and catching, attack	<p>Activity 1 – Goal shooting</p> <p>Shuffle-shoot relay</p> <ul style="list-style-type: none"> • Split in two groups with one member in the centre circle and the rest lining up down the court with the last member straight in front of the goal ring. Other group does the same for the other half of the court • 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 centre circle to restart the passing chain and the next member rotates up to under the ring and repeat until all have 2 turns <p>Activity 2 – Defence</p> <ul style="list-style-type: none"> • Small groups with 1 attacker, 2 defenders and 1 thrower (coach can be thrower if not enough for groups of 3) • Defenders must shadow the attacker while watching the ball, while the attacker tries to receive a throw from the thrower 	

	<p>Activity 3 – Passing/catching</p> <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 <p>Activity 4 – Attack</p> <ul style="list-style-type: none"> • One player is the thrower, rest in line in front of the thrower with 10m in between • First player runs forward then turns and runs diagonally to one side; they then dodge to the opposite side leading for the ball • The thrower passes the ball to them and they catch it, pivot and pass back and run to the end of the line <p>Activity 5 – Defending shot for goal</p> <ul style="list-style-type: none"> • Players pair up. Begin with one as shooter and one as defender (3 feet away) • Cones placed around the goal circle and shooter has 4 attempts at goal, before swapping with partner to become defender • Move onto next cone when complete. 	
<p>MINOR GAME</p>	<p><u>Shooting Rounders</u></p> <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 and centre 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 the final member scores a goal. The goaler moves to the start of the line. • 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>
<p>Revision:</p>	<p>Bring in and have a brief chat about key points from each activity and how they can practise it at home</p> <ul style="list-style-type: none"> • Goal shooting technique • Passing & Catching • Attacking: lead > dodge > pivot • Defending a goal 	