

Session Six Year 3

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

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"> • 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 • 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. • 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. 	Emphasise that it is opposites, and they must pay attention to the coach
Next		
Group work	<p>Activity 1:</p> <p>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>Key point: 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>Activity 2:</p> <p>Down the line – teams of 5 players line up facing down the line and all are leading right. Pass style can vary (e.g., bounce pass, lob, chest), and P1 passes to P2, P2 passes to P3 and so on. 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</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>Activity 3:</p> <p>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>Activity 4:</p> <p>Angled lead – Same 5 players line up in straight line and thrower passes to P1 when they lead forward, P1 passes to the retriever 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 retriever). Use cones as markers for positions of T and R.</p>	<p>Teach basics of intercepting e.g., eyes on the ball</p>
<p>MINOR GAME</p>	<p>Play half court netball, focusing on centre pass systems:</p> <p>C > WA > GS (leads out) > C (top of the circle) > GA</p> <p>C > GA > WA (top of the circle) > GS</p> <p>C > WD > GA > WA (top of the circle) > GS</p>	<p>Encourage the players to use each other’s name when passing the ball</p>
<p>Revision</p>	<p>Bring in and have a brief chat about 1 key point from each station and how they can practise it at home</p> <ul style="list-style-type: none"> • Leading for a pass • Pivoting • Centre pass options • Intercepting – eyes on the ball 	

