

Session Seven 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"> • Toe tag – Players face each other but they both have hands behind their backs. Coach yells ‘Go’ and each player tries to step on each other’s toes • Netball passing in pairs, throwing just off to the right and left, making partner move sideways to catch and pass back. • Ball Pick-Up race – groups form two lines and stand facing each other across one third. Players in each group numbered. Two balls placed in the middle between the two teams, one for each group. Coach will call a number and corresponding player from each group runs to pick up their ball and first to do so scores a point for their team. Keep balls separate to avoid contact. 	<p>Be careful of heads and only aim for toes</p> <p>Encouragement from team for player competing. Avoid contact when running in for ball.</p>
Next		
Group work	<p>Activity 1:</p> <p>Goal shooting with defender – all stand around goal circle with two attackers and two defenders in goal circle. Aim to pass to attackers to shoot for goal with defenders practicing 3 feet defending stance.</p> <p>Activity 2:</p> <p>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> <p>Activity 3:</p> <p>Leaning in to defend shot – Groups of 3. Attacker and defender positioned with a receiver out in front. Attacker will be the goaler and starts with the ball and positions ball in a goal shooting position. Defender moves back and positions themselves to extend their right arm up to defend the ball, maintaining their balance and position. Attacker releases ball to receiver as if shooting for a goal. Defender works to tip or intercept the shooting action of the goaler and turns to deny space to “prepare for a rebound”. Repeat with other arm and practice holding position. Rotate positions and rotate groups to goal posts.</p>	<p>Remind about correct distance for holding leaning position (1.2m back, eyes up, arms up after distance established, turn to defend)</p> <p>Need to lead at the appropriate time and into the open space</p>

	<p>Activity 4:</p> <p>Full court drill – can split the court down the middle (lengthways) to have two groups going at once. All players set up in positions on court (GK, WD, C, GS), GK starts with the ball who passes to WD who leads, then to C who leads and finishes with GS who shoots for goal. Add a defender to the GS to add extra pressure and practicing defending. Have a rebounder who gets the ball and runs it down court to start in GK position. All players move down positions on court.</p>	<p>Remind players to be gentle if contacting other players at any time and support teammates when it's their turn</p>
<p>MINOR GAME</p>	<p>Rob the nest: Use 2 thirds of the court (centre and goal third) and place a hoop on each corner and one in the middle. Divide into equal teams at four corners. Send one runner from each group off first to rob an egg (beanbag or netball) from a hoop. They return the egg to their hoop then next person in line goes to receive another egg. Collect eggs from middle or other nests and can't stop others from stealing from your hoop.</p>	
<p>Revision</p>	<p>Bring in and have a brief chat about the key points and how they can practise it at home</p> <ul style="list-style-type: none"> • Defending a goal – 3 ft, eyes up, arm up after 3 ft, balance • Rebounding • Leading into an open space Leading at the right time 	