

Session Eight 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"> • Players to run around the court. On one whistle, they must stop, on two whistles they must run faster. After they are warmed up, change it to on one whistle, they must jump in air and land on two feet balanced, on two whistles they must run backwards. Make up any combination you wish! • 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. • 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>Try and keep them moving – no standing around now it is cold!!</p> <p>*Stopping – make sure they remain balanced and don't pivot (take care of knees)</p> <p>Help defenders to look for where the pass might go, and help throwers make a set lead for the ball</p>
Next	Quick move into next section!	
Group work	<p>Activity 1:</p> <ul style="list-style-type: none"> • In same groups of 3 and one ball, start with two players behind a line (one attacker and one defender) who will lead out to catch a ball thrown by the other group member (from distance of normal centre pass). • They must make diagonal leads out, then if the attacker catches the ball, they pivot and throw back to the thrower who has run to where the attacker and defender came from. • Swap positions around and repeat several times. <p>Activity 2:</p> <ul style="list-style-type: none"> • 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 	<p>Each player can count how many 'clean' catches they take from leading out.</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>

	<ul style="list-style-type: none"> • 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!! • Rotate all positions around after 2 centre passes, to include sideline players • If they are going well, add a third 'floating' defender as WD. • If the defender intercepts, just start the centre pass again. 	
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 	Either 2 groups on the one court can play against each other OR 1 team can use the whole court
Revision	<p>Bring in and have a brief chat about key points and how they can practise it at home</p> <ul style="list-style-type: none"> • Lead to an open space > catch > pivot • Positions • Centre passes 	