

Session 9: Year 3		
Session Aims: Attack and Defence		
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"> Bib tag – everyone has to run around and try and steal everyone else’s bib that is tucked in to skirt (cannot snatch bibs from others holding one) Relay: Divide whole group into 2 equal teams. One group stands in the inner circle, about 3 feet apart, they will throw one ball to each other around the circle. The other group forms a straight line next to the circle and will run around the outside of the throwing group (put a cone down at number 1). Each group should ‘number off’. On ‘go’, number 1 runs around the outside of the throwing group, then comes back and tags number two etc. When each runner has been around, yell ‘stop’ and swap teams over. 	<p>Make sure bibs are accessible!</p> <p>Encouragement from team for player competing. Avoid contact when running</p>
Next		
Group work	<p>Leading and Pivoting</p> <p>Choose a player to be the ball ‘feeder’ who will stand in front of a line of players. Place a cone in between the feeder and the players (at an angle). Each player runs out to cone, catches ball from feeder, then pivots and throws back to next player. This player throws ball to feeder, and it starts over again. Change types of passes.</p> <p>Move this down the court!</p> <p>Full court drill</p> <p>Can split the court down the middle to have two 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. Rebounder who gets the ball and runs down court to start in GK position. All players move down positions on court.</p> <p>Add a floating defender in (put a bib on them) – they can move anywhere to try and intercept one of the passes – BUT must be 3 feet away from the thrower.</p>	<p>Make sure the lines are not too big. They should be no more than 5 players standing in line</p> <p>Stress to throwers that they can step to the side to get around a defender, do a lob or bounce pass – get them to start thinking...</p>
MINOR GAME	<p>HALF COURT – play half court games with the extra rules (allowed to hold ball for more than 3 seconds and NO defence for someone shooting for goal). The coach should make up modified rules to suit the team – introduce things if needed, e.g., one less defender in goal circle...</p>	<p>Remind players to be gentle if contacting other players at any time and support teammates when it’s their turn</p>
Revision	Bring in and have a brief chat about 1 key point from each drill and how they can practise it at home	