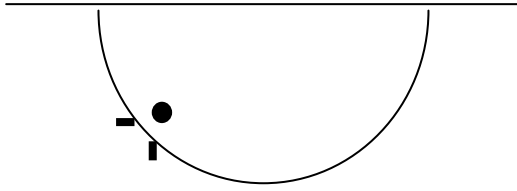
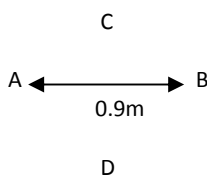


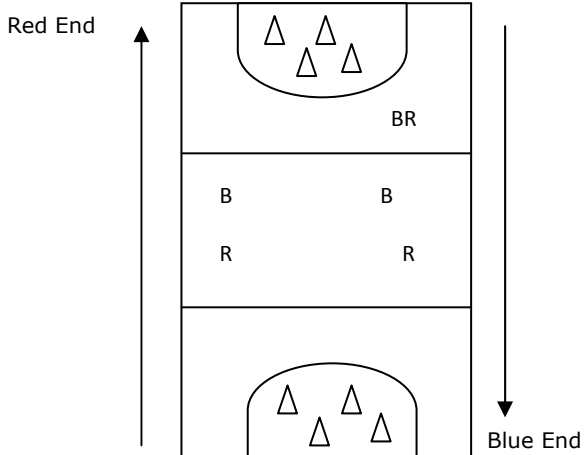
Session	1	AGE: 8-10 60 MINUTES	BALANCE AND REACTION Players will develop the skills of balance and reaction time.
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<p>Equipment</p> <p>6 balls 12 beanbags 2 sets of bibs Whistles</p>	<p>Pairs</p> <ul style="list-style-type: none"> • Bean bag each – passing to each other. • 1 bean bag – T can pass anywhere – variety.
<p>Group Organisation (5 minutes)</p> <p>12 Players – modify equipment to suit size of group.</p>	<p>Skill Development (30 minutes)</p> <p>DRILL 1: BALANCE USING THE BALL</p> <ul style="list-style-type: none"> • Pairs (1 ball between), 1 player inside the circle holds ball out in front, 1 step back from circle line. • Worker outside, balances whilst taking the ball from player inside. • Player inside steps back each time. <div style="text-align: center;">  </div>
<p>Physical Warm-up (5 minutes)</p> <p>KNEE TAG</p> <p>Partners facing each other, on 'go' try and tag partners knees while avoiding being tagged.</p> <p>TOE TAG</p> <p>Players facing each others with hands clasped behind back, on go, players try and step on each others toes, while avoiding the other player.</p> <p>HOPPING FIGHT</p> <p>Players facing, holding each others upper arms firmly. Standing next to a line – try to hop your partner over the line (take turns hopping on both legs).</p> <p>LEAP FROG</p> <p>2 Teams. Leap frog the width of the court. 1st team to get all players across wins.</p> <p>STRETCH</p> <p>See stretching section.</p>	<p>DRILL 2: REACTION TIME / TOSS UP</p> <ul style="list-style-type: none"> • On whistle – clap your own hands in front. <p>In pairs</p> <ul style="list-style-type: none"> • On whistle clap your hands with partner. <p>In 3's</p> <ul style="list-style-type: none"> • A and B set up 0.9m apart for a toss up. C acts as umpire (if no whistle, just say go). • Can use 4 players – winner of toss up passes to D. • A and B set up 0.9m apart for a toss up. C acts as umpire (if no whistle, just say go). Can use 4 players – winner of toss up passes to D. <div style="text-align: center;">  </div>
<p>Skill Warm-up (5 minutes)</p> <p>BEAN BAG ACTIVITIES</p> <p>Individual</p> <ul style="list-style-type: none"> • Stand on spot – throw bean bag (bb) high in the air and catch it before it lands. • Throw bb between left and right hand, in front / high / low • Throw bb over head, turn and catch before it lands. 	

Skill Development (continued)

DRILL 3: SKITTLE BALL (Minor Game)

- 4 skittles (cones) in each goal circle.
- 2 teams with equal numbers.



- Start with toss up.
- Teams move ball to their goal end and attempt to knock down a skittle (cone).
- Players can not go into goal circle, but can move anywhere else.
- Netta rules apply.
- First team to knock down all 4 skittles wins.

Modified Game (10 minutes)

Netta Game

Introduce GS position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Treat players as individuals.

Session	2	AGE: 8-10 60 MINUTES	PASSING Players will develop the skills of shoulder, chest, lob and bounce passes.
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Equipment

- 6 Balls
- 10 Cones
- 2 Sets of Bibs
- Whistles

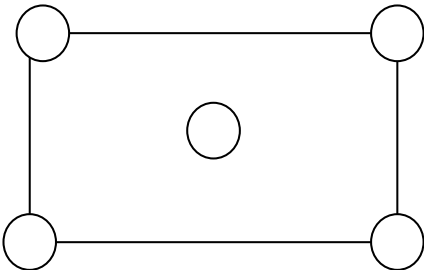
Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

ROB THE NEST

- Place beanbags in the middle of the centre circle.
- Divide into 4 teams and line up at the corners of the centre third.
- Each team sends a runner to rob an egg (beanbag) from a nest; they return the egg to their nest, the next person in line then goes to rob an egg.
- Collect eggs from the middle or from other nests; teams cannot stop others stealing their eggs.
- 2 minutes x 2



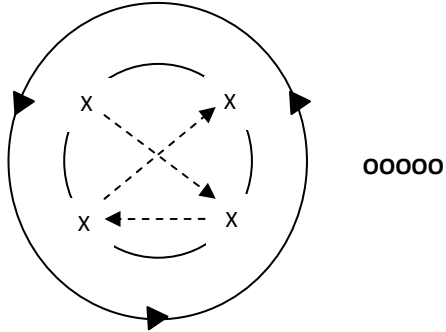
STRETCH

See stretching section.

Skill Warm-up (5 minutes)

PASSING VS. RUNNING RELAY

- X team passes ball around circle anywhere, counting number of passes out loud.
- O team runs around the circle (1 by 1).
- When O team has all run round once, swap roles.



- Compare number of passes.

Skill Development (30 minutes)

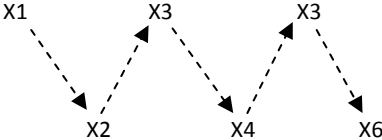
DRILL 1: TEACH PASSING IN PAIRS

Pairs approximately 3-4 metres apart should do 20 passes each.

- Shoulder
- Chest
- Lob
- Bounce

DRILL 2: CROSSBALL

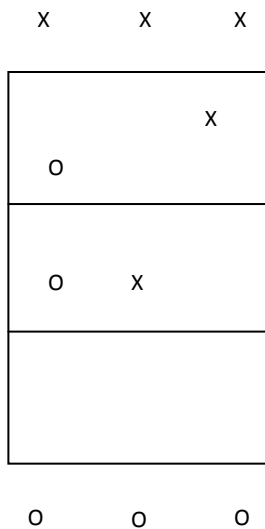
- Pass across from you.
- Practice execution of shoulder, lob, bounce, and chest passes in cross ball formation.



Skill Development (continued)

DRILL 3: BENCH BALL (Minor Game)

- 6-8 players per team.
- 2 of each team on the court with the rest of the team on the baseline.
- Toss up to start.
- Players work ball to their baseline while other team defends.
- Once get ball across the line, an extra player comes on.
- Ball goes back to centre – other team starts.
- Play as Netta rules for intercept, out of court, step, etc.
- Encourage use of a variety of passes



Modified Game (10 minutes)

Netta Game

Introduce GK position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Reinforce coaching points.

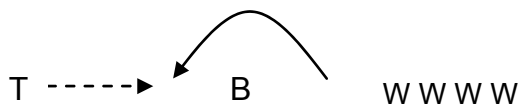
Session	3	AGE: 8-10 60 MINUTES	CATCHING Players will develop the skill of catching with two hands.
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<p>Equipment</p> <p>12 balls 2 sets of bibs Whistle</p>	<p>Skill Warm-up (5 minutes)</p> <p>1 ball per person.</p> <p>BODY WRAPS</p> <ul style="list-style-type: none"> • Wrap the ball around the legs, waist and above the head • Work for period of time or set number of wraps • Repeat in the opposite direction <p>FIGURE 8</p> <ul style="list-style-type: none"> • Wrap ball around each leg alternately in a figure 8 pattern • Work for a period of time or set number of wraps • The pattern can be repeated alternating a figure 8 pattern around a single leg lift <p>BOUNCE BALL</p> <ul style="list-style-type: none"> • Bounce the ball between the legs from front to back (catch behind) • Repeat bouncing the ball from back to front <p>Repeat each activity 5 times.</p>
<p>Group Organisation (5 minutes)</p> <p>12 Players – modify equipment to suit size of group.</p>	<p>Skill Development (30 minutes)</p> <p>DRILL 1: PEPPER POT</p> <ul style="list-style-type: none"> • 2 balls and group of 6 (can be more or less) in semi-circle. • 1 can pass to anyone in the semi-circle and at the same time the player with the ball in the half circle passes to 1. • All have a go at being 1. • Use both chest and shoulder passes
<p>Physical Warm-up (5 minutes)</p> <p>PAIRS CHASEY (in one third)</p> <ul style="list-style-type: none"> • Players stand in pairs with arms linked. One player is it (I) and partner (W) runs to avoid being tagged. • W can link arms with a pair, the end player now becomes the W. • If tagged, W becomes I. • Emphasise strong change of direction on outside foot. • Work on sprinting technique - body weight forward, head up, opposite arm to leg, drive foot forward with strong arm pump action. <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>The diagram shows a rectangular field with several 'XX' markers representing pairs of players. One pair is labeled 'I' and 'W', indicating the chasey players. The 'I' is positioned in the center, and the 'W' is at the bottom left. Other 'XX' markers are scattered around the field.</p> </div> <p>STRETCH</p> <p>See stretching section.</p>	<div style="text-align: center;"> <p>The diagram shows a semi-circle of 6 players labeled X1 through X6. X1 is at the top peak of the semi-circle. Dashed arrows indicate passing directions: X1 passes to X2 and X6; X2 passes to X3; X3 passes to X4; X4 passes to X5; X5 passes to X6; and X6 passes back to X1.</p> </div>

Skill Development (continued)

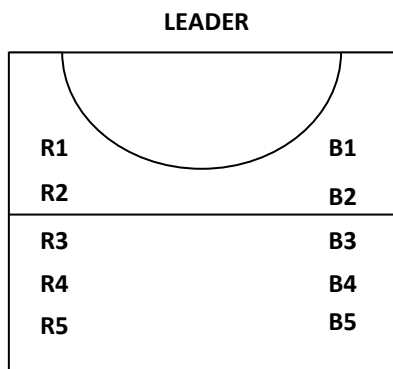
DRILL 2: BUNNY

- 1 ball with T out in front. B stand approx 4m away, W's lined up behind.
- T throws ball up and catches, passes to B. W runs around in front of B to catch out in front, balances and passes to T.
- W moves around to both left and right sides.
- Rotate T and B.



Drill 3: HALF COURT NUMBERS NETBALL (Minor Game)

- 2 teams lined up on side line numbered consecutively.
- Leader stands near post with ball and calls a number and passes ball into the space (lob / roll / pass).
- The player that gets the ball must pass the ball three times to their team on sideline to get the ball into circle and have a shot.
- Beaten player defends and attempts to intercept.
- If intercepts or after shot – start again, ball returned to leader and new number called.
- 2 points if get ball into goal circle.
- 1 point if score goal.



Modified Game (10 minutes)

Netta Game

Introduce GA position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Keep it simple

Session	4	AGE: 8-10 60 MINUTES	PIVOTING Players will develop the skill of pivoting and continue to develop their ball skills.
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Equipment

6 balls
20 beanbags
8 hoops
2 sets of bibs

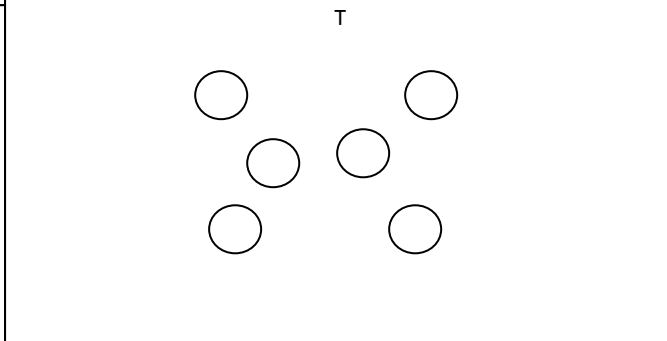
Skill Warm-up (5 minutes)

HOOP PIVOT WITH RUNS

- 5 players. 6 hoops randomly placed.
- Player 1 runs to a vacant hoop to receive a pass from T, lands, pivots, next player (2) runs to their vacant hoop and receives pass from 1.
- Continue down the line.
- Run forward towards free hoop, nearest player with the ball.

Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.



Physical Warm-up (5 minutes)

NETBALL TAG (variation)

- In one third (or half a third depending on group size).
- 2 players with a ball and each wearing a bib pass between themselves, moving the ball to be able to tag another player (by pivoting).
- Rest of players running around in designated area trying to escape the bib players.
- Once player touched by ball (no throwing) they also put on a bib to help the attackers

A rectangular diagram representing a field. It contains two 'B's and eight 'X's. One 'B' is on the left side, and the other is in the upper-middle. The 'X's are scattered throughout the field.

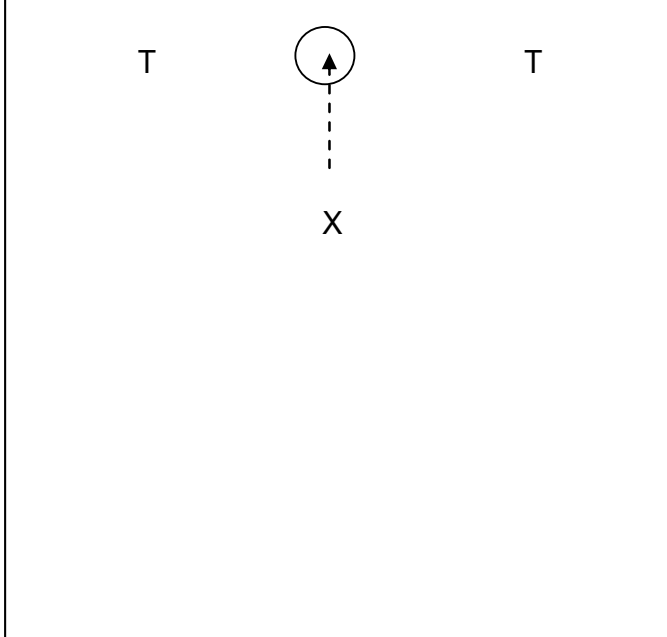
STRETCH

See stretching section.

Skill Development (30 minutes)

DRILL 1: HOOP PIVOT

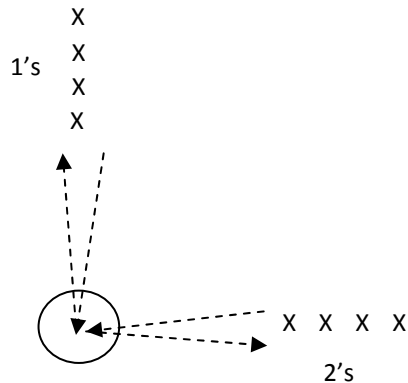
- In groups of 3.
- X runs and receives a pass (in hoop) from T1, then pivot 180°, and pass to T2.
- Do 10 each and swap (change sides).
- Ball passed out in front of X, so that they can land on outside foot.
- May use 2 foot landing at start and then pivot outside



Skill Development (continued)

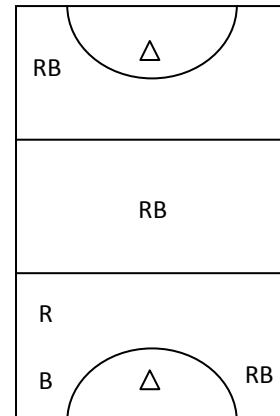
DRILL 2: L's

- 1 leads and takes pass from line 2.
- Lands in hoop and pivots on outside foot and pass back to own line.
- Then 2 leads forward and takes pass from 1, pivots and passes back to own line.
- Repeat.
- Go to end of own line.
- Move line to other side – practice leads both sides, both feet.



DRILL 3: SIDE LINE SKITTLE BALL (Minor Game)

- 2 even teams with bibs and skittle in each goal circle.
- 5 players from each team on court, remaining players along sideline.
- Start with toss up in centre circle.
- Players may pass to members of their team on and off the court and aim to move ball to edge of goal circle and attempt to hit the skittle.
- Rotate players on and off court.
- Count how many times skittle is knocked down.
- After attempt at the skittle, opposing team takes pass just inside goal circle to restart.



Modified Game (10 minutes)

Netta Netball

Introduce GD position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

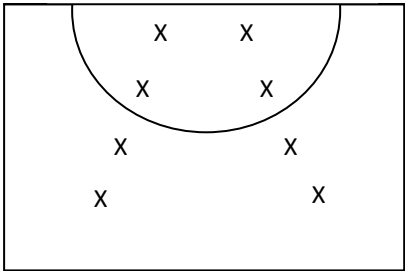
See stretching section.

Evaluation



COACH TIP: Enjoy your coaching

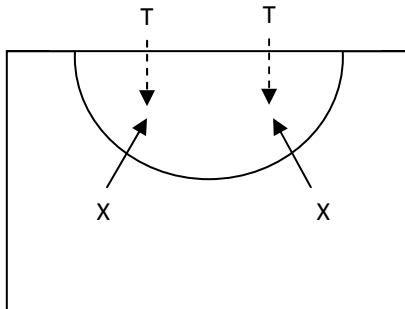
Session	5	AGE: 8-10 60 MINUTES	GOAL SHOOTING Players will develop the skill of shooting. They will continue to develop their passing, catching and landing skills.
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<p>Equipment</p> <p>12 balls 10 cones</p>	<p>Skill Development (30 minutes)</p> <p>DRILL 1: SHOOTING ACTION</p> <ul style="list-style-type: none"> • 1 ball each. • Player throws ball up in the air, jumps to catch, lands and pivots to the wall and goes through shooting action. • Emphasise landing technique and correct pivot action. <p>DRILL 2: SHUFFLE SHOT RELAY</p> <ul style="list-style-type: none"> • Line of players which starts at transverse line. • Ball is passed along the line to the front, where player pivots, balances and shoots. • Retrieve the ball; pass to the front person who passes ball down the line. • Shooter returns to back of the line, start again. • Can have 2 to 4 lines. • Lines should only have maximum 4-5 participants. • Use chest passes
<p>Group Organisation (5 minutes)</p> <p>12 Players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (5 minutes)</p> <p>LINE TAG</p> <ul style="list-style-type: none"> • In pairs, player runs along any line on court and partner chases. • When tagged, swap roles. Work for 3 mins. • Emphasise strong change of direction on outside foot. <p>STRETCH</p> <p>See stretching section.</p>	
<p>Skill Warm-up (5 minutes)</p> <p>1 ball per person.</p> <p>PASS OVERHEAD</p> <ul style="list-style-type: none"> • Ball is passed from behind the back, over the head and caught in front of the body • Can be repeated in the reverse direction and caught behind the back <p>THROW AND CATCH</p> <p>Throw ball in air and:</p> <ul style="list-style-type: none"> • Clap once before catching – extend the number of claps • Turn around 180 degrees before catching • Touch the ground and catch <p>Repeat each activity 5 times.</p>	

Skill Development (continued)

DRILL 3: LEAD, RECEIVE AND SHOOT

- 2 groups of 5 in the goal third.
- Thrower on each side of goal post stands on baseline.
- X runs towards and into the circle to receive pass, balance and shoot.
- Retrieve ball, X becomes new T, and old T goes to the end of the line.
- Ensure players work from both sides



Modified Game (10 minutes)

Netta Game

Introduce C position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Quality rather than quantity

Session	6	AGE: 8-10 60 MINUTES	DODGING Players will develop the skills of dodging. They will continue to develop their defensive skills, ball handling and footwork skills.
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Equipment

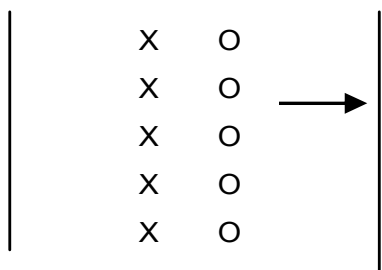
4 balls
10 cones
2 sets of bibs
Whistle

Group Organisation (5 minutes)
12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

RATS AND RABBITS

- 2 lines – 1 rabbits, 1 rats.
- Coach calls one name (rats or rabbits) – that team runs to the sideline, the other team chases person directly in front.
- Work for 2 mins.
- Emphasise strong change of direction on outside foot



STRETCH
See stretching section.

Skill Warm-up (5 minutes)

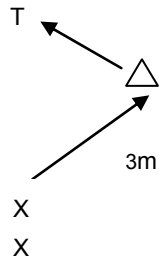
DODGE AND STEAL

- Place a number of netballs behind each goal line
- Players are in two teams, one in each half of the court
- They try to steal an opponents' ball and return to their own half without being tagged

Skill Development (30 minutes)

DRILL 1: LEAD AND DODGE

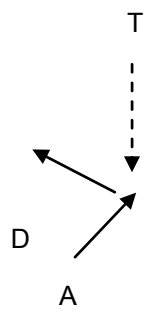
- Group of 4.
- Begin in a line and one player leads (either left or right), change direction, then drives towards T to take pass.



- All leads at 45°. Make set up 'big' to extend movement (otherwise will get a head dodge).
- Ensure initial drive to cone is at match speed (as this move needs to draw defender before attacker changes direction).
- Swap sides.

DRILL 2: SHAKE THE SHADOW

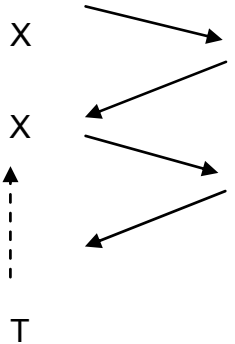
- In pairs – try and get away from your shadow by dodging (3-4 steps each way). On stop, try and touch your shadow. Swap roles.
- In 3's, T out the front (3-4 steps). A uses dodges to get away from D. Only single dodge (make sure actually move feet 'no head dodge'). T passes to A.



Skill Development (continued)

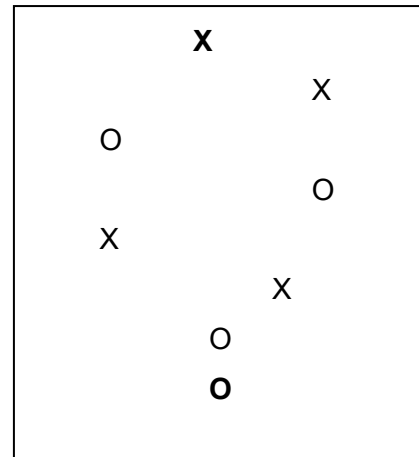
DRILL 3: LINE DRIVE

- Use ½ a netball third.
- Players line up in a straight line.
- Drive 1 by 1 out to line and then change direction. Drive forward (45°) to receive pass – pivot on outside foot and pass to next player.
- Work both sides.



DRILL 4: END BALL – VARIATION (Minor Game)

- 2 even teams.
- Start with a toss up.
- Teams try to get a pass to goalie on line.
- If successful, player who threw the ball swaps places and becomes the goalie.
- Other team takes throw in, attempts to get ball down to their goal end.
- Goalies can't move.
- Defence can't just stand in front of goalie – one-on-one defence.
- Netta rules.



Modified Game (10 minutes)

Netta Game

Introduce WA position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation

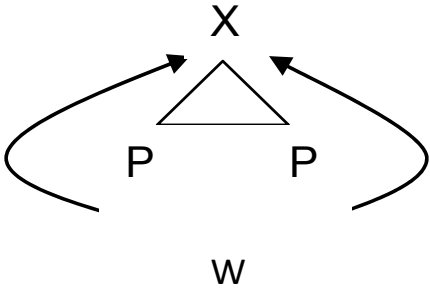


COACH TIP: Question players to ensure understanding

Session	7	AGE: 8-10 60 MINUTES	INTERCEPTING Players will develop the skill of intercepting.
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Equipment

6 balls
10 cones
2 sets of bibs
Whistle



- Each player to have a turn at W.
- Move feet using small steps – no lunging.
- Players protecting X to initiate movement (X should not drag P's around)

Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.

Skill Development (30 minutes)

DRILL 1: 1.2M (4 FEET) STANCE

Physical Warm-up (5 minutes)

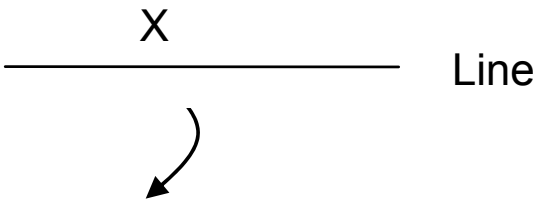
OCTOPUS

- Players line up along transverse line
- One player is in the middle, the octopus. This player calls 'octopus' and the rest of the group must run to the other side of the third without being tagged
- Tagged players sit down where they are tagged, keep feet tucked in, these players help tag runners but cannot move from their spot
- Last player left untagged is the winner

STRETCH

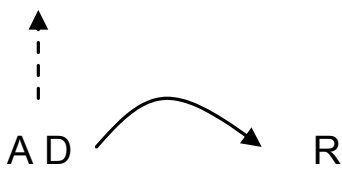
See stretching section.

- Players start on line, and then shuffle back to 1.2m and put hands up.



In 3's

- A throws ball up and catches it, pivots – D must get back to 4 ft and put arms up. A passes to R.



Skill Warm-up (5 minutes)

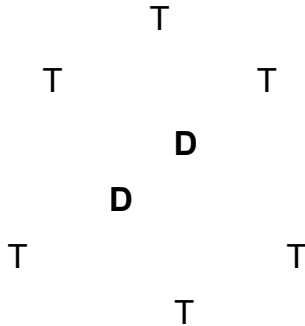
TRIANGLE TAG

- 3 players hold hand, 1 player has a bib (X).
- W attempts to tag X (arms/legs).
- The P's put themselves between W & X.

Skill Development (continued)

DRILL 2: HANDS OVER INTERCEPT DRILL

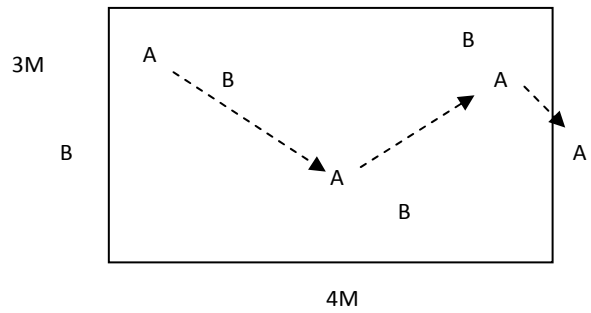
- 2 D's in the middle.
- T's pass to each other (about 5 -6).
- 1 D defends at 4 ft and the other D attempts to intercept.
- T's can't pass to person directly beside them.
- Recover after attempting intercept to defend at 4ft.



- 6 points then swap (1 for tip, 2 for intercept).
- Teach basics of intercept – eyes on ball, run through to take ball at 45 angle.

DRILL 3: 4_ON-4 KEEPING OFF

- 4 per team – use bibs.
- A team starts with ball on line – passes until gets to other line (1 point).
- B team defends at 4ft and attempts intercept.



- Netta rules – if turnover, take from nearest end and start again.

Modified Game (10 minutes)

Netta Netball

Introduce WD position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

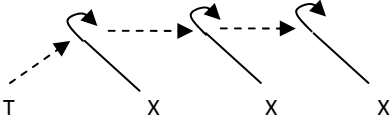
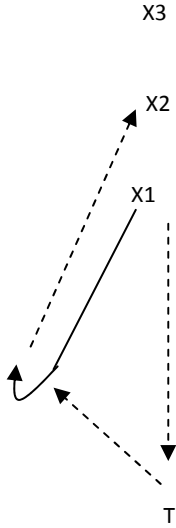
See stretching section.

Evaluation



COACH TIP: Know the rules

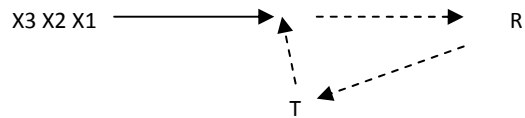
Session	8	AGE: 8-10 60 MINUTES	LEADING Players will continue to develop their attacking skills.
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<p>Equipment</p> <p>6 balls 10 cones 2 sets of bibs Whistle</p>	<p>Skill Development (30 minutes)</p> <p>DRILL 1: LINES</p> <ul style="list-style-type: none"> Line of players. Lead out for 2-3 steps at 45° angle forward to thrower. Take ball out in front. Land outside foot/pivot out. Pass to next lead. Timing – wait until person before pivots to lead. Angle lead forward, towards passer. Land on outside foot, pivot outside. Ball placement – out in front of player. Work both sides. 
<p>Group Organisation (5 minutes)</p> <p>12 Players – modify equipment to suit size of group.</p>	<p>DRILL 2: LEAD AND PIVOT</p> <ul style="list-style-type: none"> X1 leads on 45° angle for 2-3 steps (left or right). Shoulders turned on direction of lead. Catch pass from T and land on outside foot. Pivot outside and pass to next players in line (X2). X2 passes back to T. Angle lead forward, towards passer. Land on outside foot, pivot outside. Ball placement should be out in front of player. Work both sides. 
<p>Physical Warm-up (5 minutes)</p> <p>TAILS</p> <ul style="list-style-type: none"> Small space (1/2 a third) / goal circle. Each player has bib tucked into back of shorts/skirt. Players must keep moving, not stand still around edge of space. No elimination. <p>STRETCH</p> <p>See stretching section.</p>	
<p>Skill Warm-up (5 minutes)</p> <p>SHRINK AND GROW</p> <ul style="list-style-type: none"> Begin 3 metres away from partner Each pair throws the ball using one of the passing techniques First time the ball is dropped both players kneel on one knee If ball is dropped again players 'shrink' from one knee to both knees, then to a sitting position and finally a lying position After ten successful passes the players begin to 'grow' again If the players are still standing they move back a step Variation: start in a lying position and when the ball is caught they progressively rise to standing. 	

Skill Development (continued)

DRILL 3: STRAIGHT LEAD

- X1 sprints straight forward to receive pass from T,
- X1 lands, steps forward and passes to on to R.



- R passes back to T and X1 returns to the end of the line.
- Use shoulder pass.
- Reinforce weight transfer on shoulder pass and catching technique.
- Ball placement should be out in front of player.
- Make sure change sides and swap roles throughout.

Modified Game (10 minutes)

Introduce basic C pass attack strategies.

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Encourage teamwork

Session	9	AGE: 8-10 60 MINUTES	INTERCEPTING Players will continue to develop their defensive skills.
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Equipment

4 balls
2 sets of bibs
Whistle

Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

FLIP IT

- Split the group into two teams
- Each player has a marker, one team places them correctly on the ground and the other team places them on the ground upside down
- On command players run around to try and turn the other teams markers over to match their own
- After a set period of time, team with the most markers wins
- Variation: size of the area or must run to a corner after each flip

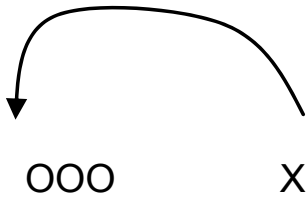
STRETCH

See stretching section.

Skill Warm-up (5 minutes)

TRAIN TAG

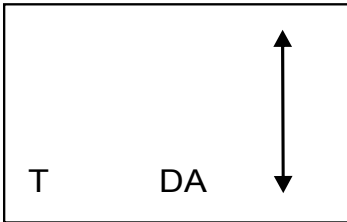
- 3 players stand in single file, holding waist of person in front, an extra player nominated as a tagger.
- The tagger starts facing the line. The tagger aims to move around the train and tag the back player.



Skill Development (30 minutes)

DRILL 1: ONE ON ONE DEFENCE

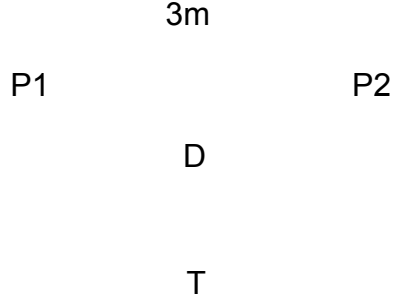
- In groups of 3 (1 attacker, 1 defender, 1 thrower).
- A moves side to side, D shadows while watching ball.
- After D is comfortable T passes to A while D attempts to intercept.
- Small quick steps.
- Eyes focus ahead rather than back on opponent.
- Drive forward towards the ball when taking intercept.

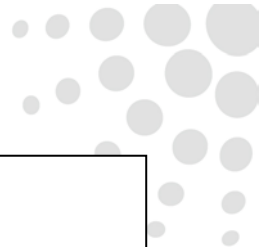


3m x 3m

DRILL 2: PIGGY IN THE MIDDLE

- In groups of 4 (1 defender, 1 thrower, 2 passers).
- T passes to P1 or P2. D attempts to intercept.
- 1st step forward. Lead out at 45°.
- 2 hands on the ball.
- No fakes from the thrower.
- Chase tips.





<p>Skill Development (continued)</p> <p>DRILL 3: IN THE MIDDLE</p> <ul style="list-style-type: none">• Form a square with a defender inside.• Pass around square and defender attempts to intercept.• Watch cues of the thrower.• 1st step forward towards the ball.• Run through, don't lunge.• 1 point for a tip and 2 points for an intercept.• After 4 points, change over <p style="text-align: center;">X X</p> <p style="text-align: center;"> D</p> <p style="text-align: center;">X X</p>	<p>Modified Game (10 minutes)</p> <p>Introduce basic C pass defence strategies</p>
	<p>Concluding Activity (5 minutes)</p> <p>Summarise skills covered.</p> <p>STRETCH</p> <p>See stretching section.</p>

<p>Evaluation</p>



COACH TIP: Provide challenges with the opportunity for success



Session	10	AGE: 8-10 60 MINUTES	PASSING Players will continue to develop their passing skills within the concept of the game.
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Equipment

6 balls
10 cones
2 sets of bibs
Whistle

- X pass to one of the O, they pass back then jog around the back of the player they received the pass from and then sprints back into the circle and receive pass from another X.
- 3mins, swap roles and repeat twice

Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.

Skill Development (30 minutes)

- DRILL 1: PASSING VARIETY**
- F is 7.5m away from line and W half-way facing F.
 - W turns, runs to line, changes direction, drives back and receives pass (10 times).
 - Use a variety of passes – lob, bounce, chest, shoulder.
 - Reinforce coaching points for all passes.
 - Emphasise sprint technique and strong change of direction on outside foot.

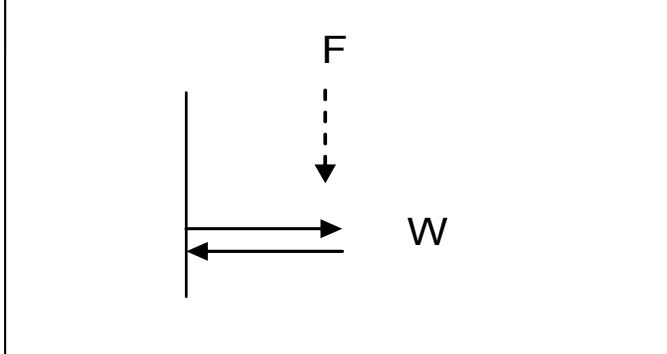
Physical Warm-up (5 minutes)

TUNNEL BALL

- Players line up in two teams
- On command the ball is passed to end of line between legs of all team members
- Last person then runs to front of line and starts passing the ball again
- Winning group is first back to their original position
- Variations: pass the ball above heads of players; pass ball in an over and under pattern, or a left, right passing pattern.

STRETCH

See stretching section.



- DRILL 2: LOB**
- Pairs – 1 ball between two.
 - 5 each side / swap roles.

Skill Warm-up (5 minutes)

MODIFIED AROUND THE WORLD

- 2 even teams, outside circle of players each have a ball.

Extension

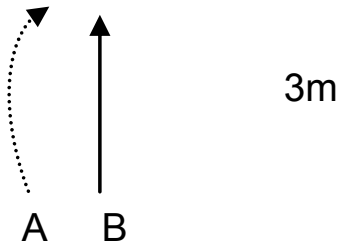
- AB stand next to each other.
- A passes a lob out in front and B drives forward to receive high pass and lands outside foot

Skill Development (continued)

DRILL 2: LOB (continued)

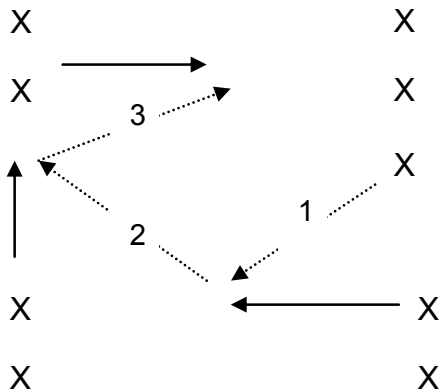
Extension

- AB stand next to each other. A passes a lob out in front and B drives forward to receive high pass and lands outside foot.



DRILL 3: SQUARE DRILL – SHOULDER PASS

- Square, 1 ball, 4 corners, 2-3 players in each.
- Start the ball with X who is halfway between two corners.
- X player directly from corner in front drives side to take ball at extension.
- Continue around square.
- Run to back of the line just thrown to.



- Size of square depends on skill of players.
- Run activity clockwise and anticlockwise.

Modified Game (10 minutes)

Introduce basic throw in strategies.

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Players like to play the game