

Session Theme: Shoulder Passing, Catching and Safe Landing.

Equipment:

2 x skipping ropes
 1 ball between 2
 Bibs

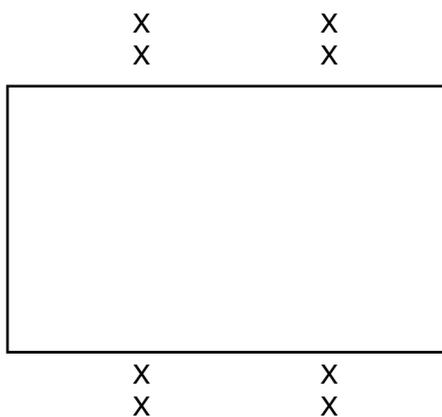
Group Organisation: (5 mins)

First training of the year, so set up expectations in conjunction with the players.

- What do they love most about netball?
- What would they like to be able to learn this year?
- How can we make sure we all use training time well?

Warm Up: (10 mins)

1. Form A Group. Have players limited in centre third. On 'Go' players slowly jog around centre third, using all space and not running in the same area as anyone else. The coach blows their whistle and yells out a number. Players must run to the goal line before coming back to the centre third and forming groups of that size. For variety, you can vary the locomotion used in the centre third, e.g. short bursts of running, hopping, fast walking, skipping, silly walks etc.
2. Relays. Set up in teams across one third, equal numbers at each end.



- Skipping with rope to other end.
- High knees. Player runs holding hands to front at hip height and lifts knees to touch hands.
- Fast feet pitter patter to end. Rapid foot movement so that foot contact with ground is very fast. Have arms pumping hard, head up and soft feet.
- Bum kicks to end.
- With netball, run to end, 3 x knee wraps.
- With netball, run to end, toss ball in air, clap x 3 before catching.
- With netball, run to end, 4 x figure 8s through legs.
- With netball, run to end, toss in air, spin 360° then catch.

Skill Development: (20 mins)

3. Safe Landings.
 - Have players complete a 2 foot forward jump off line to analyse their technique. Look for:
 - ✓ stable hips and knees on landing. They should not swing in or out.
 - ✓ Knee and toe pointing in the same direction.
 - ✓ A soft, and slightly bent knee on landing



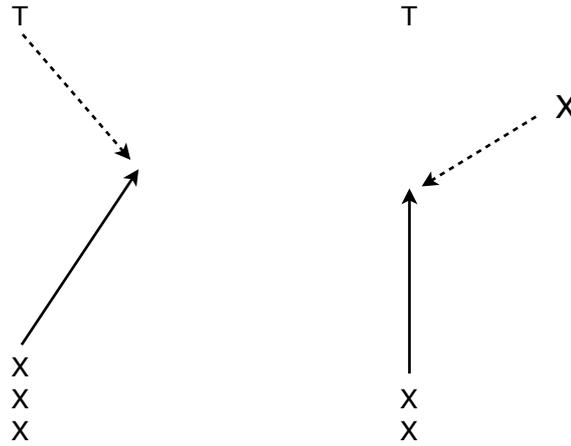
- Demonstrate a good landing technique to players and have them practise on the spot.
- Work in pairs. Partners face each other and grip each other’s arms at the wrist. They both bend their knees and go into squat position. Keep weight even over feet and let hips move backwards as though about to sit down. Lower to 60° knee bend. Straighten up again, using buttocks and quad muscles. Repeat x 10.
- 2 foot forward jump and land x 5. Players need to ‘stick’ the landing and hold that position for 3 seconds. See if they can increase their jumping distance each time.

4. Shoulder Pass and Two Foot Landing.

- Review shoulder pass technique. Have players pass in pairs until happy with technique.
- Work in two groups. One thrower out the front with ball. Thrower throws a slightly lofted pass. Worker drives forward, catches the ball and lands with a 2 foot stop. Ensure safe landing technique is used, and that they stick the landing. They then throw a good, straight shoulder pass back to the thrower. Ensure they step forward on their opposite foot when throwing the ball. Swap over throwers regularly.



- Same drill, but have thrower pass a stronger, straighter pass. This will normally mean that the worker will now land on one foot, as they will be traveling too flat to land on two feet. Because they are running straight at the thrower, they should be landing on their right foot if they are right handed, and left foot if they are left handed. Then they are able to just step forward on their other foot in order to throw a good shoulder pass back.
- Same drill, but this time the worker has to pivot around after landing and pass the ball back to the next worker. Ensure they have good pivot technique and pivot in a forward direction.
- Same drill, but this time worker drives out to either side at 45° angle. They take a pass, landing on their outside foot, and pivot to the outside. Then the next worker in line drives straight ahead into the new space and takes the next pass. They then return the ball to the thrower.



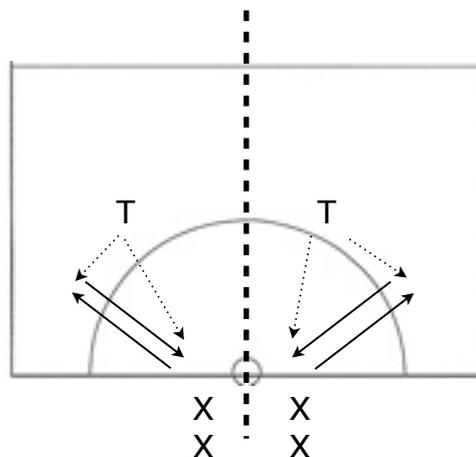
Modified Game: (15 mins)

5. Billy Goats and Trolls.

- Split the players into 2 teams, one team wearing coloured bibs. Pair players off and encourage man on man defence. Start in the goal third, with everyone spread around and in the goal circle. Coach throws the ball anywhere into the sea of players. The team which gets the ball first becomes the attacking team. They attempt to pass the ball amongst themselves and make their way across two thirds to score a point. If the other team intercepts the ball, players step or the ball goes out, the other team becomes the attacking team. If a point is scored you reset and start the game again. Encourage use of space, good shoulder passing and solid, balanced landings throughout.

6. Shooting Challenge.

- Split the players into 2 teams, each team working in one half of the goal circle. One thrower from each team stands at the top of the circle. Rest of the team starts behind goal line near post. On 'Go', first player from each team runs out of the goal circle, takes a pass and throws it back, then drives back into the goal circle, takes a pass and goes for a goal. Return the ball to thrower and next player in line goes. Keep moving through players until a team scores 3 goals.



- Repeat game, with a new thrower out the front.
- Extend game by instigating a new rule. Players can score different point for different difficulty of shots. If they score a goal close to the post they score 1 point. Medium distance scores 2 points and long distance scores 3 points. First team to 6 points wins. Teams have to work out the best strategy for them. Risk versus reward. Play a few rounds so that teams can devise and adjust their strategies throughout.

Cool Down: (5 mins)

7. Slow jog and static stretches.
 - Alternate arm swings.
 - Lower and Upper back stretch
 - Glute stretch.
8. Review and evaluation of session.