

Session Theme: Shoulder Passing, Catching & Basic Footwork

Equipment:

8 x skipping ropes
1 ball between 2
8 cones
8 tennis balls

Group Organisation: (5 mins)

First training for 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)

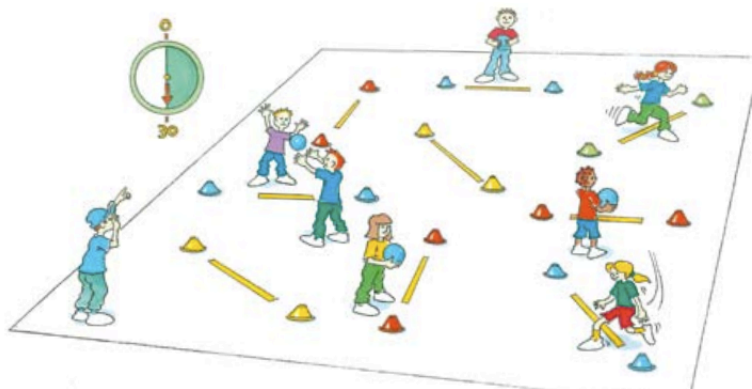
1. Hospital Tag. Set a boundary for play (e.g. one third). In this version of tag, everyone is 'it'. If tagged, you have to hold that spot as if injured there. You cannot stop holding that spot until you tag someone else. You can make it harder by having to hold two spots if tagged again before you release yourself. Thus, you have no hands to tag with and have to tag someone with another part of your body!
2. Dynamic stretching.

Fitness Development: (15 mins)

3. Random Ropes. Spread 8 skipping ropes around the half court. Players grab a rope each, skip x 10 peppers, then drop the rope and sprint to another rope. Continue for 1 minute, with 30 secs recovery. Repeat x 5. You can change style of skipping for more interest - slow, backwards etc.
4. Agility Training. Form pairs. Start on goal line. One person goes, then their partner goes.
 - Butt flicks - 10m up, turn and 10m back to line. Partner then goes. *On butt flicks, keep knees pointing down, flick heel up to kick butt. Keep knees together by imagining they are locked together with a steel bar. Short steps, fast action.*
 - Skip (high knees). 10m up, turn and 10m back. *On skip, when lift one leg the other should be fully extended. Drive elbows back vigorously, short ground contact, short steps. Drive with the knee, not the foot.*
 - Quick feet forward 10m, then backwards 10m. *Keep eyes up at all times.*
 - Quick feet sideways (face same direction up and back so using different leading side).
 - Sprint, 360o turn on whistle, sprint - continue up full court and walk back.
 - Slide, 180o turn on whistle, slide - continue up full court and walk back.
 - Slide, 360o turn on whistle, slide - continue up full court and walk back.
 - Backward run, at 5m turn and sprint to second transverse line.

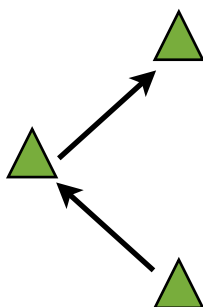
Skill Development: (20 mins)

4. Pairs Passing. Set up cones in half court area so that players pass in pairs. Pairs pass good shoulder passes for 30 seconds. When the whistle blows, the person without the ball drives to a new cone with a new partner and start shoulder passing again. Repeat x 4, have a short break and then start again.



5. Change of Direction.

- Review description of a change of direction. Emphasise that movements have to be strong and definite so that defences can be fooled. No wishy washy movements.
- Set up two working groups with cones set out as below. Have players perform a change of direction without involving a ball, so that you can ensure their movements are strong and definite. Swap cones around so that you repeat to the other side. *Ensure that their first take-off foot is moving forward. Their arms should be pumping hard and their turn at the cone should be sharp and definite. Eyes up at all times.*



- Form pairs with a player who plays a similar position to you. Take 3 cones and a ball per pair and move to an area of the court where you work a lot. Set up a change of direction scenario using the cones. Try to set it up using a common movement you would have to make in your position. Do the same drill as above, but add a pass to the drill. *Ensure movement definition does not change now that the ball has been added. Make sure the player passing the ball passes a strong shoulder pass in front to where the player is heading.*
- Demonstrate that a change of direction can also end with a backward movement. Question players as to how that would change the type of pass thrown. Have players set up this scenario in their area of the court and practice the strong moves but also the longer, higher pass.

Modified Game: (5 mins)

6. Group Juggling.

- Form a large circle with all players. Tennis balls are best used for this activity, but you can use netballs (although it can get a little scary with stronger, older groups!). Have 8 tennis balls ready next to the leader of the group. The leader passes one tennis ball to another person in the circle, who then passes to another, etc until all players have caught the ball. You cannot throw to a person right next to you. Once you have established an order for your throwing, repeat a few times so that everyone remembers that order. When comfortable with the routine, have the leader add another ball. Then when two balls are going well, add another. Keep adding until the group cannot cope any longer. See how many balls they can juggle at the same time!

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.