



Sample Session Plan

Date: 16 October 2007.	Team: Under 11 year's netball squad.	Equipment needed: Balls, witches hats, bibs, goal post pads.
Venue: Eastern netball courts.	Duration: 60 mins.	
<p>Introduction (aims for session, reminders, etc.):</p> <ul style="list-style-type: none"> • The aim of today's session is to work on improving individual and team defensive skills. • Remind players that this week's match is at 2.30pm instead of 3.00pm. • Check that everyone has their drink bottles filled before training begins. 		
<p>Warm-up activities:</p> <ul style="list-style-type: none"> • Pairs shadowing and chasing game. • Active stretches. 	<p>Drills and games:</p> <ul style="list-style-type: none"> • Groups of 3 - "piggy in the middle" activity. Change roles after achieving an interception. Add an extra defender to progress to a 2 v 2 situation. • Groups of 3 - 1 on 1 defence positioning, with a thrower trying to pass to the attacker. • 3 v 3 "keepings off" game in half court area. Focus on trying to intercept the pass. Swap the attackers and defenders after achieving an interception. • Progress "keepings off" game to full court. Add a rule that the attackers can shoot for goal only after each person has received a pass. • Groups of 4 - Defending the shot game. 3 attackers must all receive a pass before having a shot at goal. • Groups of 5 - Defend the cone game. 3 attackers vs 2 defenders. Defenders try to stop the attackers knocking down the cone with the ball. 	<p>Cool-down activities:</p> <ul style="list-style-type: none"> • Static team passing game. • Static stretching. <p>Group management:</p> <ul style="list-style-type: none"> • Set up markers to define boundaries. • Modify groupings used last week to avoid the stronger participants all working together. • Identify a person to be 'captain' of each group in game activities to encourage leadership.
<p>Coaching tips/questions/challenges:</p> <ul style="list-style-type: none"> • Piggy in middle- Ask participants to identify the best place to stand to defend the pass. • Encourage 'eye's up' and peripheral vision for defence positioning activity. • Keepings off- Focus on how to work with your team-mates to achieve an interception. • Full court- Ask the players to identify what defensive tactics will slow down the other team's passing. • Defending shot - Encourage defenders to try for the intercept, then defend the shot. • Defend the cone - Ask defenders how they can cooperate to stop the attackers. 		