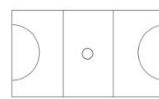


DURATION **1**  
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

**7-12**

**5MIN WARM UP**

See My NETFIT videos for warm up.

**10MIN FITNESS & FOOTWORK**

See My NETFIT videos for ideas to build your fitness session.

**10MIN TEAM DRILL**

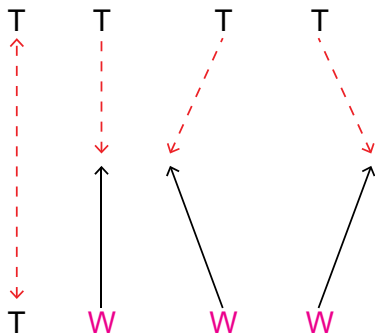
See My NETFIT weekly team drill for inspiration.

**20MIN SKILL DEVELOPMENT**

**W = WORKER T = THROWER D = DEFENDER A = ATTACKER** DRIVE, PASS →

**ACTIVITY 1. (STRAIGHT & ANGLED SINGLE LEADS)**

- In pairs – One ball
- Complete stationary passes, 10 of each, chest, shoulder, bounce and overhead.
- Straight lead (W) drives hard straight towards (T), (T) passes and (W) lands on any foot with exaggerated landing, passes back to (T) turns runs back to starting point. Repeat for 10 passes then swap workers.
- Angled lead to left (W) drives hard on a 45 degrees angle, (T) passes and (W) who lands on outside foot (left) exaggerated landing pivots, fakes the pass away from (T) then continues pivot, passes back to (T) runs back to starting point. Repeat for 10 passes then swap workers.
- Angled lead to right (W) drives hard on a 45 degrees angle, (T) passes and (W) who lands on outside foot (right) exaggerated landing, pivots, fakes the pass away from (T) then continues pivot, passes back to (T) runs back to starting point. Repeat for 10 passes then swap workers.



**MAKE IT EASIER**

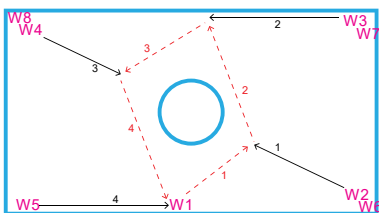
- Set up cones on 45 for players to drive to.
- Slow the movements down.

**CHALLENGE #1 – CONVINC**

Can you do the best fake?  
Which player does the most convincing fake?

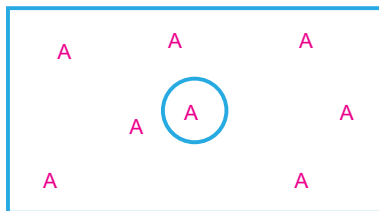
**ACTIVITY 2.**

- Set players (W) up evenly in the corners of a third, with one (W) starting with the ball ½ down the transverse line.
- (W1) passes to (W2) who is leading into the middle of the third towards centre.
- (W2) passes to (W3) who is leading along transverse line.
- (W3) passes to (W4) who is leading into the middle of the third towards centre
- (W4) passes to (W5) who is leading along transverse line.
- All passes to be out in front, timing of leads is important.



**ACTIVITY 3.**

- All players to spread out in one third. One ball
- Working for 1 minute they must all move around finding open space.
- At least two options for every pass.
- Rest for 1 minute then repeat 3 times.



**MAKE IT HARDER**

- (W)'s to do preliminary movements before driving for ball.
- Add defence on 2 corners.
- Add a 2<sup>nd</sup> ball.

**CHALLENGE #2 – CLEAN RUN**

Work for 2 minute no drops.  
Add 5 sec on for every dropped ball.  
Hold time for any lose balls.

**10MIN MATCH PLAY - FOCUSES**

Full or Half Court.

- Passes out in front to the advantage of team mates.
- All players driving hard for the ball.
- Strong exaggerated one foot landing.

**COACHING POINTS**

For skill correction.

- Strong drive onto the ball and over exaggerate the grounded foot landing, I have found this helps with players who step.
- Pass out in front to where the player is running, not behind.
- Players balanced before releasing ball, no stepping on.

**5MIN COOL DOWN**

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.  
Congratulations on completing your NETFIT training session.

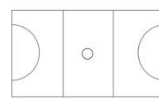


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**10MIN TEAM DRILL**

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**20MIN SKILL DEVELOPMENT**

**W = WORKER T = THROWER D = DEFENDER A = ATTACKER** DRIVE, PASS →

**ACTIVITY 1. (ANGLED SINGLE LEADS)**

- Line players up down the middle of the court, spread out evenly. One ball
- (A) to lead out to the left on a 45 degrees angle, receive pass, land on outside foot (left) pivot and pass to next (A)
- Work up an down the line a few times.
- Repeat leading to the right

**ACTIVITY 2. (CHANGE UP LEADS)**

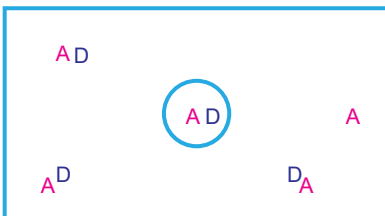
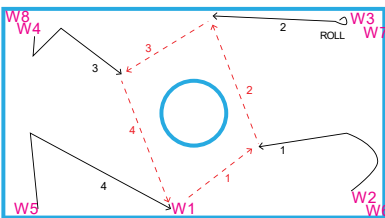
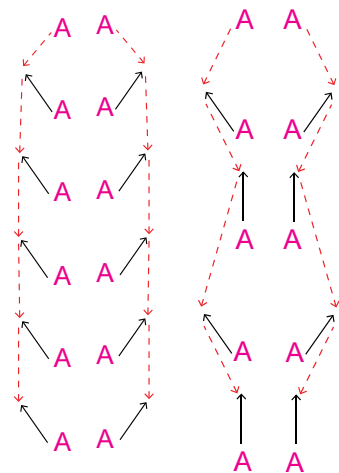
- Stay lined up down the middle of the court. One ball
- 1<sup>st</sup> (A) to lead out to the left, 45 degrees angle, land on outside foot (left) pivot ready to pass to next (A)
- Second (A) drives straight up the middle of the court lands on right foot pivots ready to pass to next (A).
- Third (A) to lead out to the left on a 45 degrees angle, receive pass, land on outside foot (left) pivot ready to pass to next (A) in line.
- Repeat leading to the right & middle.

**ACTIVITY 3. (ON COURT)**

- Set players (W) up evenly in the corners of a third, with one (W) starting with the ball ½ down the transverse line.
- (W1) passes to (W2) who does a preliminary move (clear & drive) then leads into the middle of the third towards centre.
- (W2) passes to (W3) who does a preliminary move (roll) then leads along the transverse line.
- (W3) passes to (W4) who does a preliminary move (double dodge) then leads into the middle of the third towards centre.
- (W4) passes to (W5) who does a preliminary move (change of direction) then leads along the transverse line.

**ACTIVITY 4.**

- Four on Four (if you have an extra player make them an Attacker. One ball
- All players to spread out in one third.
- (A)'s attack for 1 min, lead into space & passing out in front.
- Rest for 1 minute then repeat 3 times.
- Rotate attacking team.



**MAKE IT EASIER**

- Set up cones on 45 for players to drive to.
- Slow the movements down.

**CHALLENGE #1 – TEAM vs TEAM**

Compete against another team.  
Which team can get up and back first?  
Which team has the least dropped balls?

**MAKE IT HARDER**

- Add defence on 2 of the corners.
- Add in a 2<sup>nd</sup> ball. Communication is important when adding an extra ball.

**CHALLENGE #2 – CLEAN RUN**

Work for 2 minute no drops.  
Add 5 sec on for every dropped ball.  
Hold time for any lose balls.

**10MIN MATCH PLAY - FOCUSES**

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