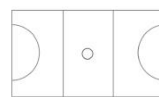


DURATION **1**  
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

**7-12**

**5MIN WARM UP**

See My NETFIT videos for warm up.

**10MIN FITNESS & FOOTWORK**

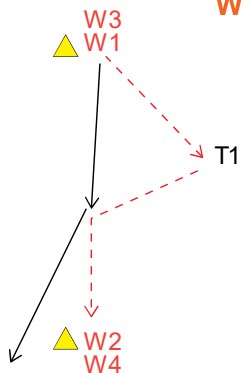
See My NETFIT videos for ideas to build your fitness session.

**10MIN TEAM DRILL**

See My NETFIT weekly team drill for inspiration.

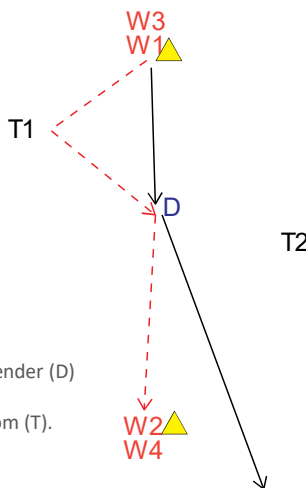
**20MIN SKILL DEVELOPMENT**

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



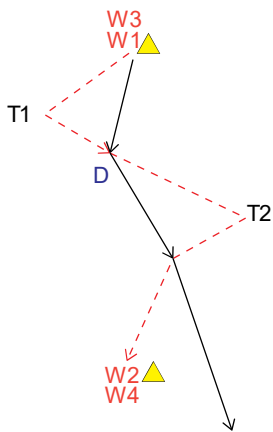
**ACTIVITY 1:**

- Set up 2 cones approx. 2 meters apart, (W)'s to split evenly, half of one cone half on the other.
- One (T) to stand off to the side if the cones about 2m. (W1) starts with the ball passes to (T1) drives to middle to receive a pass from (T1).
- (W1) passes to opposite line (W2) group. (W1) to go to back of opposite line behind (W4).
- (W2) then repeats what (W1) did.



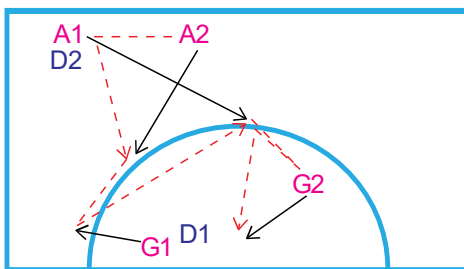
**ACTIVITY 2:**

- Spread the cones out to approx. 4 metres, add an extra (T) and a passive defender (D) in the middle. (W1) starts with the ball, passes to (T1) or (T2).
- (W1) then leads into the middle, in front of passive (D) to receive the pass from (T).
- (W1) passes to opposite line (W2) group. (W1) to go to back of opposite.
- (W2) then repeats what (W1) did selecting either (T1) or (T2).



**ACTIVITY 3:**

- (D) to now pick up (W) as they drive into the middle so (W) has to work harder to get in front for pass.
- (W) to also pass to both (T)'s doing a give & go for all 3 passes.



**ACTIVITY 4:**

- Use goal third, attackers and defenders
- (A2) starts with ball passes to (A1), (A1) passes again to (A2), Pass to (G1) who passes to (A1) leading to circle edge, double play with (G2) to get closer to the post.
- Add (D1) in goal circle and (D2) on attackers outside of circle – add further defenders after a few practises
- Create patterns with double plays starting at:
  - Transverse line
  - Side Line
  - Various spots in goal third
  - Defenders throw in

**MAKE IT EASIER**

- Remove defenders.
- Slow down the movement.
- Give more direction on where to lead.

**CHALLENGE #1 – NO DROPS**

Can your team get through 50 passes with no drops?

**MAKE IT HARDER**

- Add defenders earlier.
- Defenders to work harder.
- Give less direction and see if players can find the good space.

**CHALLENGE #2 – SPEEDY**

How quickly can you go?  
Who has the quickest feet?

**10MIN MATCH PLAY - FOCUSES**

Full or Half Court.

- Get players to notice when the opportunity for a give & go pops up.
- Make a rule that they must do a give & go before shooting for a goal.
- Once a goal is scored play from a defender base line throw in.

**COACHING POINTS**

For skill correction.

- Quick release of ball
- Use quick footwork and dodges to lose (D).
- Commit to the lead.
- Communication between (W) & (T) is important

**5MIN COOL DOWN**

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

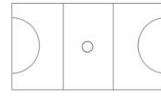


DURATION **1**  
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

**7-12**

**5MIN WARM UP**

See My NETFIT videos for warm up.

**10MIN FITNESS & FOOTWORK**

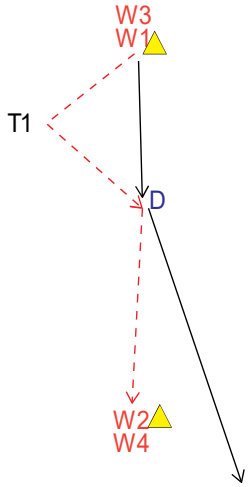
See My NETFIT videos for ideas to build your fitness session.

**10MIN TEAM DRILL**

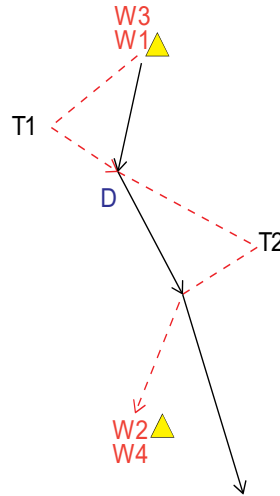
See My NETFIT weekly team drill for inspiration.

**20MIN SKILL DEVELOPMENT**

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



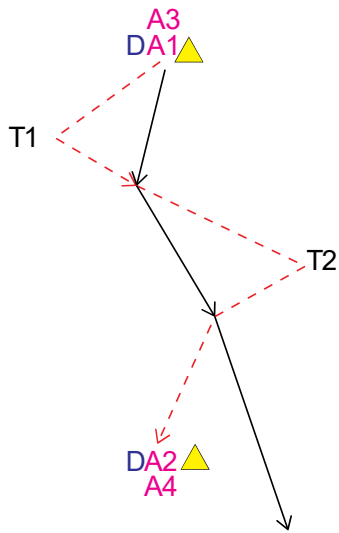
- ACTIVITY 1:**
- Set up 2 cones approx. 4 meters apart, (W)'s to split evenly, half of one cone half on the other. 2 x (T) to stand off to the side if the cones about 2m. Passive (D) in the middle.
  - (W1) starts with the ball, passes to (T1) or (T2). (W1) then leads into the middle, in front of passive (D) to receive the pass from (T).
  - (W1) passes to opposite line (W2) group. (W1) to go to back of opposite.
  - (W2) then repeats what (W1) did selecting either (T1) or (T2).



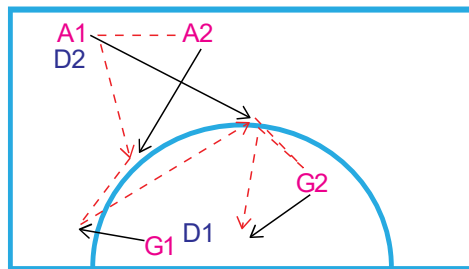
- ACTIVITY 2:**
- (D) to now pick up (W) as they drive into the middle so (W) has to work harder to get in front for pass.
  - (W) to also pass to both (T)'s doing a give & go for all 3 passes.

**MAKE IT EASIER**

- Remove defenders.
- Slow down the movement.
- Give more direction on where to lead.



- ACTIVITY 3:**
- Add defenders (D1) and (D2) on attackers (A1) and (A2)
  - (A1) starts with ball passes to (T1) double plays then repeats to (T2)



- ACTIVITY 4:**
- Use goal third, attackers and defenders
  - (A2) starts with ball passes to (A1), (A1) passes again to (A2), Pass to (G1) who passes to (A1) leading to circle edge, double play with (G2) to get closer to the post.
  - Add (D1) in goal circle and (D2) on attackers outside of circle – add further defenders after a few practises
  - Create patterns with double plays starting at:
    - Transverse line
    - Side Line
    - Various spots in goal third
    - Defenders throw in

**CHALLENGE #1 – NO DROPS**

Can your team get through 50 passes with no drops?

**MAKE IT HARDER**

- Add defenders earlier.
- Defenders to work harder.
- Give less direction and see if players can find the good space.

**CHALLENGE #2 – SPEEDY**

How quickly can you go?  
Who has the quickest feet?

**10MIN MATCH PLAY - FOCUSES**

Full or Half Court.

- Get players to notice when the opportunity for a give & go pops up.
- Make a rule that they must do a give & go before shooting for a goal.
- Once a goal is scored play from a defender base line throw in.

**COACHING POINTS**

For skill correction.

- Quick release of ball
- Use quick footwork and dodges to lose (D).
- Commit to the lead.
- Communication between (W) & (T) is important

**5MIN COOL DOWN**

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

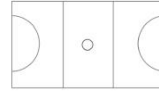


DURATION **1**  
HOUR

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**

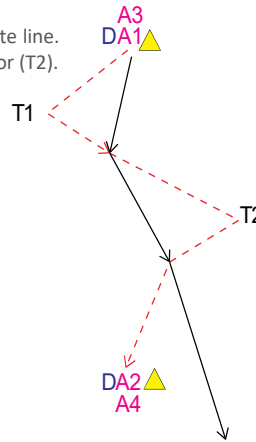
**W = WORKER T = THROWER D = DEFENDER A = ATTACKER** DRIVE, PASS

**ACTIVITY 1:**

- Set up 2 cones approx. 4 meters apart, (W)'s to split evenly, half of one cone half on the other. 2 x (T) to stand off to the side if the cones about 2m. Passive (D) in the middle.
- (W1) starts with the ball, passes to (T1) or (T2). (W1) then leads into the middle, in front of passive (D) to receive the pass from (T).
- (W1) passes to (W2). (W1) to go to back of opposite line.
- (W2) repeats what (W1) did passes to either (T1) or (T2).

**ACTIVITY 2:**

- Add defenders (D1) and (D2) on attackers (A1) and (A2)
- (A1) starts with ball passes to (T1) double plays then repeats to (T2).
- (D) to return back to original line, (A) to move onto opposite side.
- Repeat through (A)'s until they have been through a few times on each side.
- Remember to rotate (T)'s and (D)'s



**MAKE IT EASIER**

- Remove defenders.
- Slow down the movement.
- Give more direction on where to lead.

**CHALLENGE #1 – NO DROPS**

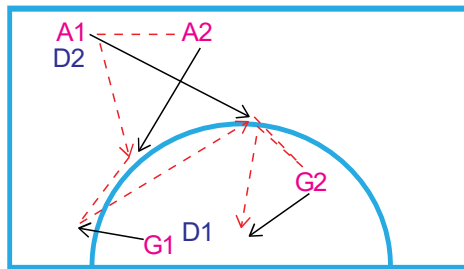
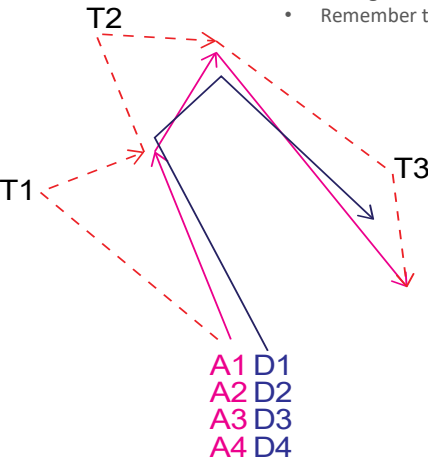
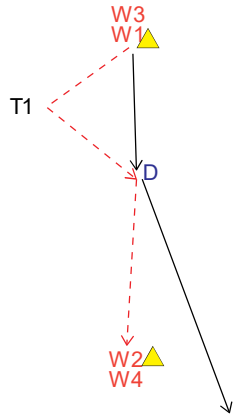
Can your team get through 50 passes with no drops?

**MAKE IT HARDER**

- Add defenders earlier.
- Defenders to work harder.
- Give less direction and see if players can find the good space.

**CHALLENGE #2 – SPEEDY**

How quickly can you go?  
Who has the quickest feet?



**ACTIVITY 4:**

- Use goal third, attackers and defenders
- (A2) starts with ball passes to (A1), (A1) passes again to (A2), Pass to (G1) who passes to (A1) leading to circle edge, double play with (G2) to get closer to the post.
- Add (D1) in goal circle and (D2) on attackers outside of circle – add further defenders after a few practises
- Create patterns with double plays starting at:
  - Transverse line
  - Side Line
  - Various spots in goal third
  - Defenders throw in

**10MIN MATCH PLAY - FOCUSES**

Full or Half Court.

- Get players to notice when the opportunity for a give & go pops up.
- Make a rule that they must do a give & go before shooting for a goal.
- Once a goal is scored play from a defender base line throw in.

**COACHING POINTS**

For skill correction.

- Quick release of ball
- Use quick footwork and dodges to lose (D).
- Commit to the lead.
- Communication between (W) & (T) is important

**5MIN COOL DOWN**

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

