DURATION	**1** HOUR	EQUIPMENT	GD	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. (NO BALL OR THROWERS)
- Set up 12 cones see diagram.
- (A)'s to line up behind first cone, dodge through first 6 cones down court then hard sprint turn and continue through 2nd lot of 6 cones.
- Join back of line.
- Continue through 5 times.
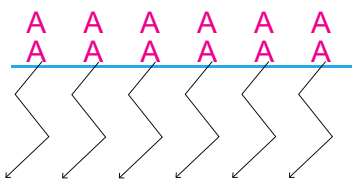
ACTIVITY 2. (REMOVE CONES)
- All players (A) to spread out along the base line in one or two lines, max 6 in a line. (A)'s need space to drive on both sides.
- All (A)'s to drive out to right, not to change direction until coach blows whistle or calls dodge/change.
- (A)'s to be aware of space and other (A)'s.
- Repeat up and down court until (A)'s dodges are sharp and on point.
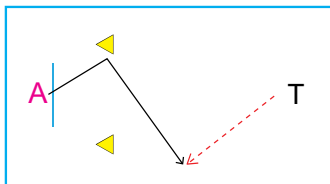
ACTIVITY 3. (ON COURT)
- In pairs, (A) to start on the transverse line in the middle of 2 cones which are set up 2 meters in front of line.
- (A) drives out to either right or left cone, changes direction and leads off cone on a 45 degrees angle towards (T), (T) passes ball out in front of (A), passes back to (T) and returns to starting point.
- Repeat for 4 dodges on each side.
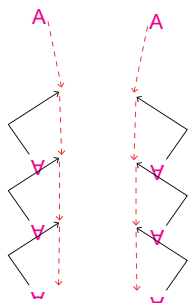
ACTIVITY 4. (DOWN THE LINE)
- Line players up down the middle of the court, spread out evenly. One ball
- (A) to drive out to the left on a 45 degree angle dodge and lead right to receive pass, land on outside foot (right) pivot and pass to next (A) in line.
- Work up an down the line.
- Repeat dodging right.

MAKE IT EASIER
- Walk through the movements, slow it down.
- Add cones back in.
- Draw lines on outside courts with chalk.

CHALLENGE #1 – HOW MANY
Coach to stand out in front of players, holding up fingers, players to call out the number of fingers coach is holding up. Who's eyes were up?

MAKE IT HARDER
- Remove cones.
- Add defenders at 60% who go with the first drive.
- Mix up the leads between single lead and dodge.

CHALLENGE #2 – TEAM vs TEAM
Compete against another team.
Which team can get up and back first?
Which team has the least dropped balls?

10MIN MATCH PLAY - FOCUSES Full or Half Court.	**COACHING POINTS** For skill correction.
- Attackers changing direction and dodging to get away from defenders. - Concentrate on 'Vs' not 'Cs'.	- Plant outside foot into ground, do not want a little hop from player. - Bend knee & push off hard. - Sharp angle on dodge/change of direction 'Vs', not a curve/circle 'Cs'. - Eyes up, not looking down at ground. - Turn hips and shoulders in direction they are changing too.

5MIN COOL DOWN

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

DURATION	**1** HOUR	EQUIPMENT	GD	LOCATION	GROUP SIZE	**7-12**

5MIN WARM UP
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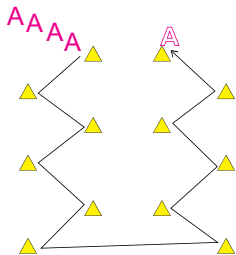
10MIN FITNESS & FOOTWORK
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10MIN TEAM DRILL
See My NETFIT weekly team drill for inspiration.

20MIN SKILL DEVELOPMENT

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

ACTIVITY 1. (NO BALL OR THROWERS)
- Set up 6 cones at different distances to each other, come close some long.
- (A)'s to line up behind first cone, dodge through all 6 cones down court then hard lead off the last cone onto a pass on extension.
- Rotate (T) and repeat 6 times through or until they have the dodge correct.

ACTIVITY 2. (REMOVE CONES & ADD DEFENCE)
- Add 2 (D), first (A) is to dodge multiple times to get away from (D), coming forward.
- (T) to pass to (A) once they are clear from (D).
- Rotate (T) and (D)'s repeat 6 times through.

ACTIVITY 3. (ON COURT)
- Spread players (A) out on court as per diagram 1.
- Ball to move from transverse to transverse line.
- (A)'s to do a dodge (anyway) before receiving pass.
- All (A)'s must receive a pass.
- Continue up and back (1) four times.
- Make sure (A)'s rotate their position on court.

ACTIVITY 4. (ADD DEFENCE)
- Add 3 defenders (D) on 3 of the (A).
- All (A)'s must still receive a pass. The (A) without (D)'s may need to be a back up and get another pass.
- Continue up and back (1) four times.
- (D) to rotate into (A) position.

ACTIVITY 5. (ADD 1 DEFENDER)
- Add (D)'s to all (A)'s.
- (A) still to be making preliminary dodges.

MAKE IT EASIER
- Take out pass.
- Defenders work at 60 to 80%.
- Give (A)'s more space and more time to get away from (D).

CHALLENGE #1 – CONE COLOUR
Coach to stand out the front holding up a cone, (A) is to call out the colour of the cone, Are our eyes up?

MAKE IT HARDER
- Add defence earlier, and more defenders.
- (A)'s to change between single lead and dodge.
- Play live ball, throw the ball onto court (A) to chase it up and go from there.

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.
- Attackers changing direction and dodging to get away from defenders.
- Concentrate on 'Vs' not 'Cs'.

COACHING POINTS
For skill correction.
- Plant outside foot into ground, do not want a little hop from player.
- Bend knee & push off hard.
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