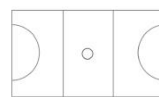


DURATION **1**
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

See My NETFIT videos for warm up.

10MIN FITNESS & FOOTWORK

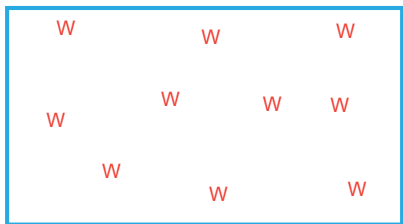
See My NETFIT videos for ideas to build your fitness session.

10MIN TEAM DRILL

See My NETFIT weekly team drill for inspiration.

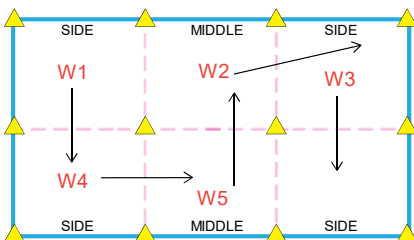
20MIN SKILL DEVELOPMENT

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



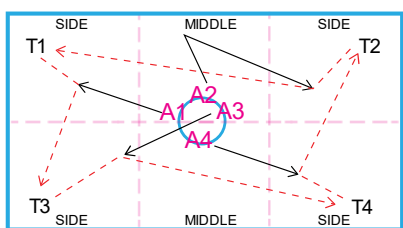
ACTIVITY 1

- All players (W) to spread out within one third.
- (W)'s to start running around the third trying to keep the area balanced by spreading out and not all grouping together.
- Every now and again call STOP and the players are to stop in their position. If they are all grouped together they need to move and spread out into the space.
- Make sure the players are aware of where the free space is.
- Continue for a few minutes.



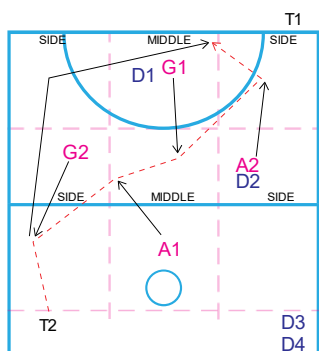
ACTIVITY 2

- Split the third into 6 even squares.
- 5 x (W) to start in one of the 6 squares.
- (W1) to start with the ball.
- Workers only pass to a player moving into a box not standing still.



ACTIVITY 3

- 4x (T)'s on corners of the centre third. 4x(A)'s starting in the centre circle.
- (T1) starts with the ball.
- (A)'s starting at centre circle. (A)'s move one at a time into the open square when the passer makes eye contact.
- They must use different squares to receive then pass to another thrower and reset at centre circle.
- (A)'s to rotate starting positions.



ACTIVITY 4

- Two throwers (T1) and (T2)
- Four attackers, two defenders (D1) and (D2)
- (T2) starts with ball, passes to (G2) to (A1) to (G1) to (A2) to (G2) at post, shoot and then pass to (T1)
- (T1) then passes to (D1) and (D2) to take the ball back to (T2)
- Repeat moving (T2) to different side line starting positions on the court and (T1) along base line and side lines
- Goalers to shoot
- No side to side passing, keep movement side to middle or vice versa

MAKE IT EASIER

- Have less (W)'s so that there are more free spaces to drive into.
- Slow down the movements.

CHALLENGE #1 – AWARENESS

Which one of your players is the best at finding the open space?

MAKE IT HARDER

- Make movements quicker.
- Add defenders earlier.
- Add more defenders.

CHALLENGE #2 – SPEED

Race to the open space, who is the quickest?

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- Stop and start play to see if players are using the space or at least noticing where the space is.
- Lots of communication.

COACHING POINTS

For skill correction.

- Players to make eye contact and communicate with team.
- Open vision to see the space.
- Be definite with movements so team mates can read off lead..
- Quick footwork and movements.

5MIN COOL DOWN

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

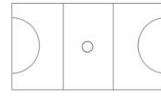


DURATION **1**
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

See My NETFIT videos for warm up.

10MIN FITNESS & FOOTWORK

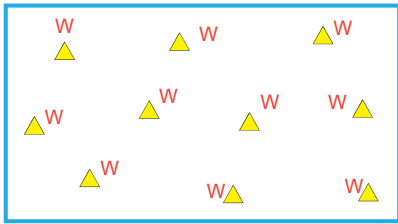
See My NETFIT videos for ideas to build your fitness session.

10MIN TEAM DRILL

See My NETFIT weekly team drill for inspiration.

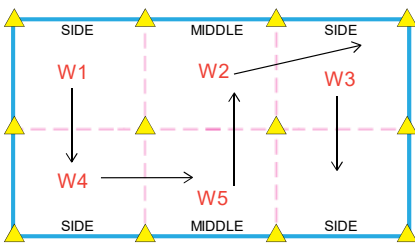
20MIN SKILL DEVELOPMENT

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



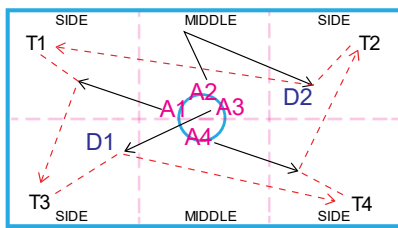
ACTIVITY 1

- All players (W) to have a cone and place spread out within the third.
- (W) to move around the third, call STOP and players need to move to a free cone, if two players land on the same cone the 2nd player needs to find another cone.
- Start to remove cones so there are less cones than (W)'s, the (W) that does not finish on a cone is eliminated.



ACTIVITY 2

- Split the third into 6 even squares.
- 5 x (W) to start in one of the 6 squares.
- (W1) to start with the ball.
- Workers only pass to a player moving into a box not standing still.



ACTIVITY 3

- 4x (T)'s on corners of the centre third. 4x(A)'s starting in the centre circle. 2x (D)'s (passive) opposite sides.
- (T1) starts with the ball.
- (A)'s move one at a time into the open square when the passer makes eye contact.
- They must use different squares to receive then pass to another thrower and reset at centre circle
- (A)'s must work around (D)'s to find space.
- (A)'s to rotate starting positions.

MAKE IT EASIER

- Have less (W)'s so that there are more free spaces to drive into.
- Slow down the movements.

CHALLENGE #1 – AWARENESS

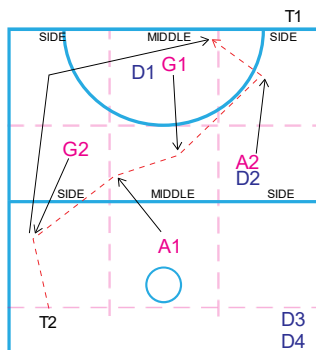
Which one of your players is the best at finding the open space?

MAKE IT HARDER

- Make movements quicker.
- Add defenders earlier.
- Add more defenders.

CHALLENGE #2 – SPEED

Race to the open space, who is the quickest?



ACTIVITY 4

- Two throwers (T1) and (T2)
- Four attackers, to two defenders (D1) and (D2)
- (T2) starts with ball, passes to (G2) to (A1) to (G1) to (A2) to (G2) at post, shoot and then pass to (T1)
- (T1) then passes to (D1) and (D2) to take the ball back to (T2)
- Repeat moving (T2) to different side line starting positions on the court and (T1) along base line and side lines
- Goalers to shoot
- No side to side passing, keep movement side to middle or vice versa

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- Stop and start play to see if players are using the space or at least noticing where the space is.
- Lots of communication.

COACHING POINTS

For skill correction.

- Players to make eye contact and communicate with team.
- Open vision to see the space.
- Be definite with movements so team mates can read off lead..
- Quick footwork and movements.

5MIN COOL DOWN

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

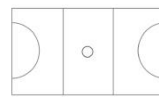


DURATION **1**
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

See My NETFIT videos for warm up.

10MIN FITNESS & FOOTWORK

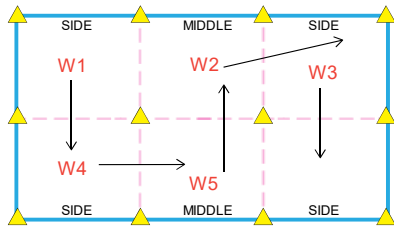
See My NETFIT videos for ideas to build your fitness session.

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

- Split the third into 6 even squares.
- 5 x (W) to start in one of the 6 squares.
- (W1) to start with the ball.
- Workers only pass to a player moving into a box not standing still.

ACTIVITY 2

- 4x (T)'s on corners of the centre third. 4x(A)'s starting in the centre circle. 2x (D)'s (passive) opposite sides.
- (T1) starts with the ball.
- (A)'s move one at a time into the open square when the passer makes eye contact.
- They must use different squares to receive then pass to another thrower and reset at centre circle
- (A)'s must work around (D)'s to find space.
- (A)'s to rotate starting positions.

ACTIVITY 3

- Two throwers (T1) and (T2)
- Four attackers, to two defenders (D1) and (D2)
- (T2) starts with ball, passes to (G2) to (A1) to (G1) to (A2) to (G2) at post, shoot and then pass to (T1)
- (T1) then passes to (D1) and (D2) to take the ball back to (T2)
- Repeat moving (T2) to different side line starting positions on the court and (T1) along base line and side lines
- Goalers to shoot
- No side to side passing, keep movement side to middle or vice versa

ACTIVITY 4

- 3x (A)'s, 2x (G)'s & 5x (D)'s
- (D)'s to cover space in all 3 corridors; side, middle and side, as ball moves they move. (D)'s stay in their areas.
- (A)'s to identify vacant space and use preliminary leads before receiving pass.
- No side to side passing as first choice, because this will be easily picked off by defenders
- If intercepted or (A)'s make a passing error, dropped ball, held ball then must be reset back to centre third.
- Reverse for (D)'s taking a base line throw in (A)'s become the defenders and flood the 3 corridors.
- Repeat with 5 on 5 with (A3) and (D5) to stay in centre third only.

MAKE IT EASIER

- Have less (W)'s so that there are more free spaces to drive into.
- Slow down the movements.

CHALLENGE #1 – AWARENESS

Which one of your players is the best at finding the open space?

MAKE IT HARDER

- Make movements quicker.
- Add defenders earlier.
- Add more defenders.

CHALLENGE #2 – SPEED

Race to the open space, who is the quickest?

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- Stop and start play to see if players are using the space or at least noticing where the space is.
- Lots of communication.

COACHING POINTS

For skill correction.

- Players to make eye contact and communicate with team.
- Open vision to see the space.
- Be definite with movements so team mates can read off lead..
- Quick footwork and movements.

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your NETFIT training session.

