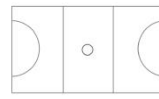


DURATION **1**
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

See My NETFIT videos for warm up.

10MIN FITNESS & FOOTWORK

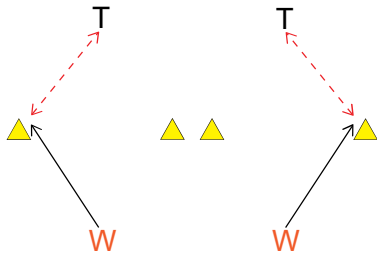
See My NETFIT videos for ideas to build your fitness session.

10MIN TEAM DRILL

See My NETFIT weekly team drill for inspiration.

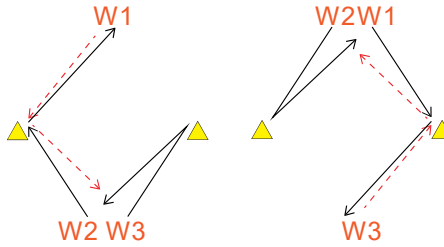
20MIN SKILL DEVELOPMENT

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



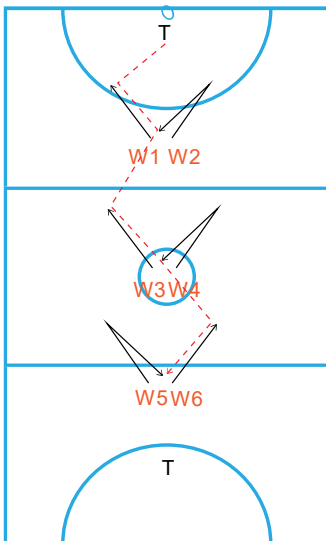
ACTIVITY 1. (ANGLED DRIVE)

- 1x (W) 1x (T) a ball and 2 cones.
- (T) starts with the ball, (W) drives out to left on an angle to the cone and receives a pass. Focus on angle of drive and outside foot landing (Left foot)
- (W) passes back to (T) and returns to starting position. Repeat x5
- Swap (W) & (T).
- Then repeat on right side.



ACTIVITY 2. (CONTINUOUS)

- 3x (W) a ball and 2 cones.
- (W1) starts with the ball, (W2) & (W3) start next to each other, they drive out to different side cones. (W1) passes to either (W2) or (W3).
- In diagram (W2 receives the pass, (W3) reoffers back to starting point and receives a pass.
- (W2) drives to be next to (W1) and reset the drill.
- Should be continuous with only a small pause when resetting.



ACTIVITY 3. (DOWN THE LINE)

- Set players in pairs evenly spread down the middle of the court.
- (T) starts with the ball, (W1) & (W2) drive out on an angle in opposite directions (Split),
- (T) passes to either (W). The one that does not receive the pass then drives (reoffers) back on an angle to the middle of the court where they started from.
- Continue down the line, either of the (W) leading can be passed too.

ACTIVITY 4. (ADD DEFENCE)

- Add one defender.
- Now there is some decision making involved.
- First pass should go to the (W) who is not defended.

MAKE IT EASIER

- Slow down the drives.
- Coach to give verbal instructions of where to drive.

CHALLENGE #1 – WHAT AN ANGLE

Who has the best angle on their drive?

MAKE IT HARDER

- Remove cones, (W) then have no guide on angle.
- Add defenders earlier.

CHALLENGE #2 – MOVE THE BALL

How quick can they move the ball up and back? Repeat trying to beat time with no drops.

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- All players realizing when they should reoffer down court.
- Challenge them all to do a reoffer in any long court play.
- Having more than one lead for every pass.

COACHING POINTS

For skill correction.

- Focus on a strong angled drive.
- Sharp V change of direction.
- Getting depth on the reoffer.

5MIN COOL DOWN

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

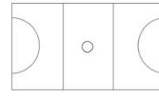


DURATION
1
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

See My NETFIT videos for warm up.

10MIN FITNESS & FOOTWORK

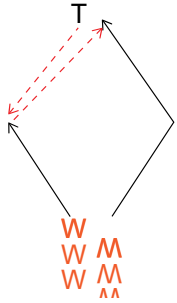
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10MIN TEAM DRILL

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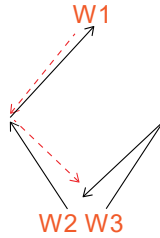
20MIN SKILL DEVELOPMENT

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



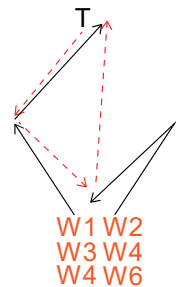
ACTIVITY 1. (BASIC)

- 1x (T) ball the team in two lines.
- (T) starts with the ball, 2x (W)'s drive out, one to the left one to the right. (T) passes to either (W). (T) clears out as soon as they have passed
- The (W) that did not receive the pass drives in to finish where (T) started



ACTIVITY 2. (EXTENDED)

- 1x (T) ball the team in two lines.
- (T) starts with the ball, (W1) drives to left (W2) to right. (T) passes to either (W1) in the diagram. (T) clears out as soon as they have passed
- The (W2) re offers to where they started, then (W1) re offers into where (T) started.



ACTIVITY 3. (SPLIT & REOFFER)

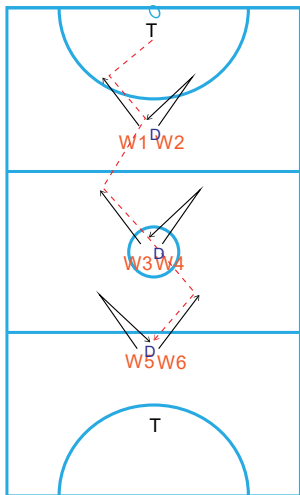
- 3x (W) a ball
- (W1) starts with the ball, (W2) & (W3) start next to each other, (W3) drives right (W2) drives left on angle. (W1) passes to either.
- In diagram (W2) receives the pass, (W3) reoffers to starting point and receives a pass.
- (W2) drives in to (W1) and reset the drill.
- Should be continuous with only a small pause when resetting.

MAKE IT EASIER

- Add cones to show players the angle.
- Make area smaller, bring (W)'s closer to (T) or closer together in Activity 4.
- Remove (D)

CHALLENGE #1 – WHAT AN ANGLE

Who has the best angle on their drive?



ACTIVITY 4. (DOWN THE LINE)

- Set players in pairs evenly spread down the middle of the court. (T) at each end and a (D) with each pair of (W)'s
- (T) starts with the ball, (W1) & (W2) drive out on an angle in opposite directions (Split), (D) covers one of them.
- (T) passes to the (W) who is not defended. (W1) in diagram.
- (W2) then drives (reoffers) back on an angle to the middle of the court where they started from.
- Continue down the line.

ACTIVITY 5. (EXTRA DEFENCE)

- Add another defender.
- Now the (W)'s have to do preliminary movements to get away from (D). More (W)'s may need to drive to help out.

MAKE IT HARDER

- Add a defender or an extra defender.
- Make the area bigger.
- Set challenges

CHALLENGE #2 – MOVE THE BALL

How quick can they move the ball up and back?
Repeat trying to beat time with no drops.

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- All players realizing when they should reoffer down court.
- Challenge them all to do a reoffer in any long court play.
- Having more than one lead for every pass.

COACHING POINTS

For skill correction.

- Focus on a strong angled drive.
- Sharp V change of direction.
- Getting depth on the reoffer.

5MIN COOL DOWN

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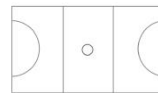


DURATION **1**
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

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10MIN FITNESS & FOOTWORK

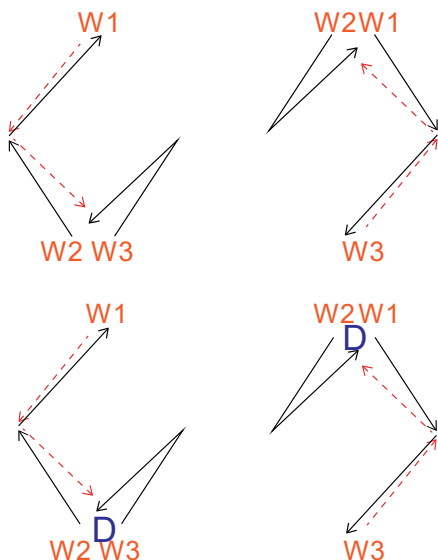
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20MIN SKILL DEVELOPMENT

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



ACTIVITY 3. (SPLIT & REOFFER)

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- Should be continuous with only a small pause when resetting.

ACTIVITY 2. (ADD DEFENDER)

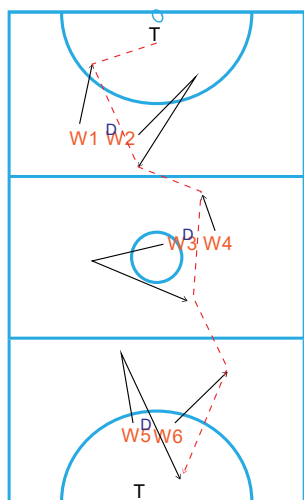
- Add a (D).
- This means that now the (W) with the ball will need to make a decision on which (W) is the best option.
- They should pass to the free (W) the one who is not defended.

MAKE IT EASIER

- Add cones to show players the angle.
- Remove defenders

CHALLENGE #1 – WHAT AN ANGLE

Who has the best angle on their drive?



ACTIVITY 4. (DOWN THE LINE)

- Set players in pairs evenly spread down the court in random positions. (T) at each end and a (D) with each pair of (W)'s
- (T) starts with the ball, (W1) & (W2) drive out on an angle in opposite directions (Split), (D) covers one of them.
- (T) passes to the (W) who is not defended. (W1) in diagram.
- (W2) then drives (reoffers) back on an angle to the middle of the court where they started from.
- Continue down the line.

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- Add another defender.
- Now the (W)'s have to do preliminary movements to get away from (D). More (W)'s may need to drive to help out.

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