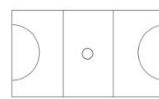


DURATION **1**
HOUR

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

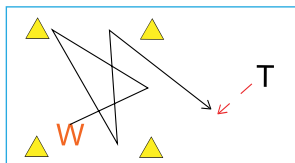
See My NETFIT weekly team drill for inspiration.

20MIN SKILL DEVELOPMENT

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

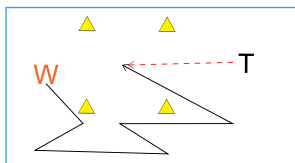
ACTIVITY 1. (INSIDE)

- (W) & (T) with 4 cones set up in a square 2m x 2m.
- (W) starts inside square (T) facing away from (W) outside
- (W) continuously drives inside the square. (T) throws the ball up, catches, turns to (W) who times lead out of square to receive pass.
- Repeat 5 times then swap (W) & (T)



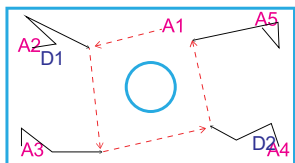
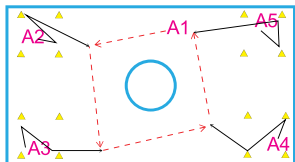
ACTIVITY 2. (OUTSIDE)

- Same setup as Activity 1. This time (W) starts outside square.
- (W) continuously drives staying outside the square. (T) throws the ball up, catches, turns to (W) who times lead to receive pass inside the square.
- Repeat 5 times then swap (W) & (T)



ACTIVITY 3. (CONTINUOUS)

- 4 sets of squares on each corner of the centre third.
- (A)'s evenly spread out at corners, 1 (A) to work inside the box at a time, doing continuous preliminary moves until.
- (A1) starts with the ball, (A2) does preliminary moves inside the square and drives out to receive pass.
- (A3) begins preliminary movement inside square timing it so they are ready to drive outside once (A2) is ready to pass.
- Continue around the third, (A) to move onto the corner that they pass too. Follow the ball.

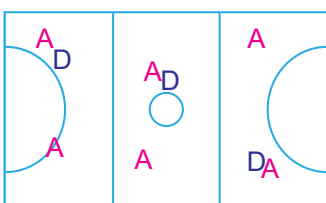


ACTIVITY 4. (REMOVE CONES + ADD DEFENDERS)

- Now add 2 (D)'s to opposite corners and remove cones, this will be more free flow around the third.

ACTIVITY 5. (FREE FLOW ON COURT)

- Split the team evenly over the 3 thirds with 1 (D) in each.
- Ball to start at one end of the court, all (A)'s to receive a pass in their third before passing onto next third.
- Continue up and down the court.
- Move on once they can go up and back a few times without any drops.



ACTIVITY 6. (ADD A LINKING DRIVE)

- Add a linking drive, one (A) from each third to move onto the next third and receive another pass.

MAKE IT EASIER

- Make square cone area bigger.
- Coach to call out go when (W) should drive out.

CHALLENGE #1 – TIMING

How many leads out of 5 can you get the timing perfect?

MAKE IT HARDER

- Add defenders earlier to some of the points.
- Add in a give and go at one or more of the points.

CHALLENGE #2 – CLEAN RUN

Get around the third 3 times no drops.

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- Players getting away from defenders with good strong preliminary moves.
- Timing of leads onto the pass.

COACHING POINTS

For skill correction.

- Strong direct movements, eyes up and on passer.
- Hard drive onto the pass.
- Passes flat and hard out in front.

5MIN COOL DOWN

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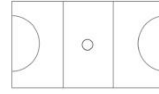


DURATION
1
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

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10MIN FITNESS & FOOTWORK

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10MIN TEAM DRILL

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20MIN SKILL DEVELOPMENT

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

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- (W) starts inside square (T) facing away from (W) outside the square.
- (W) continuously drives inside the square. (T) throws the ball up, catches, turns to (W) who times lead out of square to receive pass.
- Repeat 5 times then swap (W) & (T)

ACTIVITY 2. (OUTSIDE)

- Same setup as Activity 1. This time (W) starts outside square.
- (W) continuously drives staying outside the square. (T) throws the ball up, catches, turns to (W) who times lead to receive pass inside the square.
- Repeat 5 times then swap (W) & (T)

ACTIVITY 3. (CONTINUOUS)

- 6 sets of squares set up around the court as per diagram. The ball starts with (A1) at the top of the goal circle.
- (A1) passes to (A2) who has done preliminary moves inside square before leading into the middle of the court.
- (A3) begins preliminary movement timing it so they are ready to drive out once (A2) is ready to pass.
- Continue around the court, (A) to move onto the station that they pass too. Follow the ball.
- If (A4) is a goaler they can shoot for a goal before passing onto (A5).
- All passes to be out in front, timing of leads is important.

ACTIVITY 4. (FREE FLOW ON COURT)

- Split the team evenly over the 3 thirds with 1 (D) in each.
- Ball to start at one end of the court, all (A)'s to receive a pass in their third before passing onto next third.
- Continue up and down the court.
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Full or Half Court.

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5MIN COOL DOWN

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MAKE IT EASIER

- Make square cone area bigger.
- Coach to call out go when (W) should drive out.

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CHALLENGE #2 – CLEAN RUN

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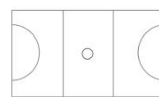


DURATION
1
HOUR

EQUIPMENT



LOCATION



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5MIN WARM UP

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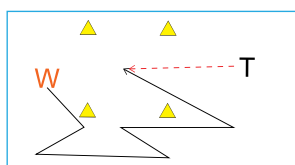
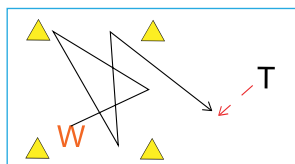
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- Continue around the court, (A) to move onto the station that they pass too. Follow the ball.
- If (A4) is a goaler they can shoot for a goal before passing onto (A5).
- All passes to be out in front, timing of leads is important.

ACTIVITY 4. (REMOVE CONES + ADD GIVE & GO)

- One or more of the points are to do a give and go down court.
- (A) to release pass and drive straight away into the free space.
- (A)'s that are goalers are to shoot a goal at both ends of the court.

ACTIVITY 5. (ADD DEFENDERS)

- Now add 2 (D)'s to opposite corners and remove cones, this will be more free flow around the court.

MAKE IT EASIER

- Make square cone area bigger.
- Coach to call out go when (W) should drive out.

CHALLENGE #1 – TIMING

How many leads out of 5 can you get the timing perfect?

MAKE IT HARDER

- Add defenders earlier to some of the points.
- Add in a give and go at one or more of the points.

CHALLENGE #2 – CLEAN RUN

Get around the court 3 times no drops and goalers no misses.

10MIN MATCH PLAY - FOCUSES

Full or Half Court.

- Players getting away from defenders with good strong preliminary moves.
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COACHING POINTS

For skill correction.

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