

SPARKS SESSION PLAN

Date	Venue	Duration	No of Participants	Equipment
12 th October 2022	West Hill Park outside courts	2 hours	Up to 37 (U14 & U16)	Balls, posts, bibs, cones,
Session Goals/Principles			Personal Coaching Goals	
Principles Playing together Taking the ball near to goal Session goals - generating space, balancing court space, decision making			Asking lots of open questions through the session and during each practice.	
Content	Time	Task/Group Management	Coaching Points	
Welcome time	5-8 min	Free time to move around with a ball and catch up with friends		
Group Warm Up	10-15 min	Plyometrics and balance Working across the width of the court, all participants start on the side line and follow coaches movements: <ul style="list-style-type: none"> - Hop, hop, land on two feet on right leg across court - Return with the same on left leg - Two footed jump, jump, land on two - Jump, hop, land on two feet - Jump, left leg, right leg, land left leg - Skater jump left, hop, skater jump right, hop Plyo into Speed Fast feet x 10 + sprint 15m + walk back Side bounds x 10 + sprint 15m + walk back Squat jumps x 10 + sprint 15m + walk back Jump lunges x 10 + sprint 15m + walk back Lunge knee x 10 right + sprint 15m + walk back Lunge knee x 10 left + sprint 15m + walk back	Based on observations from last week's matches, balance, landing and footwork needs tightening up. On each 'land' there should be a pause for a minimum of 1 sec. vary between 1-3 sec hold Focusing on balance and engaging core at all times	
Group Practice Whole group	30 min	Rotating Kings & Queens Get the girls in to 8 groups of 4 (odd number permitted if necessary but within 8 groups). Each group of 4 will get to play against every other group of 4 in a game of Kings & Queens Using both courts, set the playing areas up across each scoring third as per the diagram. 	Find space and pass to the free players Netball rules apply Possession changes when intercepted or knocked out of court You can not defend the queen within one metre of the edge of the box. <i>Progression if needed: if one team may keep gaining possession - all players to receive the pass and/or set number of passes.</i>	
		One player from each team starts as the 'Queen' and needs to stand in their teams allocated box. The teams will pass the ball between themselves to try and get the ball to their 'queen.' If the queen catches the ball the team score a point and the queen swaps with whoever threw the ball to them. Possession changes to the opposition.		

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		Games will last for 3 minutes. On the whistle listen to the coach with regards to rotating to the next team. Keep playing until each team has played every other team.	
Skills Practice Whole Group	15-20 mins	<p>Girls can stay in their groups of 4/5</p> <p>Holding on the circle Set up in the shooting circle to represent a GS passing out from inside the circle. WA turn on to their side rather than holding flat on the circle edge to protect the space in front of them. Block and protect the space if the defender is trying to come off and around the holding WA. WA to then put hand out, WITHOUT MOVING, to indicate where the pass should be placed. WA to move of the spot as the ball gets to the circle edge.</p> <p><i>Progression: Add a defended into the circle with the shooter to promote shooter movement for the pass back in. Shooter can also then practise holding the space for receiving the pass in from behind the defence.</i></p> <p>GS/GA T-hold Predominately used by the GS as she should already be in the circle but GA's should also practise. GS to place shoulder in the t-bar area of defenders back and body position is 't' on to defender. Ensure there is space under the ring to receive the pass. If circle edge player passes to another circle edge player, defender is likely to move and GS needs to continue to keep alignment with the defender. GS to indicate with her hand for ball placement. Circle edge player to release the ball high. As the ball comes over the defence the GS should be able to step/jump back to receive the ball.</p> <p>Start with no movement from the defence and slowly increased defence intensity.</p>	<p>Revisit from last week, especially back line passes from either the GS/GA or GK</p> <p>Referring to GS passing out from inside the circle to a WA but this will also apply to a GK feeding to WD/C off the back line, WA/C off the back line or to WA/C from within the attacking circle</p> <p><i>Reference: NetFit video 'Holding the Circle'</i></p> <p><i>Reference: NetFit Video 'GS T-hold'</i></p>
Game	30-40 mins	<p>Game play – round robin for everyone to play everyone.</p> <p>Stop games where needed to work on goal line, side line of centre pass strategies.</p>	
Cool Down/ Feedback	5 min	<p>Slow jog around the court, down to a walk. Bring the girls in for feedback of the session</p>	
Other Comments		<p>Ask teams if there are any specific areas they feel they would like to work on over the next few weeks of training based on their game play.</p>	