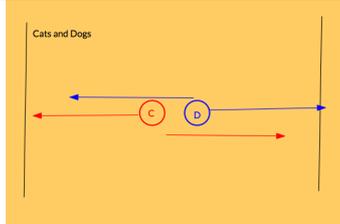


Date	Venue	Duration	No of Participants	Equipment
16 th January 2019	Brookfield Sports Hall	2 x 45 min	Aprox 20 per session	Balls, bibs, cones, whistles, rebounders, posts
Session Goals/Principles			Personal Coaching Goals	
Attacking Principles – pass on the straight line, get the ball close to goal				
Content	Time	Task/Group Management	Coaching Points	
Introduction/ Warm Up	5 min	<p>Cats & Dogs</p> <p>Working across the width of the court in pairs all facing one end of the court (side by side). One side of the pair is the 'dog' the other 'cats.'</p> <p>When the coach shouts "CATS" all the 'cat' pairs run towards the boundary line closest to them and the 'dogs' must chase them and try to tag them before they reach their destination. Re-set and start again with 'dogs' running towards their boundary and 'cats' chasing them. After a couple of goes, speed the game up by calling "CATS" but then calling "DOGS" before they reach the boundary so they have to turn and change direction. Can be called a few times in on go!</p> <p>Move around and do some dynamic stretches.</p>		
	15 min	<p>Split the group in half.</p> <p>Group One - Agility</p> <p>Using half the court set up agility exercises. Work in pairs, 1 min on each station.</p> <p>Rebounder x 2 – front player throws the ball, behind player comes forward to receive, they then become front player. Continue for the minute.</p> <p>Shooting Practice – using coaching points. Help coach each other.</p> <p>Sprinting – continue for the whole minute, you should be out of breath, execute an effective CoD at each end.</p> <p>One hand, one leg catching – each with a ball and using the wall, jump from leg to leg catching with one hand each side</p> <p>Group Two – Skills practice</p> <p>Using half a court, in groups of three, execute the three man weave practice as per skills card. Start with working down the half court, then progress to feeding in to the shooting circle for the shot. Re-set each time. Rotate starting positions.</p> <p>Progression on the back of the card.</p> <p>Work for 7 min then swap over.</p>		

Game/ Modified Game	20 min	7v7 Condition – shooters must pass the ball back out from the circle and receive back in before taking a shot, otherwise a penalty will be given to the other team. Looking for court balance and the straight pass when possible.	
Cool Down/ Feedback	2 min	Walk around the court x 2.	
Other Comments		Ensure participants are working at all times and that the skills practice is being executed correctly and effectively. Only progress the skills practice to be able to shoot once they can do it correctly going on the court.	