

SARISBURY SPARKS SESSION PLAN



Date	Venue	Duration	No of Participants	Equipment
31st March 2022	Swanmore Outside Courts	2 hrs	20-30	Balls, bibs, cones, whistles, spots
Session Goals/Principles			Personal Coaching Goals	
<p><b>Defending - deny space, force errors</b> Working of stage 1 and stage 3 defence</p> <p><b>Attacking - taking ball to goal, working together</b> Driving on to the ball, creating or protecting space</p>				
Content	Time	Task/Group Management	Coaching Points	
Introduction/ Warm Up	10 mins	<p><b>Sharpen your footwork</b></p> <p><i>Warm Up - Sharpen your footwork</i> Really quick footwork</p> <p>Arrange 3 cones as per diagram. Starting on the front cone run back on the angle to the left cone (1). Crossover step into the middle and back out again (2) and then back to the start cone (3). Go back again to the right cone on the other angle (4). Crossover in to the middle and out again (5), and then sprint forward (6).</p> <p><i>Warm Up - Sharpen your footwork</i></p> <p>2 x cones Start in the middle of the two cones. Crossover the cone to the left side (1) and back, crossover the cone to the right side (2) and back, two steps forward (3), two steps back (4), sprint through on the 45 degree angle (5).</p> <p>Repeat 4-6 times</p> <p>Dynamic stretching</p>		
		<p><b>Driving on to the ball</b> Working in 2's, one ball carrier one worker. The worker faces ball carrier, then turns hips and takes a few steps away from them, CoD and drive towards the ball carrier. Pass is made so that worker can catch the ball on the move. Pass back, repeat x10, swap roles.</p> <p><b>Timing, outside turn &amp; leads</b> Working in teams, form a line down the court in a straight line. Coach to pass ball to first player after their initial double lead, next player along to drive out and back in time for the next pass and so on down the court until it reaches the last player and then bring it back again. Players should use leads on opposite sides on the court for court balance. Repeat x 5</p>	<p>* Turn hips in direction of movement</p> <p>*Keep eyes on the ball at all times</p> <p>*Timing of the pass is key so that ball is being received on the move (check footwork)</p> <p>*Timing is key, don't move too soon or too late</p> <p>*Strong chest pass, all travelling in a straight line</p> <p>*Think about landing and footwork</p>	
Skills Development /Practices	20-30 mins - Attack			

<b>Game/ Modified Game</b>	25 mins	<p>Game time - looking for creating space and defence from previous sessions 3 x 7 min games; Eclipse v Lunars, Lunars v Hurricanes, Hurricanes v Eclipse</p> <p>-</p> <p><b>Off court:</b> defence practice in 4s. One worker, one feeder, two static players facing feeder to 'receive' the pass from the feeder. Defender to work between the static players in a figure of 8 movement to intercept the passes being made. Progression - static players can move laterally between two cones to force defender to work a bit harder.</p>	<p>*Defender is the only player moving before moving on to the progression</p> <p>*Feeder should be making flat chest passes direct to the static players</p> <p>*Static passes should be ready to receive each pass in case the defender doesn't intercept. Defender to keep moving if interception is missed</p>
<b>Fitness</b>	15 mins	<p><b>Acceleration Running</b> Sprint 30m (length of the court), jog back to the centre circle, walk remaining 15m back to base line. Repeat x 10, no rest. Active recovery on the jog/walk</p> <p><b>Strength - Legs</b> Jump Lunge x 10 A-Skip x 10 Lateral Lunge x 10 Squat x 10                      Repeat x 3</p>	<p>* Lean forward and drive knees upwards, chest raised, eyes up</p>
<b>Game/ Modified Game</b>	15 mins	<p>Game time - looking for creating space and defence from previous sessions 3 x 5 min games; Eclipse v Lunars, Lunars v Hurricanes, Hurricanes v Eclipse</p> <p>-</p> <p><b>Off court:</b> 3v3 (or 2v2/4v4/4v3) working in half a third, make 5 successful passes without the ball being intercepted or forced out of court. 1 point received for 5 successful passes. Possession to change over. First to 10 points wins.</p>	<p>*To be thinking about making space and driving towards the ball</p> <p>*Defence to think about stage 1 and stage 3 defence - denying space.</p>
<b>Cool Down/ Feedback</b>	2-3 mins	<p>Slow jog around the court, then walk around court. Stretch arms and finish with static leg stretches</p>	
<b>Other Comments</b>			