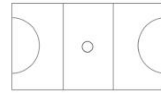


DURATION **1**
HOUR

EQUIPMENT



LOCATION



GROUP SIZE

7-12

5MIN WARM UP

See My NETFIT videos for warm up

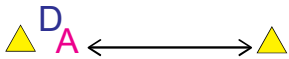
10MIN FITNESS & FOOTWORK

See My NETFIT videos for ideas to build your fitness session

20MIN SKILL DEVELOPMENT

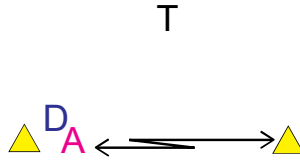
T W = WORKER T = THROWER D = DEFENDER A = ATTACKER DRIVE, PASS

FIRST PHASE – THE SKILL AND MOVEMENT



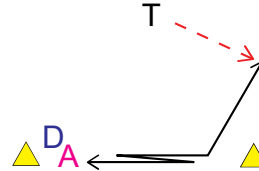
ACTIVITY 1. (SHADOW DEFENCE)

- Groups of 3 1x (T) 1x (A) & 1x(D).
- Two cones approx. 4m apart
- (T) 3m in front of cones holding ball. (A) starts in between cones, (D) starts in front of (A) & cones with 1/2 body covering (A).
- (A) works from side to side between cones, changing pace so that (D) has to also adjust pace.
- (T) to hold ball up so (D) has eyes on ball and (A) not the ground.
- Work for 1 min then rotate.
- 2nd time through (T) can pass ball if (A) is free or (D) eyes are down.



ACTIVITY 2. (SHADOW DEFENCE)

- Same setup as activity 1.
- This time (A) changes direction at any time between cones. (D) uses quick footwork to stick with (A).
- Work for 1 minute then rotate.
- 2nd time through (T) can pass ball if (A) is free or (D) eyes are down.



ACTIVITY 3. (ATTACKER)

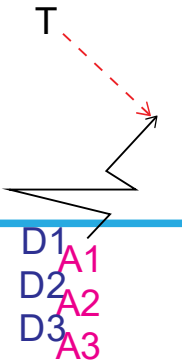
- This time once (A) is free from (D) they can drive forward on an angle, (D) must go with them and try to intercept the pass from (T) to (A).
- If (A) gets it (D) must adjust and get 3 feet hands over the pass back to (T).

MAKE IT EASIER

- Make the area smaller.
- Do not add a pass until (D) has the footwork and movement.
- (A) can slow down movement.

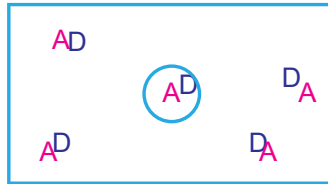
CHALLENGE #1 – EYES UP

Can you keep your eyes on the (T)?
(T) Can hold up color cones and (D) calls.



ACTIVITY 4. (ONE ON ONE)

- Team lined up in pairs behind the transverse line. 1x (A) & 1x (D).
- (T) to start approx. 5 meters in front of line with a ball.
- (A1) to drive out for a pass. (D) to stick tight using quick small footwork to stay with (A).
- (T) passes to (A) if they are free.
- (A1) & (D1) rotate to back of line.
- (D)'s to stay as defenders for 3 turns through then swap with attacks and who defends.
- Rotate thrower in.



ACTIVITY 5. (5 ON 5)

- Split the team in half, (A)'s & (D)'s (if you have an extra player make them an Attacker. One ball
- All players to spread out in one third.
- (A)'s start with the ball, move the ball around the third. If (D)'s get an intercept they become the (A)'s.
- Work for 1 minute then rest.
- Repeat 3 times, if there are no turnovers swap the (A)'s and (D)'s
- If there is intercepts that team that finishes the 1 minute with the ball starts with it.

MAKE IT HARDER

- Expand the area.
- (A)'s to change up movements. More dodges.
- (T) can add in a fake pass.

CHALLENGE #2 – FINISH

Does your team finish as the attackers in Activity 5?

10MIN TEAM DRILL See My NETFIT videos for team drill & .pdf

COACHING POINTS For training session



WHAT YOU WANT TO ACHIEVE IN DRILL?

- Intense 1 on 1 defensive pressure.
- Defender meeting the attacker as they enter their area.
- Talk between defenders.

- Short sharp footwork from defenders.
- Eyes up so they have vision of opponent and ball.
- Arms down, not across opponent.
- Recovering if they lose their opponent.

10MIN MATCH PLAY

PLAY A GAME HALF COURT

GAME FOCUSES:

- One on one defence from all players on the court.
- Quick transition from attack to defence if there is a turnover.

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.
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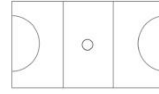


DURATION **1**
HOUR

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

20MIN SKILL DEVELOPMENT

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

FIRST PHASE – THE SKILL AND MOVEMENT

ACTIVITY 1. (SHADOW DEFENCE)

- Groups of 3 1x (T) 1x (A) & 1x(D).
- 2 Cones 4m apart (T) 3m in front.
- (A) between cones, (D) in front with ½ body covering (A).
- (A) changes direction at any time between cones. (D) uses quick footwork to stick with (A). (T) holds ball and makes sure (D) has eyes up and can see the ball.
- Work for 1 minute then rotate.

ACTIVITY 2. (ADD A PASS)

- As above
- If (A) gets away from (D), (A) drives forward on an angle, (D) follows (A) and tries to intercept the pass from (T).
- Work for 1 min then rotate.

ACTIVITY 3. (ONE ON ONE)

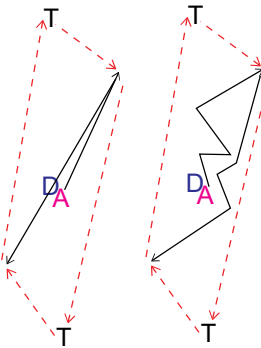
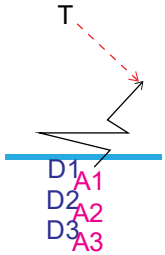
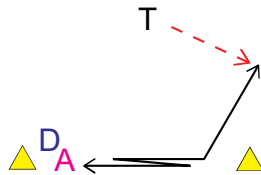
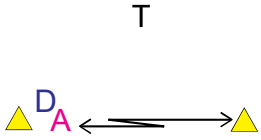
- Team lined up in pairs behind the transverse line. 1x (A) & 1x (D).
- (T) to start approx. 5 meters in front of line with a ball.
- (A1) to drive out for a pass. (D) to stick tight using quick small footwork to stay with (A).
- (T) passes to (A) if they are free.
- (A1) & (D1) rotate to back of line.
- (D)'s to stay as defenders for 3 turns through then swap with attacks and who defends.
- Rotate thrower.

ACTIVITY 4. (STRAIGHT LEAD DEFENCE)

- 2x (T) standing at either side of a third (approx. 10m apart)
- (A) & (D) start in the middle of (T)'s
- (A) drives forward on an angle to receive a pass off (T) with the ball. (D) defends and goes for an intercept.
- If (A) gets the ball they turn and pass to opposite (T) then drive again on an angle for the pass.
- If (D) intercepts the pass they become the (A) and pass to opposite (T) then drives to get a pass. Original (A) must transition into defensive mode.

ACTIVITY 5. (PRELIMINARY MOVEMENT)

- This time (A) can change direction with dodges, changes of direction, rolls or any other attacking movement to get away from (D).



MAKE IT EASIER

- Make the area smaller.
- Do not add a pass until (D) has the footwork and movement.
- (A) can slow down movement.

CHALLENGE #1 – EYES UP

Can you keep your eyes on the (T)?
(T) Can hold up color cones and (D) calls.

MAKE IT HARDER

- Expand the area.
- (A)'s to change up movements. More dodges.
- (T) can add in a fake pass.

CHALLENGE #2 –INTERCEPTER

How many turnovers can you get?

10MIN TEAM DRILL

See My NETFIT videos for team drill & .pdf

COACHING POINTS

For training session



WHAT YOU WANT TO ACHIEVE IN DRILL?

- Intense 1 on 1 defensive pressure.
- Defender meeting the attacker as they enter their area.
- Talk between defenders.

- Short sharp footwork from defenders.
- Eyes up so they have vision of opponent and ball.
- Arms down, not across opponent.
- Recovering if they lose their opponent.

10MIN MATCH PLAY

**PLAY A GAME
HALF COURT**

GAME FOCUSES:

- One on one defence from all players on the court.
- Quick transition from attack to defence if there is a turnover.

5MIN COOL DOWN

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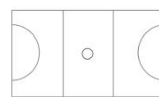


DURATION
1
HOUR

EQUIPMENT



LOCATION

GROUP
SIZE**7-12****5MIN WARM UP**

See My NETFIT videos for warm up

10MIN FITNESS & FOOTWORK

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20MIN SKILL DEVELOPMENT**W = WORKER T = THROWER D = DEFENDER A = ATTACKER** DRIVE, PASS**FIRST PHASE – THE SKILL AND MOVEMENT****ACTIVITY 1. (SHADOW DEFENCE)**

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- Work for 1 minute then rotate.

ACTIVITY 2. (ADD A PASS)

- As above
- If (A) gets away from (D), (A) drives forward on an angle, (D) follows (A) and tries to intercept the pass from (T).
- Work for 1 min then rotate.

ACTIVITY 3. (BOX AREA)

- Now set up a square approx. 3m x 3m
- (A) to work inside the square to receive 2 passes at each cone (use dots or lines on the court for safety) (D) to defend and try and stop or intercept any passes.
- Work until all passes are received and then rotate.

ACTIVITY 4. (BOX AREA FREE)

- (A) to work inside the square to receive passes anywhere within the square. (D) to defend and try and stop or intercept any passes.
- Work for 6 passes then rotate.

ACTIVITY 5. (BOX AREA)

- Add a 2nd box on the other side of (T).
- Both sides need to be continuously working. (T) throws to either side what (A) is free.
- Both (D) are to try and force a held ball.
- Remove the cones and give the players an area to work in.
- Work for a minute then rotate.

MAKE IT EASIER

- Make the area smaller.
- Do not add a pass until (D) has the footwork and movement.
- (A) can slow down movement.

CHALLENGE #1 – EYES UP

Can you keep your eyes on the (T)?
(T) Can hold up color cones and (D) calls.

MAKE IT HARDER

- Expand the area.
- (A)'s to change up movements. More dodges.
- (T) can add in a fake pass.

CHALLENGE #2 – HELD BALL

Were there any forced held balls?

10MIN TEAM DRILL See My NETFIT videos for team drill & .pdf**COACHING POINTS** For training session**WHAT YOU WANT TO ACHIEVE IN DRILL?**

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10MIN MATCH PLAY**PLAY A GAME
HALF COURT****GAME FOCUSES:**

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- Quick transition from attack to defence if there is a turnover.

5MIN COOL DOWN**SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.**

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