**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 WARM UP DRILLS** See video

SEE MY NETFIT VIDEOS FOR TEAM DRILLS AND SESSION PDFs

**WHAT YOU WANT TO ACHIEVE FROM PEPPERPOT TRANSITION DRILL**
- Quick transition on a turnover
- Relentless 1 on 1 defence to intercept
- Ready to receive using a variety of attacking moves

**FIRST PHASE: DEFENCE ATTACKING MOVEMENT**

**ACTIVITY 1**
- Thrower with ball and 3 attackers
- Pass to either A1/A2
- You have 2 passes to get to A3 Zone 1
- Vary with A3 going forward and either A1 or A2 must go into the box to receive

**ACTIVITY 2**
- Pass ball 4-5 passes to Zone 2
- Thrower to lead into the vacant space in the goal third

**ACTIVITY 3**
- Add 3 defenders
- Take cones away and add another 2 defenders
- Ball must get down the court to A4 in Zone 2

**ACTIVITY 4**
Sequences of throw ins (use bibs)

<table>
<thead>
<tr>
<th>Practise these sequences:</th>
<th>Create your own:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. GK-WD-C-WD-WA-GA</td>
<td>1.</td>
</tr>
<tr>
<td>2. GK-C-GD-WA-GA--WA</td>
<td>2.</td>
</tr>
<tr>
<td>3. GK-WD-GK-C-GA-WA</td>
<td></td>
</tr>
<tr>
<td>4. GK-GD-C-WD-WA</td>
<td></td>
</tr>
<tr>
<td>5. GD-GK-WD-WA</td>
<td></td>
</tr>
</tbody>
</table>

**COACHING NOTES:**
- Communicate to the thrower by eyes and arm signal where you want the ball to be passed to
- When leading down the court, change direction and speed to receive a pass
- Vary who receives the first pass
- When A3 or A4 leave Zones 1 or 2 another must lead to receive in the Zones

**10MIN COURT APPLICATION - DEFENCE THROW INS**

**ACTIVITY 5**
Keep note in your Coaching Notebook the set ups they do well.
Reward them for great plays
1. Get your team to name the best throw in set ups they like, use fun names like skittles or lemon.
2. Take a note of the set ups they did well and reward them.

**COACHING NOTES:**
- Give time for defence to set up each centre pass
- Good communication

**10MIN MATCH PLAY**

PLAY A HALF COURT GAME

**10MIN COOL DOWN**

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.
Congratulations on completing your first NETFIT training session.
AGE GROUP UNDER 15
SKILLS FOCUS
DEFENCE THROW INS

DURATION 1 HOUR
EQUIPMENT GD
LOCATION
GROUP SIZE 7-12

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15MIN SKILL DEVELOPMENT - DEFENCE ATTACK MOVEMENT

FIRST PHASE: MOVEMENT IN AREAS
ACTIVITY 1

• A3 and A4 set up in Zones 1 and 2
• Team has to pass to A4 in Zone 2 in 4 passes
• A3 can lead to receive pass but A1 or A2 must lead to Zone 1 to receive
• Thrower to lead into the vacant space after pass

ACTIVITY 2

• Add 3 defenders
• Repeat activity 1
• Then take away cones and another add 2 defenders
• Move the Thrower to different positions
• Move Zones to the right or left side of court

COACHING NOTES:
• Rotate players
• Vary who receives first pass between A1,A2 and A3
• When leading down court
• Quick take off to change direction and speed to receive a pass.
• Increase intensity by timing how quick the team can get ball to zone 2

ACTIVITY 3

• Start with 1 on 1 defence
• Add WD & GD to float down and fill up space in centre third
• Challenge your team to use the imaginary squares to set up and lead through the middle of squares or sides

ACTIVITY 4

Practise these sequences:
1. GK-WD-GK-WA-GA
2. GK-C-GD-WA-GA
3. GK-GD-WD-C-WA-GA
4. GD-GK-GD-C-GA-WA

Create your own:
1. 
2. 

COACHING NOTES:
• Set up quickly ball side
• Protect the space you are wanting to receive
• Time your leads
• Wait to make eye contact then go
• Vary who receives the first pass

ACTIVITY 5

Keep note in your Coaching Notebook of all the set-ups they do well.
1. Start the ball always at a throw-in
2. Name team set-ups (use fun names) and practice these during half court game
3. Ask your team which two you will play this week

COACHING NOTES:
• Loud communication
• Team to recognise when to change if not working
• Put them on the spot and call out a team set play to execute

10MIN MATCH PLAY

PLAY A HALF COURT GAME

10MIN COURT APPLICATION - DEFENCE THROW INS

ACTIVITY 3

COACHING NOTES:

ACTIVITY 4

COACHING NOTES:

ACTIVITY 5

COACHING NOTES:

5MIN COOL DOWN

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**AGE GROUP** UNDER 17 / OPEN

**SKILLS FOCUS** DEFENCE THROW INS

**DURATION** 1 HOUR

**EQUIPMENT** [GD]

**LOCATION** [Circle]

**GROUP SIZE** 7-12

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- Quick transition on a turnover
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**15MIN COURT APPLICATION - DEFENCE THROW INS**

**ACTIVITY 1**
- Players to vary who receives first pass
- One of the attackers must receive in Zone 1 and 2
- Take cones away once players understand Zone set ups
- Start with 3 defenders then add another 2 in goal third
- Challenge players to achieve 3 passes to get to Zone 2

**ACTIVITY 2 (THE BOMB)**
- Players set up in lines of 3 in a split position
- The 2 behind must offer a lead opposite to the one in front left, right or middle
- Keep changing who is in the front position
- Thrower varies starting position from sidelines to baseline
- Thrower can choose either A1, A2 or A3
- Thrower to lead to vacant space for second pass if needed

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**15MIN TRY NEW DRILL**

**ACTIVITY 3** Add defence challenges
- WD & GD to float down and fill up space in centre third
- Add an extra player in the centre third to make it harder
- Players use either Activity 1 or Activity 2 set ups to beat defence

**ACTIVITY 4**
- Practise different sequences on base line
  1. GK-WD-GK-WA-GA
  2. GD-GK-GD-WD-WA
  3. GK-GD-GA
- Practise sideline throw ins
  1. WD-GK-WD-WA-C-GA
  2. GD-C-GD-WA-C-GA
- Create your own:
  1.
  2.

---

**10MIN MATCH PLAY**

**PLAY A HALF COURT GAME**
- Keep note in your Coaching Notebook all of the set-ups they do well.
  1. Start the ball always at a throw in
  2. Name setups of throw ins
  3. Add maximum pressure by defenders playing area defence in goal third

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**5MIN COOL DOWN**

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