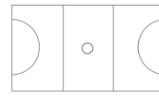


DURATION **1**  
HOUR

EQUIPMENT



LOCATION

GROUP  
SIZE**7-12**

## 5MIN WARM UP

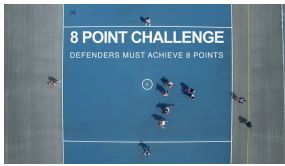
See My NETFIT videos for warm up

## 10MIN FITNESS & FOOTWORK

See My NETFIT videos for ideas to build your fitness session

## 5MIN TEAM WARM UP DRILLS

See video



SEE MY NETFIT VIDEOS FOR TEAM DRILLS AND SESSION PDFS

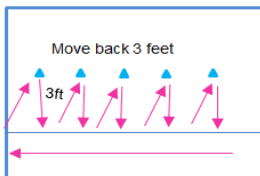
What do you want to achieve from 8 Point Challenge :

- Players quickly positioning 3 feet (3ft) distance over the ball
- Players ready to intercept from the hands over the ball pressure

## 15MIN SKILL DEVELOPMENT - 3 FEET DISTANCE ARMS OVER

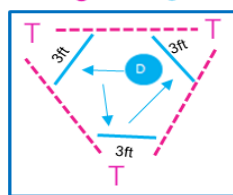
### FIRST PHASE: DISTANCE THEN ARMS

T THROWER ● ATTACKER ● DEFENDER ▲ CONES



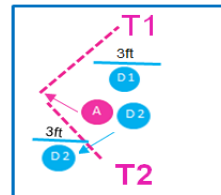
#### ACTIVITY 1

- Place (6) cones 3 feet from transverse line
- Players start at side line
- Run up to cones and then jump back to the line
- Hold for 1 second then move to next cone repeat completing all 6 cones then start back at cone 1



#### ACTIVITY 2

- (3) Throwers pass the ball in a triangle
- Defender sets 'Quality 3 feet' then quickly moves to next thrower as the ball is passed
- Throwers wait until 3 feet is set before they pass the ball



#### ACTIVITY 3

- (D1) sets 3 feet over (T1)
- (T1) passes to attacker
- (D2) then sets 3 feet over attacker
- Attacker passes to (T2)
- Then (D2) sets 3 feet over (T2)
- (T2) passes to attacker and (D1) sets 3 feet - repeat

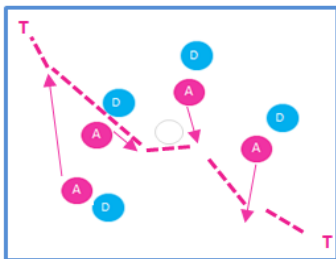
### COACHING NOTES:

#### QUALITY 3 FEET:

- Push off strongly to get your 3 feet distance
- Try and use one stride back, one foot right or left then balance as arms go up
- Weight forward over knees
- Keep eyes up
- Balance on the balls of your feet not up on toes
- **Tip:** Have your players put the thumbs to shoulders when they jump back then put arms up to avoid arms obstructing before getting their 3ft.

## 10MIN COURT APPLICATION - 3 FEET TEAM DEFENCE

### ADDING DEFENCE ON COURT



#### ACTIVITY 4

##### 4 on 4 with two throwers and 1 Ball

- Two teams with Bibs
- Ball starts on one corner (throwers change starting positions from corners to middle on lines)
- Teams pass to each player, deliver to thrower on the other corner
- If intercepted, then the teams swap roles
- Challenge the team to consistently put 3 feet up over every ball

### COACHING NOTES:

- Use "QUALITY 3 FEET"
- Be ready to track the ball with their arms in various positions from tall to force a high ball or low to stop a quick side pass
- Ensure there is no jumping over the player so they can quickly deny and dictate next movement

## 10MIN MATCH PLAY

### PLAY A HALF COURT GAME

#### ACTIVITY 5 - 3 FEET TEAM CHALLENGE

- Challenge the team to set 3 feet on every pass
- After each goal is scored defence to pass ball back to centre circle
- Score 1 point every time 3 feet is set over a passer, take a point away when it's not

### COACHING NOTES:

- This is a great activity to commit your team to a 3 feet defensive game plan
- Remind your circle defenders to put various defence arms up when the goalers are shooting

## 5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your first NETFIT training session.

**DURATION** **1**  
HOUR

**EQUIPMENT**  

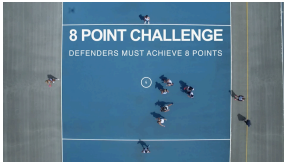
**LOCATION** 

**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

**10MIN TEAM WARM UP DRILLS** See video



SEE MY NETFIT VIDEOS FOR TEAM DRILLS AND SESSION PDFs

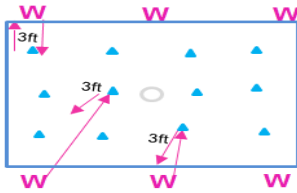
What do you want to achieve from 8 Point Challenge :

- Players quickly positioning 3 feet (3ft) distance over the ball
- Players ready to intercept from the hands over the ball pressure

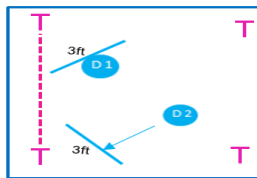
**15MIN SKILL DEVELOPMENT - 3 FEET DISTANCE HANDS OVER**

**FIRST PHASE: DISTANCE THEN ARMS**

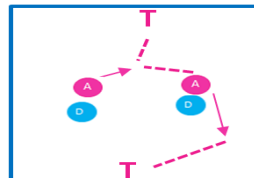
T THROWER ● ATTACKER ● DEFENDER ▲ CONES



- ACTIVITY 1**
- Spread 10-12 cones over the centre third
  - On "go", players run to as many cones as possible.
  - Jump back from cone and set "quality 3 feet"
  - Vary arm positioning; high, low, one high and one to the side
  - Then move to next cone until coach calls out "stop"



- ACTIVITY 2**
- 4 Throwers and One (1) ball
  - Two defenders (D1) and (D2)
  - (D1) sets 'quality 3 feet' (D2) can try and intercept
  - Then the closest defender to the ball quickly sets up 'quality 3 feet' and activity is repeated
  - Throwers to wait for defence to be set before passing



- ACTIVITY 3**
- Thrower (T) starts with the ball
  - Attackers are now on the move and pass to each other before passing to opposite thrower.
  - Defenders to set 'quality 3 feet' and apply pressure to intercept or achieve held ball

**COACHING NOTES:**

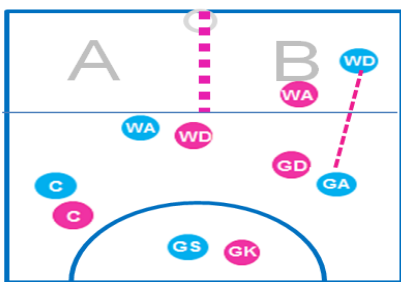
- Challenge the team in activity 1, to tell you how many cones they can get to in 30 seconds?

**QUALITY 3 FEET:**

- Push off strongly to sprint to set your 3 feet
- Distance before arms
- Use one stride back using one foot right / left then balance, arms up
- Weight forward over knees
- Keep eyes up
- Balance on the balls of your feet not up on toes

**10MIN COURT APPLICATION - 3 FEET TEAM DEFENCE**

**ADDING DEFENCE ON COURT**



**ACTIVITY 4**

- Two starting areas 'A' and 'B'
- WD team blue starts with ball
- The team must pass 4 times before it can be passed to a shooter to goal
- Reverse with GK throwing the ball in with pink team passing to pink WA receiving in area "A"
- Repeat with variations:
  - Side line pass back to WD in centre third
  - Must reset back to the WD
  - Increase passes to 5 then to 7

**COACHING NOTES:**

- Always track the ball with arms in various positions from tall to force a high ball or low to stop a quick side pass
- Keep vision on ball not at your feet
- Players to be aware of space and not all be on one side of the court

**10MIN MATCH PLAY**

**PLAY A HALF COURT GAME**

**ACTIVITY 5 - 3 FEET TEAM CHALLENGE**

- Challenge the team to set 3 feet on every pass
- Score 1 point every time 3 feet is set over a passer
- Take a point away when its not.
- After each goal is scored GK to pass the ball in back to the centre circle

**COACHING NOTES:**

- Every 5 mins see who has the highest score
- This is a great activity for you to commit the team to a 3 feet defensive game plan

**5MIN COOL DOWN**

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your first NETFIT training session.



**DURATION** **1**  
HOUR

**EQUIPMENT**  

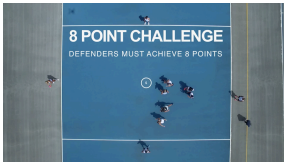
**LOCATION** 

**GROUP SIZE** **7-12**

**5MIN WARM UP** See My NETFIT videos for warm up

**5MIN 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

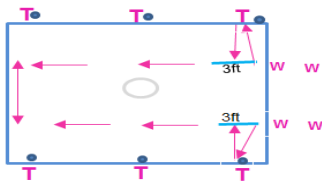
What do you want to achieve from 8 Point Challenge :

- Players quickly positioning 3 feet (3ft) distance over the ball
- Players ready to intercept from the hands over the ball pressure

**15MIN SKILL DEVELOPMENT - 3 FEET DISTANCE ARMS OVER**

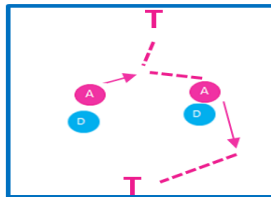
**FIRST PHASE: DISTANCE THEN ARMS**

T THROWER ● ATTACKER ● DEFENDER W WORKER



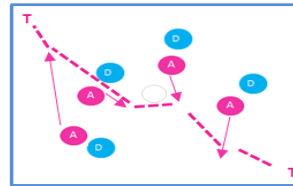
**ACTIVITY 1**

- (6) six throwers each with a ball
- Two lines of workers (1) at a time moving clockwise and anti-clockwise to each thrower
- Run to thrower, set quality 3 feet, track the ball with hands over for 3 seconds then move to next thrower



**ACTIVITY 2**

- Thrower (T) starts with the ball
- Attackers pass to each other before passing to opposite thrower.
- Defenders use strong stride to back to set 3 feet distance.



**ACTIVITY 3**

- (4) four attackers, (4) four defenders and two throwers
- Teams pass to each player then to (T) thrower in opposite corner
- Swap who is attacking and swap in throwers
- Defenders to apply maximum pressure to gain intercept or held ball

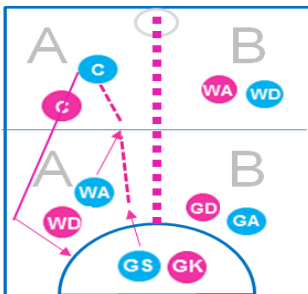
**COACHING NOTES:**

**QUALITY 3 FEET:**

- Distance before arms
- Use one stride back using one foot right / left then balance, arms up
- Weight forward over knees
- Keep eyes up
- Balance on the balls of your feet not up on toes
- Quick recovery on the balls of your feet with strong arms over the ball
- Repeat and increase speed of the pass

**10MIN COURT APPLICATION - 3 FEET TEAM DEFENCE**

**ADDING DEFENCE ON COURT**



**ACTIVITY 4**

- Two starting areas 'A' and 'B' splitting centre third and goaler third (not goal circle) into two halves.
- (C) Centre (team blue) starts with the ball
- The team must pass 4 times in playing area "A" before it can be passed to a shooter to goal.
- To pass to playing area "B", players must pass back to WD blue to reset
- Reverse with GK throwing the ball in with pink team passing back to pink WA.
- Repeat with variations:
  - Side line pass back to WD in centre third
  - Increase passes to 5 then 7

**COACHING NOTES:**

- Be ready to track the ball with arms in various positions, from tall to force a high ball or low to stop a quick side pass
- Keep vision on ball not at your feet
- Restrict who can play in Area's "A" or "B"
- GS & GA can play in goaling circle either side

**10MIN MATCH PLAY**

**PLAY A HALF COURT GAME**

**ACTIVITY 5 - 3 FEET TEAM CHALLENGE**

- Challenge the team to set 3 feet on every pass
- Score 1 point every time 3 feet is set over a passer
- Take a point away when its not.
- After each goal is scored GK to pass the ball in back to the centre circle

**COACHING NOTES:**

- This is a great activity to commit your team to apply quality 3 feet in your game plan

**5MIN COOL DOWN**

**SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.**

Congratulations on completing your first NETFIT training session.

