

Come and try –defending skills

Date: _____

Warm up game (5-7min)

1,2 tag

Players match up in pairs, they nominate 1 and 2. On the whistle the coach calls 1 or 2. If 1 is called the person marked as 1 runs away from the person marked 2. The coach can then call 2, then 2 becomes the runner and 1 is the tagger. On the whistle to freeze the player who is the current tagger must be close enough to be able to reach the shoulder of her partner without moving their feet.

Dynamic Stretch (10 min)

Set up on side lines in working towards the middle.

To Middle	Back to sideline
High knees walk	High knees skip
Butt kicks	Back sidestep shuffle
Sidestep	Side step
Ice cream scoops	Sumo squats
Grapevine	grapevine
Hip circles open up (with steps in between)	Hip circles closed in (with steps in between)

On sideline –

Lunges Stationary x 5 each leg

Arm circles both forward, both back and alternates (Slow and controlled)

Fast feet on the sideline

Knee Program (no Ball)

Sliding shuffle – sprint slow back

Skills

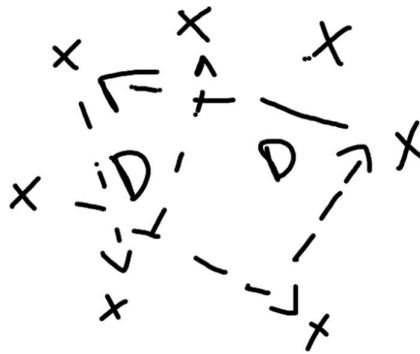
STATION 1 (2 coaches)

Circle arms over –

Start in pairs facing the same way – one pretends to throw a ball and turns, the defender must get back 3 feet without looking at their feet. The players then mirror each others hands over. Swap over.

Group into 2 circles.

2 players start in the middle (1 if there is only a few in a group). The outside players pass a ball around. The centre player is looking for a touch or intercept. Swap over regularly

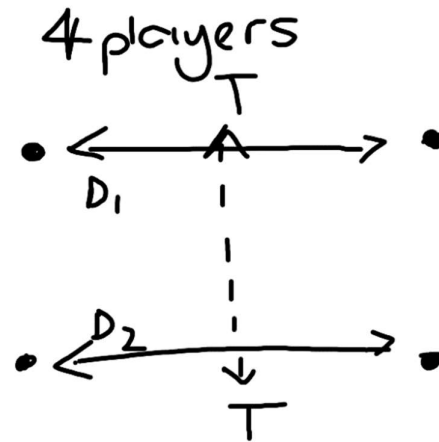
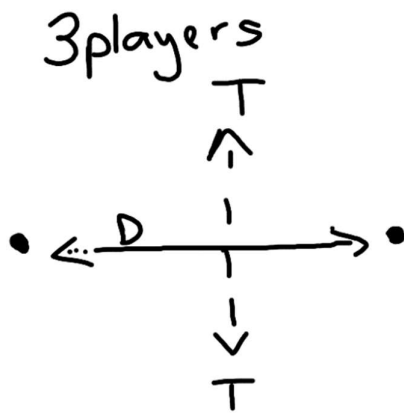


STATION 2

Timing of intercept

Groups of 3 or 4

2 players act as throwers – they continually pass to each other as 1 or two players run in and out of the passage of play to try to get an intercept. The runners must run out and touch a marker before timing their run to make the intercept. (if it's a group of 4 have each player in the middle only intercept the player closest to them to avoid collision)

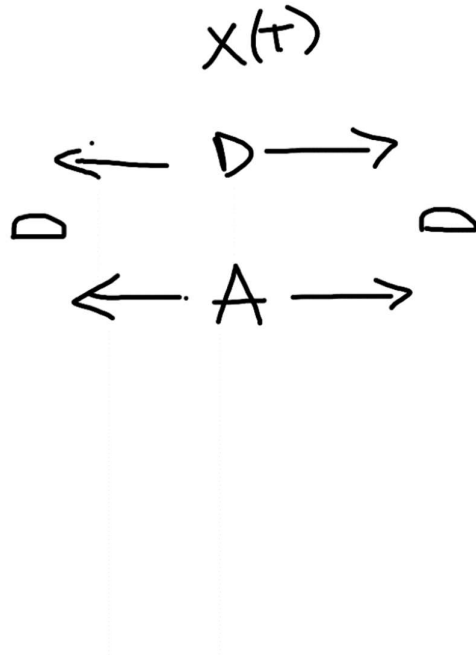


STATION 3 (2 coaches)

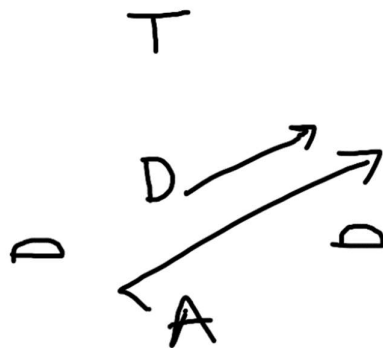
Shadowing

Between chalk markers (3 m apart), a defender stands in front of the markers and the attacker behind. A player stands in front holding up various amounts of fingers on one hand. The defender must keep calling the amount of fingers that the player in front is holding up so the focus of sight is both ahead and on the attacking player.

Rotate around.



2 stage – the attacker now starts to use a dodge or single dodge to break the line forward without contacting.

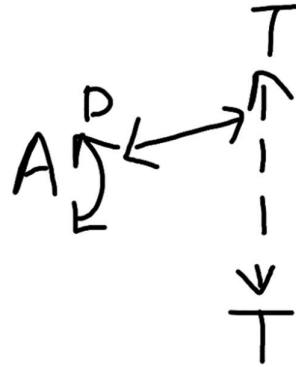


3rd stage introduce a ball.

STATION 4

Hunting

2 players pass the ball to each other while a defender and attacker sit off to the side. The idea is the defender can hunt for the ball being passed but then must also protect the pass coming in to the player they are defending.



Games x 4 (8 minutes each)

Any girls not playing can be moved to a spare court and play knock down netball.

Knock down netball

Netball rules with teams in colored braids. Normal netball rules but everyone can go everywhere except circles. Circles have witches hats placed in them. Idea is to get as close to the circle as possible and knock over the witches hat with the ball. Point for each hat over or first team to knock all over. Watch for smart players who will lead and spread out.

Stretch and review (5 min)