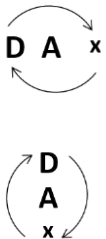
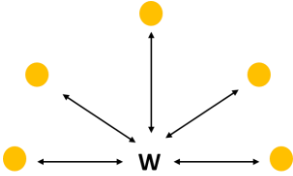
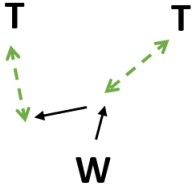
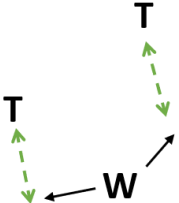
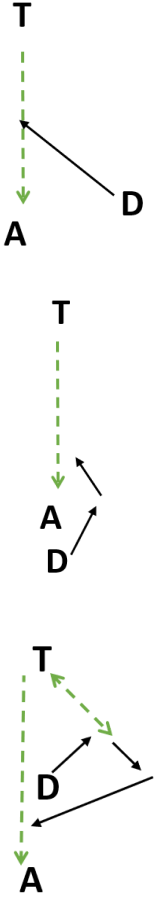



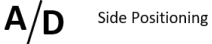

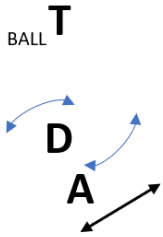
2023 Foundation Waratah Session Plan- Session 3: Defensive footwork / Reading the Cues / 1 v 1 Defence – 1st Phase Positioning and Vision

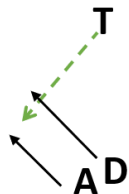
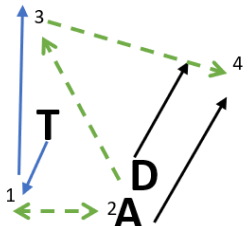
Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p>Agility and Movement</p> <p><i>Use of quick small steps and reacting to calls</i></p>	<p>Have all players stand in a space on the court. The coach calls out “left, right, front or back” and the players have to move accordingly using running steps for two movements before heading back to the start point.</p> <p><u>Add variation to the drill</u></p> <ul style="list-style-type: none"> – Add a jump or touch the ground 	<ul style="list-style-type: none"> – Using the correction footwork – Movement is done at speed – Quick reaction to instruction – Head & eyes up and looking ahead 	<ul style="list-style-type: none"> – Poor execution of footwork – Inability to run at pace – Eyes are down looking at feet 	<ul style="list-style-type: none"> – Eyes up – Quick steps – Run hard
<p><i>Working around the body</i></p> 	<p>Players form into pairs and find a space on the court and start standing side by side. Choose who is the defender and who is the attacker. Defensive players are working around the stationary attacking body from left to right and right to left. Add the movement of front and back, back to front.</p> <p><u>Progression:</u></p> <ol style="list-style-type: none"> 1. Defensive players react to a call by the coach and aim to move to that spot as quick as possible. 	<ul style="list-style-type: none"> – Clarify exactly what footwork is required eg running steps or side stepping – Let players experience both then decide which one is the quickest 		
<p><i>Use of quick change of direction and keeping angle facing up court</i></p> 	<p>Form groups of 2/3 and have 5 dots. Set the dots out in a semi-circle. The worker makes their way back and forth through the dots using either running steps, side steps or a combination of both.</p> <p><u>Add variation to the drill</u></p> <ul style="list-style-type: none"> – Add a jump at the dot. <p><u>Progression:</u> Have the spare player out front holding up their hand with different numbers. The worker calls out the numbers while doing the drill.</p>	<ul style="list-style-type: none"> – Make sure to clarify which footwork is to be used. – Two foot take off and land before moving to next dot – The angle of the body when coming back to start point 	<ul style="list-style-type: none"> – Split land or single leg land/take off. – Putting back to court/ball – Eyes down looking at feet and dot 	<ul style="list-style-type: none"> – Eyes up/Head up – Quick steps – Pump the arms

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<p data-bbox="181 233 445 328"><i>Reacting to the ball and giving a good off-load</i></p>  	<p data-bbox="483 233 983 456">In 3's or 2's with one ball. Have the throwers out front with the ball. The work stands 4 feet away. Throwers are putting the ball into random places and a variety of passes. The worker must react, run and collect and pass an accurate pass back to a thrower ready for the next pass. Do 15 passes and rotate.</p> <p data-bbox="483 528 752 552"><u>Add variation to the drill</u></p> <ul data-bbox="483 560 965 683" style="list-style-type: none"> - Add two balls to the drill - Set the throwers in a staggered position to create more of a backward/forward movement for the worker. <p data-bbox="483 759 714 783"><u>Optional Progression</u></p> <ul data-bbox="483 791 972 1209" style="list-style-type: none"> - Using two balls. The throwers can throw the second ball before the attacker has off-loaded the other ball. This speeds up the drill and opens the vision for the worker. - Have two workers and one thrower with one ball. The two workers work together to collect the ball in the quickest way using communication and direction. Thrower is to place the ball in different spots in the area to get the defenders moving their feet. 	<ul data-bbox="1021 220 1397 815" style="list-style-type: none"> - Eyes watching the ball at all times - Make sure the throwers are moving the worker around and not throwing to the worker - Determining what footwork is the fastest - Moving quickly to each ball - Accurate pass back to thrower - Bending the knees to get down to a low ball 	<ul data-bbox="1435 220 1771 608" style="list-style-type: none"> - Slow to react - Inability to run at pace - Eyes are down looking at feet and not at the ball - Poor pass back to thrower - Reaching for the ball and not taking their feet through. 	<ul data-bbox="1832 220 2033 443" style="list-style-type: none"> - Eyes on ball - Run hard - Accurate pass - Open vision

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<p>Anticipation for the intercept</p> <p><i>Working on giving the worker confidence to run through the ball for the intercept</i></p> 	<p>In groups of three and one ball. Thrower has the ball. The receiver stands approx. 4m in front of thrower. The receiver is stationary. The defender stands to the side and slightly in front of receiver ready to intercept the pass.</p> <p>Thrower faces away, tosses ball up, catches, pivots and throws a straight pass to the receiver. The defender runs to intercept the pass in front of the receiver so there is no contact made.</p> <p>If the defender goes too early the ball can be dropped in front and the defender gathers the ball. Make sure to do both sides.</p> <p><u>Add variation/challenge to the drill</u></p> <ul style="list-style-type: none"> – Change the starting position of the defender to further away from the receiver or behind them. – Get your defender to do a footwork pattern and reads when to move out and intercept the ball <p><u>Progression:</u></p> <ul style="list-style-type: none"> – Still in 3's. The defender will move forward to a low ball, the defender will then run towards to the other stationary post for a lob pass. Really important that the defender sights the other post before running down for the ball. This is so players don't collide. They should cut in front of the post and receive slightly pass them. 	<ul style="list-style-type: none"> – Head up – Eyes on the ball – Body in running position – Small steps working on the balls of the foot – Pump arms at right angles – Moving at Pace – Not going too soon – Open up to sight the attacker before running for it. 	<ul style="list-style-type: none"> – Steps too large – Slow to react or moving too soon – Not moving fast enough – Flat footed – Lunging to intercept ball and not running it down – Eyes looking at ground – Head down unable to see the ball – Arms not working – Going for intercept with one arm – Too quick to get rid of ball and not being balanced 	<ul style="list-style-type: none"> – Head up – Eyes on the ball – Small steps – Go hard – Run through – Sight the attacker

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p data-bbox="181 240 389 339"><u>Anticipation and going for the intercept</u></p> <p data-bbox="181 379 365 448"><u>**Not in video resource</u></p> <div data-bbox="226 496 398 746"> </div> <div data-bbox="226 903 398 1102"> </div>	<p data-bbox="483 252 880 280">Move into groups of 4 with one ball.</p> <p data-bbox="483 304 936 427">Have 2 stationary receivers standing alongside each other about 2m between them. The defender stands in the middle about 1m behind them.</p> <p data-bbox="483 451 987 671">The thrower who is standing about 3 metres in front, faces away, tosses ball up, catches, pivots and throws a straight pass to one of the receivers. The defender anticipates the direction of the pass and runs to intercept the pass in front of the receiver so there is no contact made.</p> <p data-bbox="483 695 842 724">Throwers try to not fake the ball.</p> <p data-bbox="483 794 622 823"><u>Progression:</u></p> <ul data-bbox="495 842 987 1161" style="list-style-type: none"> - Same as above but now the defender stands about one metre in front of the 2 stationary receivers. The thrower who is standing about 3m in front, faces away, tosses the ball up, catches, pivots and throws a lob pass to one of the receivers. The defender anticipates the direction of the pass and runs behind the receiver to intercept the pass so there is no contact made. 	<ul data-bbox="1021 240 1391 927" style="list-style-type: none"> - Run ball down and snatch to intercept - Catch, balance & pass to thrower - Control body balance and return quickly to starting position - Continue to move at pace - Cut the angle of the pass, meet the ball in front and away from the attacker - Discuss cues defender could look for at the thrower to help with decision on where the ball may be going. ie. Body position, eye contact. 	<p data-bbox="1424 240 1529 269">As above</p>	<ul data-bbox="1832 240 2051 464" style="list-style-type: none"> - Watch the ball - Pump the arms - Go hard - 2 handed take

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p>1 v 1 Defence/Front</p> <p><i>Body positioning for first phase of Defence and Use of Peripheral Vision.</i></p> <p> Front Positioning</p> <p> Side Positioning</p> <p> Back Positioning</p> <p></p>	<p>Go through the starting front position of a defensive player. Get the group into pairs and find a space on the court. Instruct the positioning desired.</p> <p>Progression:</p> <ul style="list-style-type: none"> – Explain other positions like, side and back positioning <p>Move into groups of 3 with 1 ball.</p> <p>Defending player stands in the front defensive position to their attacker. The thrower is approx. 3m in front. Thrower moves the ball around and the defender must track the ball with their front arm. Whilst this is happening the attacker moves from side to side and the defender must track the attacker with their back arm.</p> <p>Work both sides.</p>	<ul style="list-style-type: none"> – Defending player stands in front of the attacking player covering half of their body. – Feet are at a comfortable width apart around should width – Arms are down and are hanging loose. – Defending player is on the balls of their feet ready to move. – Head is up with eyes looking out half-way between the thrower and the shoulder of their attacker. Making good use of peripheral vision whilst keeping head still. – See the body, see the ball. – Defender is working out where their best head position is to be so they are able to see attacker and ball at the same time. 	<ul style="list-style-type: none"> – Head, eyes down looking at feet – Standing flat footed – Stance is either too narrow or too wide – Defending player stands too close to attacker and contacts – Body position is closed and unable to see both the body and the ball 	<ul style="list-style-type: none"> – Head up – See the body, see the ball – Keep head still – Stay off the body – Move your feet

	<p>Still in 3's and 1 ball.</p> <p>The defender starts the drill by standing in front of the attacker in the correct starting position. The attacker is only allowed to make one lead to the ball. The thrower faces away, tosses the ball up, catches, pivots and throws to the attacker moving into space. The defender is to move with the attacker and come through for the ball, making sure they come off the body and runs through for the intercept.</p> <p>Make sure to work both sides of the court.</p>	<ul style="list-style-type: none"> – Ensure the defender gets a sense of what 3 secs is. 	<ul style="list-style-type: none"> – Feet sliding and getting wider with movement – Arms reaching out to feel the attacker instead of staying close to the body without contacting 	<p>As above</p>
	<p>Optional Progression:</p> <ul style="list-style-type: none"> – The attacker starts with the ball with the defender standing next to her. The thrower will receive a ball to the side, return to the attacker and then moves into the open space for a lifted pass, as that pass is given, we want our defender to enter the drill with hands over, ready to step up and dictate the attacker when they offer for the ball into space. The defender is to move strong onto the ball. Attacker can only do one change of direction. 	<ul style="list-style-type: none"> – Emphasis the defender to come off the attacker to take the ball cleanly. 	<ul style="list-style-type: none"> – Defender sights ball and loses attacker. – Defender jumps as pass is offloaded 	<ul style="list-style-type: none"> – Head up – See the body, see the ball – Keep head still – Stay off the body – Move your feet

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p>1 v 1 Defence</p> <p>T</p> <p>D A</p> <p>D A</p> <p>D A</p> <p>T</p> <p>T</p> <p>D D A</p> <p>D D A</p> <p>D D A</p> <p>T</p>	<p>Split your group into half using half a court lengthways each.</p> <p>With throwers at either end, have pairs (defender & attacker) lined up down the middle of the court. Attackers are to bring the ball down the court and can move anywhere on the court in their designated space.</p> <p>Starting in the front defensive position, defenders try to stop the attacker from getting the ball or intercept the pass before it gets to the attacker.</p> <p>Make sure players work in different areas of the court and rotate with the throwers.</p> <p><u>Progression:</u></p> <ul style="list-style-type: none"> – Increase the challenge and have 2 defenders working together on one attacker. Defenders need to communicate with each other. 	<ul style="list-style-type: none"> – Coach to focus on 1v1 defence as per above – Starting position, head position, active footwork. – See the body, see the ball – Encourage those defenders that stop their attackers from getting the ball even if they don't intercept the ball – Praise the defensive team when pressure is applied and an error is created &/or the ball goes out. 	<ul style="list-style-type: none"> – Forgetting what was just worked on – Head position goes left and right to find player – Body position goes flat – Vision on ball only, loses player 	<ul style="list-style-type: none"> – Contest ball, have a go at the intercept – Eyes up – See ball and player

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<p>Mini game/ Half court</p> <p><i>Try to make this part of the session fun and engaging that incorporates the skills just learned.</i></p>	<p>Not on video resource but an option to add into the session.</p> <p>Half Court Netball</p> <p>Split the group into 4 groups. 2 groups for each half of the court.</p> <p>Normal netball rules apply. Teams aim to work down the ball to goal. If a shot is missed and rebounded the defensive team that now is in possession must work the ball to the centre third before they can attack to goal. If the goal is scored play continues and anyone fights for the ball going through the net. That team in possession will have to work the ball to the centre third before attacking to goal.</p>	<ul style="list-style-type: none"> - Reinforce the starting position, when play goes dead, remind them to get into starting position. - 	<ul style="list-style-type: none"> - Players get so concentrate on player or ball they loose sight of the other. - Wide stance - 	<ul style="list-style-type: none"> - Starting position - Go for the intercept - Eyes up - See ball and player
<p>Cool Down</p>	<p>Make sure your group does a cool down to finish the session. This should include:</p> <ul style="list-style-type: none"> - 2 mins of very light running and walking up and down the court - 2 min of walking mobility, like; <ul style="list-style-type: none"> - Knee hugs - Hamstring sweeps - Calf Pumps - Lateral side reach. <p>To round up the session, bring your group into a circle to do some stationary stretching. This is an opportunity to do a review of the session with your athletes, discussing what the core take aways were from the session.</p>			
<p>Key Messages:</p>				
<ul style="list-style-type: none"> - From the start and finish of the session continue to correct all aspects of the skill – Detection and Correction is continuous - Coach the skill not the drill- Don't get caught up in the drill, continue to coach everything - Don't be afraid to over coach with this age group, coach what is in front of you. Build on the drill if you feel your group needs to move on, or stay longer on one component if necessary. Don't feel you have to do all the progressions on the plan. Adapt to the capability of your group. - You may have a big variation in skill development, so work together with your coaching team. Each group will be placed into groups when they register. The aim is to divide the groups by age and experience level. If you feel a player should be in another group, don't hesitate to move them. - Make sure that each session you are working with different groups if it is possible so the athletes get to work with a ray of coaches. - These sessions are all about learning to love the game and developing strong fundamental skills. - Use same language as all coaches within your session, so it is an easy transition for the athletes each week to work with different coaches. - Most of all, we hope that you and the athletes have lots of FUN! 				