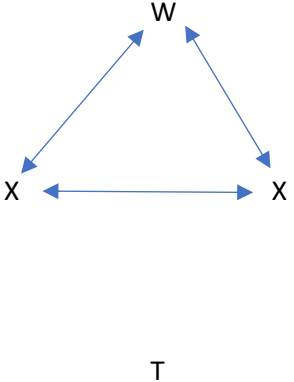
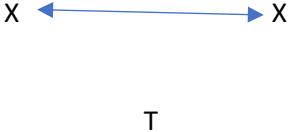
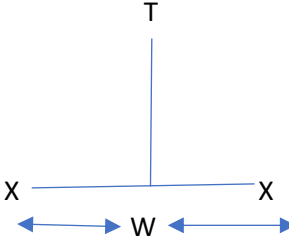



Waratah Session 2 Target age 13 & 14 years

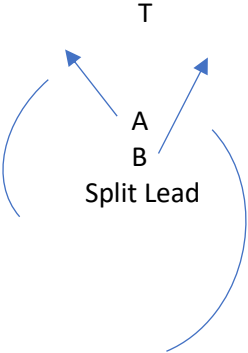
Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
Warm Up				
Warm Up (Heat) (4 mins)	Coordination challenge	Walking down court touching heels in front/behind, shoulders, head etc. Challenge the movement by adding speed/closing eyes.	Lack of coordination/control of movement	<ul style="list-style-type: none"> • Slow • Focus
	Low Intensity Movement/Game	Tennis Ball / Netball Moving/Catching/Passing/Coordination Drills around the outside of the court. Option 1 = partners, bounce passing/single arm throw and catch (you dictate which hands to catch and throw with)/lateral vs forward. Option 2 = Individual, continuous bouncing or dribbling (same hand/alternating etc)/catch & throw & run (forwards or lateral)		
Warm Up (Mobilise) (2 mins)	Dynamic Mobility	<ul style="list-style-type: none"> • Walking knee hugs • Leg swings • Calf pumps • World's greatest stretch 	Moving too quickly	Slow your movements down → exaggerate
	Proprioception Challenge	Single Leg Balance for Time (Eyes Open/Closed) on Floor/Blue Mat + passing netball between wide arms	Falling over	Push into the ground with your big toe, little toe, heel
Warm Up (Re-Heat) (2 mins)	Calf & Ankle	<ul style="list-style-type: none"> • Toe walks Lateral • Line is Lava (Double leg Lateral) 	<ul style="list-style-type: none"> • Can't keep heels away from the 	<ul style="list-style-type: none"> • Pretend like you are wearing high heels

			<p>ground through whole movement</p> <ul style="list-style-type: none"> • Touching the line on line is lava 	<ul style="list-style-type: none"> • Keep your heels away from the ground • Speed of movement
	Animal Movements	<ul style="list-style-type: none"> • Bear Crawl (Lateral) • Duck Walk (FWD) 	<ul style="list-style-type: none"> • Bent back • Moving too quickly 	<ul style="list-style-type: none"> • Keep back flat <p>Bear Crawl – hands under armpits, knees under hips → move opposite arm to opposite leg</p>
	Linear Movement	<ul style="list-style-type: none"> • Skipping for height & distance • Backwards running 	<ul style="list-style-type: none"> • Too long on ground for skip 	<ul style="list-style-type: none"> • Pretend the ground is hot
	Lateral Movement	<ul style="list-style-type: none"> • Side Stepping + Angel Arm Swing • Carioca 	<ul style="list-style-type: none"> • Feet touching on side skip • Standing too tall on side skip 	Get low, feet don't touch
	Curvilinear Movement	Corner to Corner Sprint + Full Decel (Forward, around top of circle)	Lack of decel ability	Small steps, get low (decel)
Warm Up (Jump & Land) (3 mins)	Double Leg	Tall-to-Short / Short-to-Tall (Double Leg to Single Leg)	Lack of speed	Get from top position to bottom position as fast as possible (vice versa)
	Multidirectional / Rotational	<ul style="list-style-type: none"> • Crosses (Double Leg to Double Leg) • Rotate 90 (Double Leg to Double Leg) 	<ul style="list-style-type: none"> • Not landing on the balls of feet • Staying on toes on landing <p>Using too much knee bend, without any bending of the hips on landing</p>	<ul style="list-style-type: none"> • Anticipate hitting the ground <p>Stop quickly</p>
	Single Leg	<ul style="list-style-type: none"> • Skater Hops (Left to Right, Right to Left --> Down Court) • 	Lateral Hops (Double Leg to Outside Leg, Facing Sideline)	

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
Warm Up (Prime) (3 mins)	Partner Reactive Race	Start facing each other, reactive race through transverse (One person leader, one person follower)	<ul style="list-style-type: none"> • Standing too tall • Not watching for correct bodily cues on opponent 	<ul style="list-style-type: none"> • Stay low • Watch your partners hips
	Game	Cone Grab Game (Ball on Top) "Heads" "Shoulders" "Knees" "Hips" "BALL!" (Fast feet whole time)		
Agility and Movement				
	Throw ball up high and catch and land two feet at different angles	Snatch the ball in with 2 hands. Reach high for ball to pull into chest. Balance on land	<ul style="list-style-type: none"> • Jump too early • Flat footed • Not bending knees on the landing 	<ul style="list-style-type: none"> • Snatch the ball into chest
	<p>W makes a triangle formation W works 3 steps to the X for a ball and land. 3 steps back and repeat to the other side Repeat R/ Forward and back A total of 8 catches of the ball Rotate 3x with T Change to working in a triangle with inside pivot and throw a lob in back space</p>	At speed. Small 3 steps and receive the ball. Running steps no Side steps and turn the hips keeping eyes on the ball	<ul style="list-style-type: none"> • Steps to big • Body not square to the thrower • 1 foot take off and land • Not using arms and bend of ankles knee and hip to gain power • Only using one hand to take ball 	<ul style="list-style-type: none"> • Two hands receive • Keep eyes up • Turn the hips • Put the ball out in front of player • High pass for lob • Explode off the dot

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	<p>Player side steps to each dot (X) 2 feet take off to pull in a high ball and land on 2 feet</p>	<p>At speed. Small side steps and get up high to receive the pass with 2 hands</p>	<ul style="list-style-type: none"> • Slides slow and wide • Not taking or landing with 2 feet • Landing off balance 	<ul style="list-style-type: none"> • Snatch the ball in • Strong jump up to receive the ball • Eye on the thrower
	<p>Players find a T on court W starts at the intersection of the 2 lines W Drives to X and returns to receive ball where she started on intersection Then drives and pushes off to Y and receives ball at intersection Repeat 4 on each side then rotate W and T Repeat drill 3 times each player</p>	<p>Ball out in front of moving player Ensure W has eye contact at all times with T Drives hard pushes off outside foot at X/Y to then drive back to receive ball from T Correct movement W to run through ball catch land and balance to then throw ball back to W This may mean a pivot if required Observe that W is balanced and throws pass back to T with proper technique and does not rush pass</p>	<ul style="list-style-type: none"> • Poor ball placement • Movement of W sprinting hard whilst keeping eyes to T • Poor push off at X/Y not bending correctly • Over balance on take • Steeping and rushing pass back to T 	<ul style="list-style-type: none"> • Strong Drive • Push off • Ball placement • Run through ball • Balance • Eye contact • Speed of pass

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
Ball Work 	Stationary on the word G 20 right-handed and 20 left-handed shoulder passes	Follow correct technique of shoulder pass. Weight transfer Rotation of hip Good follow through of arm and wrist Throw to throwers throwing arm	<ul style="list-style-type: none"> • No bend in ankle knee hip • Not side on to target No rotation through hip • No weight transfers • Follow through of arm not directed at receivers throwing arm • 	<ul style="list-style-type: none"> • Opposite hand to foot • Strong follow through • Ball placement • At pace •
	20 bounce Pass L and R Stationary Pass Ensure Players are baulking a high pass before stepping around an imaginary defender to step around and bounce pass to team mate Work both left and R sides Can Add defender over Thrower and just rotate that player	Fake to one side and then lunge around player towards receiver as you step to release ball. Ball needs to get through crowded areas Ball bounce approx. 2/3 between thrower and catcher Go low to give it go down to meet the pass Meet the ball Work both L and R side	<ul style="list-style-type: none"> • Ball bounces to high • Is at a ½ way mark makes it easy to intercept • Players are to up right to give and receive ball • Pace of ball is to slow 	<ul style="list-style-type: none"> • Down to give • Down to receive • Snatch ball • 2/3 of the way • Remember to fake first pass • Get rid of the defender

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
<p>In 3s</p> 	<p>T facing away from AB T throws ball into air snatches ball and turns in air AB are staggered and offer 2 leads to T T decides who gets pass AB are staggered and off set each other's lead Timing and channel used The player who does not receive ball offers back to starting position and receives ball back at starting point Receiver joins Thrower and drill is rotated and reset Repeat</p>	<p>Placement of pass Ensure AB are staggered the back player reads off the front player Ensure 2 leads are being offered even though the timing is slightly offset. Strong drive to the ball Balanced landing /outside foot. Hips around to pass to the player that is now re-offering down court Ball in front Ensure AB do not do the same 45degree lead Look for variety of movement Dodge double dodge drive and drop challenge depending on player capability Ensure T sees both options and players are mixing it up Strong re-off and timing of lead from the player who did not receive ball initially</p>	<ul style="list-style-type: none"> • Ball placement • Players not providing 2 leads or break the same side or the same time • Mix up pre- lim moves not always a straight lead • Work on connecting with team mate in attack • Continue to work on movement to the ball Landing and execution of pivot • Get hips around on ball delivery often twisted 	<ul style="list-style-type: none"> • Ball placement • Stagger • Read off • Timing • Variety of move • Balanced land • Hips around • Drive hard • See both players

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
The player with the ball has a choice of 2 leads	Progress this drill by T re-offering once they have thrown ball. Receiver now has a choice of 2 drives to throw to. T can either double play with receiver or clears and gives drive to the other player	As Above but with a further complexity Players are to read the space and be aware of each other Continue to coach the movement and shoulder pass and landing Players need to be able to Make quick decisions on where to go	<ul style="list-style-type: none"> • Players run on top of each other • T sometimes does not move fast enough for a double play • What is the best option? • Vision of thrower 	<ul style="list-style-type: none"> • AS ABOVE plus • Strong definite leads • See it all VISION • Get hips around
Only add Defence if your group has been able to execute this.	This drill can then be built up by adding a D on AB Then 2 defenders and then 3 on 3	Throwing to the free player Variety of attacking moves Continue with s kills as above		
1/2 court		Looking for good movement Shoulder pass Split and re-offer Finding space down court Decision making Vision First ball contest	Coaches start to throw out empty words when game is in progress Make sure your main focus points are clear before the kids hit the court Catch players attempting or getting skill right Do not worry about score look at game to assess if players are putting into practice the skills learnt	<ul style="list-style-type: none"> • Players going straight back to old habits not implementing skill taught • Ensure you provide a clear goal that relates to the session • Ball Placement • Balance control • Hips around • Starting position for first ball contest

				<ul style="list-style-type: none">• Split leads• Re-offering
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