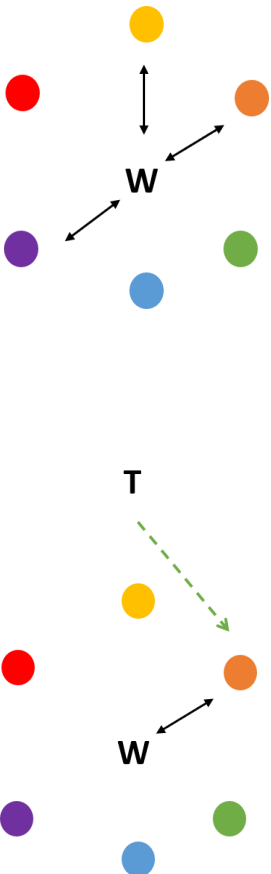
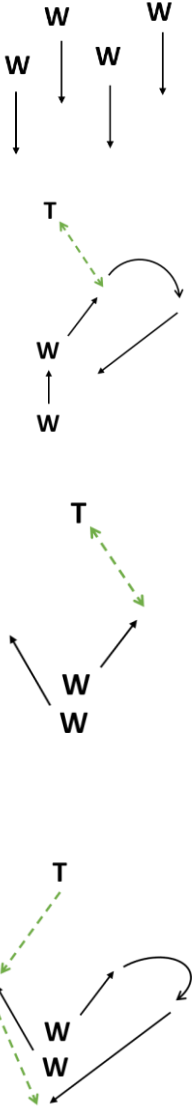
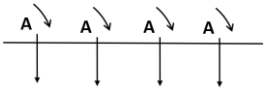
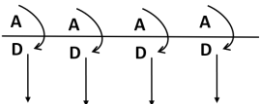
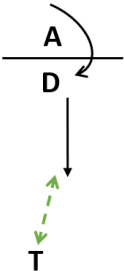

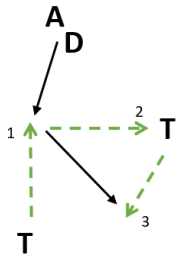


2023 Foundation Waratah Session Plan- Session 2: Timing, Acceleration and Decision Making

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p><u>Agility and Movement</u></p> <p><i>Speed and Reactiveness to calls</i></p> 	<p>Divide the group into groups of 3 with 6 dots for each group. Make a circle with the dots with the worker in the middle of the circle, and the other two players at the top and bottom of the circle on the outside. The player at the top is the caller and the player at the bottom of the circle is the next worker.</p> <p>The worker labels the dots 1 to 6. Colours can be used instead. The caller calls out a number between 1 to 6 and the worker must run out to the dot and back to the middle. Do three more calls and switch players. The worker becomes the caller and the player at the back of the drill will be the new attacker.</p> <p><u>Add variation to the drill</u></p> <ul style="list-style-type: none"> – Incorporate different movements out to the dot and sprint back to the middle. – Add a jump to the cone, a roll at the dot, a clear and back to the middle. – Combine with another group and have a competition in which team can get back to the middle first. <p><u>Progression</u></p> <ol style="list-style-type: none"> 1. Add a 2nd or 3rd call, then back to the middle. 2. Add a ball to the drill 	<ul style="list-style-type: none"> – All movements need to be done at speed – Two feet take off and land on jumps – Caller to make calls fast and not let your attacker just stand there 	<ul style="list-style-type: none"> – Steps too 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 catch ball. Two hands strong pull in. 	<ul style="list-style-type: none"> – Small comfortable steps – Quick pace – Eyes up

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p data-bbox="181 193 439 293"><i>Timing of Lead/ Reading off the front Attacker</i></p> 	<p data-bbox="461 193 969 320">All players find a space on the court and face the same direction. On 'GO' players must count to 4 in their head and then sprint 3 strides forward. Do this a couple of times</p> <p data-bbox="461 341 969 432">On 'GO' players count to themselves but can now sprint forward at any time between 1 and 4.</p> <p data-bbox="461 453 969 608">Move the group into 3's with one ball and find space on the court. The thrower stands with the ball facing away from the attacker. The spare attacker stands behind the first attacker.</p> <p data-bbox="461 628 969 890">Once the thrower throws the ball up in the air, catches and pivots, the attacker will sprint forward on any angle at any time in the 3 secs. Thrower is working on placement to the space the attacker is moving into. The worker will give the ball back and the new attacker gets in the starting position to repeat the drill. Repeat and change the thrower.</p> <p data-bbox="461 927 595 954"><u>Progression</u></p> <ol data-bbox="472 959 969 1315" style="list-style-type: none"> 1. Add another attacker to the drill. The behind attacker will now have to read off the front attacker to move into space. The thrower can choose who to throw to. 2. Add a second lead. The player that doesn't get the ball, will reoffer down the court into space. 3. Add a defender to the drill. Here the first pass must not go to the attacker with the defender on them. <p data-bbox="461 1337 969 1458"><i>*Some players find this hard to do and want to rush the pass. Ask them to delay their pass to see the definite move by the defender.</i></p>	<ul data-bbox="992 193 1402 1050" style="list-style-type: none"> - Learning to be patient and not moving too soon - Understanding why players move too soon eg anxiety, pressure, defender, ball not being released - When the players run they do so with speed and intensity - Asking players to add variety to the timing of their lead. Don't have to go straight away - Accelerating with intensity on the first 3 strides - The attacker has the advantage because they know exactly when they are going to move. The defender will react and by that time the attacker will have taken a step and be ahead of the defender with enough space for a pass to be thrown. 	<ul data-bbox="1424 177 1798 304" style="list-style-type: none"> - Impatience and want to run too soon - Ball placement 	<ul data-bbox="1821 177 2074 475" style="list-style-type: none"> - Wait - Move at speed - Hips around - Let the ball go - Place into space

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p data-bbox="181 252 436 352"><i>Developing speed off the mark and driving past the defender</i></p>    	<p data-bbox="470 252 969 379">Players stand on the sideline facing away from the court. On “GO” they turn, pause and sprint 3 strides forward. Making sure their first step is forward. Repeat.</p> <p data-bbox="470 416 969 576">Add a defender who is stationary and stands in front of the attacker 2 feet away. As the attacker turns, they then need to drive past the stationary defensive body. Rotate and Repeat.</p> <p data-bbox="470 612 607 639"><u>Progression</u></p> <ol data-bbox="495 644 969 1262" style="list-style-type: none"> <li data-bbox="495 644 969 903">1. Get into groups of 3 with a ball. The attacker starts on the sideline with a defender 4 feet away facing a thrower that is in line with the centre circle. The worker faces away from the court. When the thrower says go, the attacker turns and accelerates past the defender to run hard onto the ball. <ul data-bbox="533 943 969 1034" style="list-style-type: none"> <li data-bbox="533 943 969 1034">– To make the drill harder, get the defender to go with the attacker to try and intercept the ball. <li data-bbox="495 1102 969 1262">2. The attacker starts with the ball and the defender has hands over. The attacker throws to the receiver. The attacker tries to get past the defender to receive the ball again. 	<ul data-bbox="1003 236 1391 1182" style="list-style-type: none"> <li data-bbox="1003 236 1391 336">– Players must know and feel what fast, dynamic movement is <li data-bbox="1003 379 1391 512">– Decision making as to the correct space in which to drive eg using the front space (front cut) or back space <li data-bbox="1003 555 1182 582">– Quick pivot <li data-bbox="1003 625 1391 726">– First priority is to get the pass over the defenders outstretched arms <li data-bbox="1003 769 1279 796">– Pass first then sprint <li data-bbox="1003 839 1391 903">– Making quick decisions on which space is best to use <li data-bbox="1003 946 1285 973">– Dynamic movements <li data-bbox="1003 1016 1256 1043">– Placement of pass <li data-bbox="1003 1086 1301 1114">– Finding the right space <li data-bbox="1003 1157 1285 1184">– Timing of movement 	<ul data-bbox="1435 236 1785 730" style="list-style-type: none"> <li data-bbox="1435 236 1785 300">– Not being able to throw over defenders’ arms <li data-bbox="1435 343 1733 370">– Pace of ball is too slow <li data-bbox="1435 413 1733 440">– Movement is too slow <li data-bbox="1435 483 1785 563">– Not choosing the correct space in which to drive down court <li data-bbox="1435 606 1785 730">– Making sure attackers drive down the court and do not pull out of drive too soon and offer a flat lead 	<ul data-bbox="1830 236 2063 799" style="list-style-type: none"> <li data-bbox="1830 236 2018 263">– Hips around <li data-bbox="1830 306 2033 333">– Let the ball go <li data-bbox="1830 376 2007 403">– Over hands <li data-bbox="1830 446 2045 474">– Ball placement <li data-bbox="1830 517 2045 564">– Strong definite lead <li data-bbox="1830 608 2051 655">– Down the court to receive <li data-bbox="1830 699 1957 726">– Timing <li data-bbox="1830 769 2051 799">– Variety of move



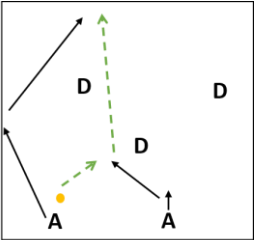
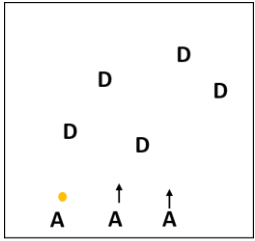
3. Form groups of 4 with 1 ball. The thrower starts with the ball in the middle of the court. An attacker and defender start just off the sideline with another thrower to the side forming a triangle shape.

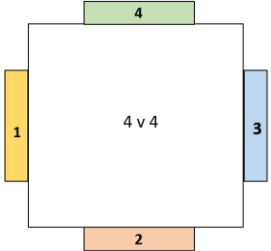
Thrower with the ball throws the ball up in the air, the attacker is driving forward for the ball into space and they will then turn to pass to the other thrower. The attacker offers again for the ball into space down court. The defender is to defend both passes.

– As above

- Not getting hips around
- Movement to get free is too slow
- Placement of Pass is poor

- Run through ball
- Hips around
- Balanced feet
- Down court
- Read the space

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p>1v1 down court</p> <p style="text-align: center;">T</p> <p style="text-align: center;">D A</p> <p style="text-align: center;">D A</p> <p style="text-align: center;">D A</p> <p style="text-align: center;">T</p>	<p>Divide your group accordingly. You want to have throwers at both ends of the court with the rest of the group lined in pairs down the court. One player is the attacker the other is the defender. Each attacker is only allowed to make one lead and must time their lead appropriately to receive the pass. No change of direction.</p> <p>– <i>This drill can be quite difficult to grasp for the group. Adapt where you need to and reinforce the key principles.</i></p>	<ul style="list-style-type: none"> – Attacker not moving too soon – Ensure attacker has eye contact at all times with the thrower – Ball is placed out in front of moving player – Releasing ball prior to the movement of the attacker – Correct movement. Attacker to run through ball, catch, land, pivot and look to release the next pass. 	<ul style="list-style-type: none"> – Moving too soon – Not releasing pass soon enough – Poor ball placement – Movement of attacker is too slow 	<ul style="list-style-type: none"> – Strong Drive – Push off – Ball placement – Run through ball – Balance – Eye contact – Speed of pass
<p>2 v 3/ 3 v 5 Scenario's attacking down court.</p>  	<p>Divide into 2 groups using half a court each. Allocate three defenders to be in the middle of your allocated space. Two attackers with one ball must work together to take the ball from end to another, using the skills they have just practiced.</p> <p>Rotate the defenders every 5 rotations. Make sure everyone attacks and defends.</p> <p><u>Progression:</u></p> <ol style="list-style-type: none"> 1. Increase the number of defenders. 5 defenders to 3 attackers. The attacker that starts with the ball can start in the working space. 2. Try it with even attackers and defenders. Is this easier or the same? 	<ul style="list-style-type: none"> – Players are able to read the space and be aware of each other and where defenders are – Throwing to the free space – Variety of attacking moves – Continue with skills as above – What is the best option? – Players need to know why this is harder? Added pressure etc. 	<ul style="list-style-type: none"> – Players run on top of each other – Decision-making skills drop 	<ul style="list-style-type: none"> – As above

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p>Mini game/ Half court *Not in video resource</p> <p><i>Try to make this part of the session fun and engaging that incorporates the skills just learned.</i></p> 	<p>4 v 4 or 5 v 5 in one third. Create four different scoring zones.</p> <p>Each scoring zone is worth different number of points. Players need to get the ball across the line in the scoring zone. Team with the most points at the end of the time period wins. Netball rules apply.</p>	<ul style="list-style-type: none"> - Make sure your main focus points are clear before the players take the court - Catch players attempting or getting skill right and positively reinforce 	<ul style="list-style-type: none"> - Players going straight back to old habits not implementing skill taught 	<ul style="list-style-type: none"> - Hips around - Let the ball go - Over hands - Ball placement - Strong definite lead - Down the court to receive - Timing
<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. - 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 in 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 the same language as all coaches within your session, this enables 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! 				