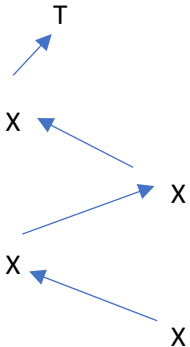
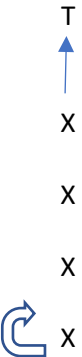


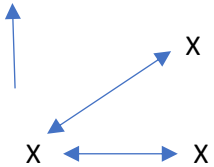

Waratah Session 1 – Target age 13 & 14 years

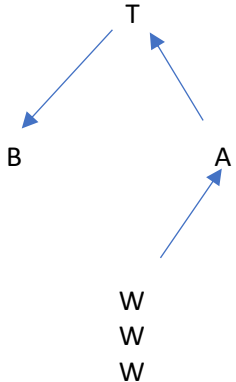
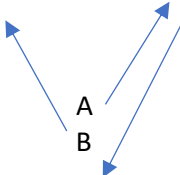


Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
Warm Up (Heat)	Coordination challenge	Walking down court touching heels in front/behind, shoulders, head etc. Challenge the movement by adding speed/closing eyes.	<ul style="list-style-type: none"> Lack of coordination/control 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)	Dynamic Mobility	<ul style="list-style-type: none"> Walking knee hugs Leg swings Calf pumps Worlds greatest stretch 	<ul style="list-style-type: none"> Moving too quickly 	<ul style="list-style-type: none"> Slow your movements down → exaggerate
	Proprioception Challenge	Single Leg Balance for Time (Eyes Open/Closed) on Floor/Blue Mat	<ul style="list-style-type: none"> Falling over 	<ul style="list-style-type: none"> Push into the ground with your big toe, little toe, heel
Warm Up (Re-Heat)	Calf & Ankle	<ul style="list-style-type: none"> Toe walks FWD Line is Lava (Double leg FWD) 	<ul style="list-style-type: none"> Cant keep heels away from the ground through whole movement Touching the line on line is lava 	<ul style="list-style-type: none"> Pretend like you are wearing high heels Keep your heels away from the ground Speed of movement
	Animal Movements	<ul style="list-style-type: none"> Bear Crawl (FWD) 	<ul style="list-style-type: none"> Bent back 	<ul style="list-style-type: none"> Keep back flat

		<ul style="list-style-type: none"> • Duck Walk (Lateral) 	<ul style="list-style-type: none"> • Moving too quickly 	<ul style="list-style-type: none"> • Bear Crawl – hands under armpits, knees under hips → move opposite arm to opposite leg
	Linear Movement	<ul style="list-style-type: none"> • Skipping for height & distance • Defensive shuffle 	<ul style="list-style-type: none"> • Too long on ground for skip • Too upright in defensive shuffle 	<ul style="list-style-type: none"> • Pretend the ground is hot • Get low
	Lateral Movement	<ul style="list-style-type: none"> • Side Stepping + Arm Swing Across Body • Carioca 	<ul style="list-style-type: none"> • Feet touching on side skip • Standing too tall on side skip 	<ul style="list-style-type: none"> • Get low, feet don't touch
	Curvilinear Movement	<ul style="list-style-type: none"> • Corner to Corner Sprint + Full Decel (Forward, around top of circle) 	<ul style="list-style-type: none"> • Lack of decel ability 	<ul style="list-style-type: none"> • Small steps, get low (decel)
Warm Up (Jump & Land)	Double Leg	<ul style="list-style-type: none"> • Tall-to-Short / Short-to-Tall (Double Leg to Double Leg) 	<ul style="list-style-type: none"> • Lack of speed 	<ul style="list-style-type: none"> • 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 • Using too much knee bend, without any bending of the hips on landing 	<ul style="list-style-type: none"> • Anticipate hitting the ground • Stop quickly
	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) 		
Warm Up (Prime)	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)		

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
Agility and Movement 	Players in groups of 4 Max. Work 4 rounds of each station and then move onto the next station. Activity is to be done a pace Players to push off inside each cone then sprint to T then jog back to team Next player goes when teammate gets to X Start left side first then right keep alternating	feet shoulder width apart. Weight on the balls of feet Head up and vision to the front. Pump arms in a 90-degree action. Small steps as fast as you can. Bend ankles knees and hips, push off outside foot on the inside of cone.	<ul style="list-style-type: none"> • Steps too big • legs not bent when pushing off cone • Eyes down • Pace too slow 	<ul style="list-style-type: none"> • Eyes up • Bend ankles knees and hip • Smaller steps fast • Push off hard at cone • Pump arms • Knee over toe
	Two-foot jump over cones to then sprint to cone Full pivot and run back to team	two-foot jump use arms and spring off the balls of your feet. Use arms to increase elevation soft landing onto balls of your feet. Landing on two feet on last cone two feet weight forward to move quickly into running position. Bend ankles Knees Hip. Weight on the ball of your foot. Heel up pivot on ball of your feet quickly to turn back to team and sprint. pump arms Inside & outside pivot. Other foot used to maintain balance	<ul style="list-style-type: none"> • no arm pump • Jumping off one leg • Eyes down • not mixing up which way they pivot 	<ul style="list-style-type: none"> • Land on balls of feet • Use arms • Eyes up head up • Balanced landing • Knee over toe

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
<p>T</p> <p>X</p> 	<p>Double dodge through cones then drives opposite front cone then side run back to cone behind then sprint to opposite front cone</p>	<p>Bend into cones, ankles hip and knee Quick movement to fool defenders Eyes up to the ball Small steps to each cone push off outside foot on the inside of cone.</p>	<ul style="list-style-type: none"> • use of wrong foot for push off • Not rotating hips • Not pushing into cone with ankles knees and hip bent • Eyes down • Steps to big 	<ul style="list-style-type: none"> • Eyes up • Bend ankles knees and hip • Knee over toe • Smaller steps • Push off hard at cone • Pump arms
<p>Ball Work</p> <p>T</p> 	<p>Add ball to each agility circuit Continue to coach body movement and footwork Now add the ball The shoulder pass is to be used Be aware of the timing and the connect of thrower and catcher Ball placement. Speed and rhythm of pass Eye contact between the two Strong landing and pivot inside and outside pivot Extend players to land and pivot off both feet Coach the quality of pass</p> <p>If players are having difficulty with agility and ball take cones away and have player go to a straight lead to concentrate on pass.</p>	<p>Shoulder Pass</p> <ul style="list-style-type: none"> • Side on to target. Feet shoulder width apart • Knees and hips slightly bent, weight on the back foot • Ensure fingers are wide behind the ball • Whip the ball forward with a strong push from your shoulder, elbow, wrist and fingers • At the same time transfer weight to the front foot as you rotate your shoulder towards the target Release the ball in line with your front foot, well forward of your body • Ensure strong follow through with arm • Opposite hand to foot 	<ul style="list-style-type: none"> • No hip rotation • Same arm to foot • Follow through of arm is not at target • Follow through of arm determines direction of ball • No weight transfers • Power of pass slow as body weight transfer is not being used • Connect with team mate • Timing and eye contact 	<ul style="list-style-type: none"> • Opposite hand to foot • Rotate hips • Transfer weight back to the front • Push pass and flick wrists (Follow through) • Placement of pass away from defender • Place ball Out in front of moving player

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
	<p>In groups of 5 or 6 no more The groups are going to make a diamond. T1 is the Thrower throwing the ball to T2 moving to A A inside pivots and throws to T1 moving to B T1 pivots and throws to A moving to original Thrower's position Drill repeats Work with first lead moving to B and working the opposite direction</p>	<ul style="list-style-type: none"> • Good strong drive onto the ball • Catch then land • Balance, get hips around to pass the ball • Efficient pivot • Timing, move only when thrower is ready to pass • Put the ball out in front of the moving player • Strong pass • Connect with the thrower • Keep the diamond uniform if it is getting out of shape look at quality of movement pass and timing 	<ul style="list-style-type: none"> • Ball placement not in front of moving player • Landing, are players lunging to ball • Balance on take Inside outside pivot what is faster • Rushing next pass • Attacker moving too soon before passer ready to pass • Hips not around facing receiver 	<ul style="list-style-type: none"> • Run hard • Strong take • Balance • Put the ball in front • Timing: not to soon • What foot are you landing on?
<p>Split lead, re-offer, decision making</p> <p>B1 A1</p> 	<p>AB1 and AB2 A&B are standing one behind the other AB1 start with ball facing away from AB2 Throws the ball into the air turns and passes to AB2 Who have offered a staggered split lead to thrower Thrower makes a decision pass to either A or B. the non-recipient re offers lead down court Then AB1 repeat split lead Reset drill and go again</p>	<ul style="list-style-type: none"> • Ensure A& B are staggered and the back player reads off the front • All 3 channels are explored not just breaking on the 45 • Add dodges and double dodges to the moves • Timing of leads do not go at the same time • Thrower should be making a choice not throwing to the first person she sees 	<ul style="list-style-type: none"> • Thrower does not get hips around to see both players • Throws to first person she sees • Placement of ball to the receiver • Quality of dodges and double dodges are soft and easy to read • Eye contact between players • Pace of movement should be strong and fast 	<ul style="list-style-type: none"> • Timing • Strong definite moves • Eyes up see it all • Hips around • Put the ball out in front • Speed of pass

Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
		Continued.. <ul style="list-style-type: none"> • Put the ball out in front • Speed to the ball • Pivots inside outside balance • Timing of next lead • Looking for a variety of timing and passes delivered 		
	Same drill now add a defender each end.	<ul style="list-style-type: none"> • As above • Ensure you throw to the free player • The need for strong attacking move • Correct the stance of the defender for first ball contest 	As above <ul style="list-style-type: none"> • Defender has poor angle on body too flat and square to the thrower • Throwers not seeing the free player 	<ul style="list-style-type: none"> • Get around see it all • Variety of move • Angle of Defenders body ,footwork
Mini Game	4 on 3 in a small section of the court	<ul style="list-style-type: none"> • As above but all coaching points are now in a more dynamic situation • Keep coaching the basic skills as above 	As above	<ul style="list-style-type: none"> • Who is free? • Ball placement • Ball out in front • Strong first move • Landing • Pivot, hips around • Angle of defenders • Who do you have?
Full court or half court		Assess if players have utilised or tried any of the skills in session Quality of shoulder pass Movement to ball Hips around Leads and timing Landing	Provide feedback to all players	<ul style="list-style-type: none"> • Be consistent with cue words • Ball out in front • Strong movement to the ball • Hips around • Balance • See it all

Warm down	<p>Assisting Coaches – Please warm down athletes whilst the Lead coaches talk to any coaches that have attended to watch the session for development. Warm down should consist of:</p> <ul style="list-style-type: none"> • 2-3 mins of very light jogging/walking up and down the court • 2-3 mins of walking mobility: <ul style="list-style-type: none"> ○ Quad stretch ○ Knee hugs ○ Hamstring sweeps ○ Calf pumps ○ Glute holds (foot on opposite knee whilst standing, push same knee down to exaggerate stretch) ○ Lateral reach (side stretch)
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The key messages from Anita:	
<ul style="list-style-type: none"> ○ From start to finish continue to correct all aspects of the skill -Correction and detection is KEY. ○ Don't get caught up in the drill continue to coach everything ○ Don't be afraid to over coach with this age group, just coach what is in front of you. ○ You may have a big variation in skill development so work together with the coaching team to get them into groups. ○ Make sure that each session you are with a different group so both you and athletes get a chance to work with different athletes and they get to work with different coaches. ○ These sessions are all about learning to love the game and developing strong foundation 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. 	