**8yrs Session Plan**

**Week 2**

**Mini Knee Program**

* Warm-Up
* Agility
* Key Components
* Dynamic Warm-Up - Numbers

Way to form groups, finish with the number required for next activity

* Players move around in random directions avoiding body contact with other players
* Coach calls a number and players form groups of that size as quickly as possible

**Skill Development**

* Running - revisit pumping arms ADD
	+ Leaping high Knee technique
* Take Off - revisit Correct Foot ADD
	+ Outside Foot R/L - walking, jogging, running
	+ Without Ball
	+ With Ball
	+ Introduce Clock Pivot

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| **Clock Pivot**Encourage correct catching and throwing technique for a shoulder pass and reinforce pivoting on the ball of the foot with weight kept over the foot and the body upright* Divide players into 2 groups with a ball
* A player stands in the middle of the group with teammates positioned at the four points of a clock face 12, 3, 6, 9
* The ball is passed in from any player on the outside who when calls a time on the clock
* The middle player pivots to pass to that designated player
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* Passing - revisit Underarm and Shoulder using both Right and Left hand ADD
	+ Chest
	+ Bounce
* Introduce Cut the Cake

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| Cut the Cake Used to practice the following pass types; chest, shoulder, bounce, catch* Players from a circle with one player standing in the centre of the circle
* A player on the outside of the circle starts with the ball (A) and passes to the player in the centre (B), (B) passes to the next person on the outside of the circle (C)
* Player B and A swap and C passes the ball to A who is now in the centre of the circle
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* Catching - Forwards & Backwards - chest pass

**Game Sense**

* 4 Corners

**Knowledge of the Court**

* Introduce the name of the court lines
	+ Then players skip around in the centre ⅓ on coaches command call out a line - everyone runs to the closet line
* Introduce GA/GD
	+ Introduce the roles of the GA and GD Discuss where the players stand at the Centre pass, then repeat above rotating between lines and positions

NB encourage the reference of where is the GA/GD’s **HOME**

* Introduce the areas of the court eg goal third, centre third, and use the same process as above

Coach wraps the session discussing with the team what they learned in that session and reminds them of the key coaching points and when and where to use the skills.

This is also a good time to introduce habits in day to day life where players can practice the skills