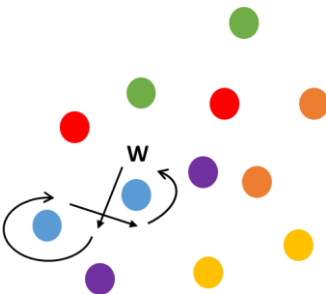
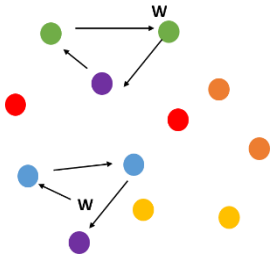
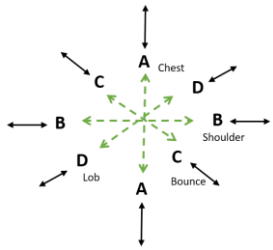


2023 Foundation Waratah Session Plan- Session 1: Vision, Space Awareness, Change of Pace and Placement of Pass

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p><b><u>Agility and Movement</u></b></p> <p><i>Spatial Awareness and Variety of Movement</i></p> 	<p>Divide your group into two. Each group will need the same number of dots as players. Randomly scatter dots/cones in space for each group.</p> <p>Players are to run around space careful not to run into another player or hit any dots.</p> <p>On 'GO' players need to find two same-coloured dots and perform a figure 8 pattern.</p> <p>At any time, the coach can call 'IN' to which the players must run into the area in the middle, pivot and find a different cone before another athlete.</p> <p><u>Add variation to the drill</u></p> <ul style="list-style-type: none"> <li>– Add different movements before the call</li> <li>– Add different calls and be creative in what movement your players will do when they get to their dot/cone.</li> </ul> <p><u>Progression</u></p> <ul style="list-style-type: none"> <li>– To make the drill more difficult, make the space smaller and/or expect the movements to be done at a faster pace.</li> </ul> <p><b><i>**Depending on how many dots you have, you can add more or less dots depending on your group size and equipment availability. **</i></b></p>	<ul style="list-style-type: none"> <li>–Ensure your athletes eyes are up so they do not crash into another player.</li> <li>–Vision is up to locate the 2 same-coloured dots.</li> <li>–Players need to make quick decisions.</li> <li>–Quick reaction to caller's instructions.</li> </ul>	<ul style="list-style-type: none"> <li>–Eyes down</li> <li>–Steps too big</li> <li>–Pace too slow</li> <li>–Legs not bent when pushing off</li> </ul>	<ul style="list-style-type: none"> <li>– Eyes down</li> <li>– Head Up</li> <li>– Push off hard at dot</li> <li>– Pump the arms</li> <li>– Knee over toe even pivoting</li> <li>– Soft on the toes</li> </ul>

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p data-bbox="165 236 441 263"><b>Agility and Movement</b></p> <p data-bbox="165 308 416 368"><i>Spatial Awareness and Variety of Movement</i></p> 	<p data-bbox="468 236 952 296">Make your space slightly bigger and spread the dots out.</p> <p data-bbox="468 336 952 624">On 'GO' all players will sprint to three dots making a triangle with the movements of forward and backward sprints. Important to make sure the player is always facing up court and doesn't turn their back to the court. Identify an object on the court you want your players to look at while doing the movements. Continue the drill asking players to go to different dots each go.</p> <p data-bbox="468 663 734 691"><u>Add variation to the drill</u></p> <ul data-bbox="468 699 891 823" style="list-style-type: none"> <li>- Add different movements to move around the triangle. eg, sprint and sidestep.</li> <li>- Add a jump movement on call.</li> </ul> <p data-bbox="468 863 600 890"><u>Progression</u></p> <ul data-bbox="468 898 952 1086" style="list-style-type: none"> <li>- Can split the group in half and have the non-worker hold their hand up in the air and the worker has to call different numbers while doing the drill. This will make the player aware of keeping their body open to the ball.</li> </ul> <p data-bbox="468 1222 943 1347"><b>**Depending on how many dots you have, you can add more or less dots depending on your group size and equipment availability. **</b></p>	<ul data-bbox="978 236 1384 699" style="list-style-type: none"> <li>- Bend at ankles, knees and hips</li> <li>- Pump the arms</li> <li>- Eyes, head up and looking forward</li> <li>- Sprint off the balls of your feet</li> <li>- Two-foot jump</li> <li>- Use of arms to increase elevation</li> <li>- Soft two-foot landing</li> </ul>	<ul data-bbox="1411 236 1765 496" style="list-style-type: none"> <li>- No use of arm pump</li> <li>- Jumping off and landing one foot</li> <li>- Head and eyes are down</li> <li>- Slow reactions</li> </ul>	<ul data-bbox="1807 236 2040 663" style="list-style-type: none"> <li>- Land balls of feet</li> <li>- Soft land</li> <li>- Balanced landing</li> <li>- Use of arms</li> <li>- Head up</li> <li>- Eyes up</li> <li>- Knees over toes</li> </ul>

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p><b>Ball Work</b></p> <p><i>Use of variety of passing, looking at placement, awareness and timing with other players</i></p>	<p>Players break up into pairs with 1 ball</p> <p>Work through the following passes</p> <ul style="list-style-type: none"> <li>– Chest Pass</li> <li>– Shoulder Pass</li> <li>– Bounce Pass</li> <li>– Lob Pass</li> </ul> <p>Now make a group of 4 players with 2 balls. Label one pair A's and the other B's. They will make a square facing their partner. On 'GO' A's will throw chest passes while B's will throw shoulder passes. The aim is to successfully throw to each other without balls hitting the other balls. Rotate roles.</p> <p><u>Progression</u></p> <ol style="list-style-type: none"> <li>1. Now add some movement. Players must move away from the start point and back towards the ball to catch.</li> <li>2. Add another pair to a group. The C's will do a bounce pass while the other two pairs do their passing.</li> <li>3. Add another pair to a group. The D's will do a lob pass while the other three pairs do their passing.</li> <li>4. Now add some movement. Players must move away from the start point and back towards the ball to catch.</li> </ol>	<ul style="list-style-type: none"> <li>– Ball placement</li> <li>– Awareness of other passes</li> <li>– Eyes up</li> <li>– Eye contact between players</li> <li>– Coach the quality of pass. Nail the basics.</li> </ul> <p><u>Chest Pass-</u></p> <ul style="list-style-type: none"> <li>– Stand facing target</li> <li>– Knees and hips slightly bent</li> <li>– Ensure fingers are wide behind the ball</li> <li>– Push pass with a strong flick</li> <li>– At same time transfer weight to the front foot as you step towards your target</li> <li>– Release the ball in line with your front foot, well forward of your body.</li> </ul> <p><u>Shoulder Pass-</u></p> <ul style="list-style-type: none"> <li>– Side to target with ball up high of shoulder</li> <li>– Ensure fingers are wide behind the ball</li> <li>– Whip the ball forward with a strong push from your shoulder, elbow, wrist and fingers.</li> <li>– At the same time transfer weight to the foot opposite the throwing arm as you rotate your shoulder towards the target.</li> <li>– Release the ball in line with your front foot, well forward of your body.</li> </ul>	<ul style="list-style-type: none"> <li>– No hip rotation</li> <li>– Same arm to foot passing</li> <li>– Follow through of arm is not at target</li> <li>– No weight transfer</li> <li>– Power of pass is slow as body weight transfer is not being used</li> <li>– Timing and eye contact with partner</li> <li>– Release of the pass is at the wrong height</li> <li>– No awareness of other balls</li> </ul>	<ul style="list-style-type: none"> <li>– Opposite hand to foot</li> <li>– Rotate Hips</li> <li>– Transfer weight back to the front</li> <li>– Push pass and flick wrists (follow through)</li> <li>– Stay Alert/ Concentration</li> <li>– Eyes up</li> <li>– Dig in</li> <li>– Attack the ball</li> </ul>

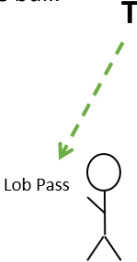
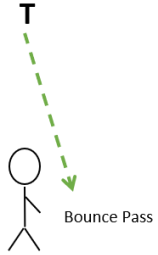



Bounce Pass-

- Same principles as for shoulder pass
- Pass is low
- Ball is released between the waist and hips
- Aim to bounce ball about 2/3 of the receiver.

Lob Pass-

- Same principles as for shoulder pass
- Pass is released high above the head

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p><b>Placement of Pass</b></p> <p><i>This drill is about reading the body position of the attacker in where they want the ball.</i></p>  	<p>Players break up into pairs with 1 ball per pair with some space on the court.</p> <p>Two players stand opposite each other around 5 feet away. The stationary player will have the ball facing away from the attack. The attacker will now have the option to either face the thrower or turns their body slightly left or right. This player is showing what type of pass they want.</p> <p>Face on = straight ball  Turn to the side with hand low = bounce pass  Turn to the side with hand high = lob pass</p> <p>The stationary player will throw the ball up and meets the ball to turn in the air and face the attacker. They must read the attacker's position and pass the ball into the space and the right type of pass. The attacker will remain stationary to receive the ball at the start.</p> <p><u>Progression:</u></p> <ul style="list-style-type: none"> <li>– Progress the drill so the attacker moves onto the ball.</li> <li>– Add a defender to the group. This player will be stationary. Passer has to identify the space that is free to get the ball past and over the defender</li> </ul>	<ul style="list-style-type: none"> <li>– Getting body around quickly on pivot</li> <li>– Quick identification of the space where the receiver wants the ball</li> <li>– Quick decision on what pass needs to be thrown. Eg straight, lob or bounce</li> <li>– When should the ball be passed?</li> <li>– Quick release of the ball</li> </ul>	<ul style="list-style-type: none"> <li>– Slow pivot</li> <li>– Slow to recognise where the pass needs to be placed</li> <li>– Poor placement of ball to the receiver</li> <li>– Slow to recognise what pass needs to be thrown</li> <li>– Holding onto the ball too long before passing it</li> </ul>	<ul style="list-style-type: none"> <li>– Turn quickly</li> <li>– High release</li> <li>– See the free space</li> <li>– Where would the defender be?</li> <li>– Let the ball go, don't hesitate.</li> <li>– Eye contact.</li> </ul>

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p data-bbox="168 175 392 207"><b>Placement of Pass</b></p> 	<p data-bbox="465 191 929 287">Form groups of five or six with a ball per group, and make a line down the court using a third of court space.</p> <p data-bbox="465 303 929 630">This is the same drill as above; however, you have more players involved. The person at the end of the line starts with the ball facing away from the group. The thrower throws the ball when they sight the attacker they are feeding. They are to pass the ball before the attacker moves. The attacker will move when the ball is released from the thrower's hands. The drill continues down the line.</p> <p data-bbox="465 694 929 853">Players need to recognise the space that is available as the drill advances down the court. Make your athletes aware, you don't want a ball going on a long cross-court pass.</p> <p data-bbox="465 925 616 957"><u>Progression:</u></p> <ol data-bbox="470 973 929 1228" style="list-style-type: none"> <li>1. Add a defender to the drill for each attacker. They will set themselves in front of the defender. However, they won't move. Thrower's task is to put that ball into the space to pass the defender. No contesting.</li> <li>2. Defenders can now move after the ball is released.</li> </ol> <p data-bbox="465 1300 929 1396">**Depending on how much space you have, make the drill bigger or small to your group size and space.</p>	<ul data-bbox="963 191 1366 686" style="list-style-type: none"> <li>- The thrower learns to identify the space then release the pass into that space before the receiver has moved.</li> <li>- Don't wait for the receiver to move</li> <li>- Throw the pass into space where the receiver will move into to catch</li> <li>- Receiver waits for the pass to be released before moving to catch.</li> </ul>	<ul data-bbox="1400 191 1758 558" style="list-style-type: none"> <li>- The thrower not being able to identify the correct space in which to pass the ball</li> <li>- The thrower taking too long to release the pass</li> <li>- The thrower always waiting for the receiver to move</li> <li>- Attacker moves too early</li> </ul>	<ul data-bbox="1792 175 2060 446" style="list-style-type: none"> <li>- Get around quickly</li> <li>- Head around, see the space</li> <li>- Release the ball</li> <li>- Don't hesitate</li> </ul>

Activity	Description	Key Coaching Points	Common Errors & Corrections	Cue Words
<p><b>Mini game/ Half court</b></p> <p><i>Try to make this part of the session fun and engaging that incorporates the skills just learned.</i></p>	<p>Numbers Netball</p> <p>Depending on numbers split your group so you have teams of 5 or 6 players in each team.</p> <p>Players line up down the sideline with their team and are allocated a number 1-5. Coach stands in the middle of the space with a ball. The coach calls 2 or more numbers and releases the ball into a space. If your number is called, run out to retrieve the ball. The aim is for your team get the ball down to spot on court/or to a shot at goal.</p>	<ul style="list-style-type: none"> <li>- As above but all coaching points are now in a more dynamic situation.</li> <li>- Keep coaching the basic skills as above.</li> <li>- Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>- As above</li> </ul>	<ul style="list-style-type: none"> <li>- Who is free?</li> <li>- Ball placement</li> <li>- Ball out in front</li> <li>- Strong first move</li> <li>- Hips around</li> <li>- Open vision, see all of court</li> <li>- Pass into the space away from the defender</li> </ul>
<p><b>Cool Down</b></p>	<p>Make sure your group does a cool down to finish the session. This should include:</p> <ul style="list-style-type: none"> <li>- 2 mins of very light running and walking up and down the court</li> <li>- 2 min of walking mobility, like; <ul style="list-style-type: none"> <li>- Knee hugs</li> <li>- Hamstring sweeps</li> <li>- Calf Pumps</li> <li>- Lateral side reach.</li> </ul> </li> </ul> <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><b>Key Messages:</b></p>				
<ul style="list-style-type: none"> <li>- From the start and finish of the session continue to correct all aspects of the skill – Detection and Correction is continuous</li> <li>- Coach the skill, not the drill- Don't get caught up in the drill, continue to coach everything</li> <li>- <b>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.</b></li> <li>- 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.</li> <li>- 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.</li> <li>- These sessions are all about learning to love the game and developing strong fundamental skills.</li> <li>- 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.</li> <li>- Most of all, we hope that you and the athletes have lots of FUN!</li> </ul>				