

## Waratah Session 3 – Target age 13 & 14 years

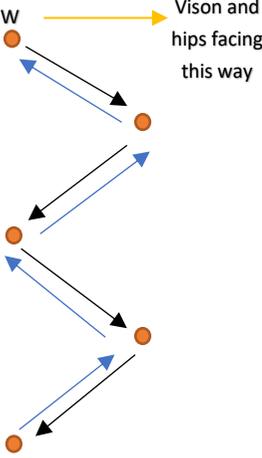
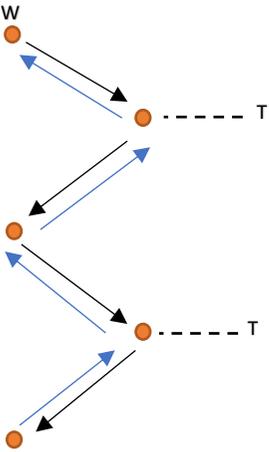
### Ball Skills: Introduction of Lob and shoulder pass

### Introduction into the 4 phases of defence

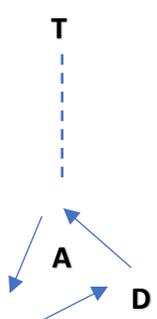
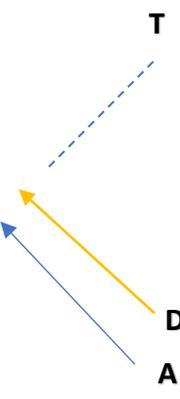


Purpose	Exercise	Common Errors & Corrections	Key coaching points	Cue Words
<b>Warm Up</b> (Heat) (2mins)	Dynamic Movement		<ul style="list-style-type: none"> <li>• 2x Jogging laps around court</li> <li>• Change directions and add arm swings</li> <li>•</li> </ul>	
(Mobilise) (2mins)	Dynamic Mobility		<ul style="list-style-type: none"> <li>• Knee grabs 2 sec hold, repeat</li> <li>• 20x Calf pumps increasing speed as you go</li> <li>• Spiderman movement with arm rotation to sky</li> <li>• 10x Leg swings each leg</li> </ul>	<ul style="list-style-type: none"> <li>• Big reach</li> </ul>
(Re-Heat) (2mins)	Calf and Ankle		<ul style="list-style-type: none"> <li>• Calf Walks</li> <li>• Sideways Calf Walks</li> <li>• Sidestep</li> <li>•</li> </ul>	
(Jumping and Landing) (2mins)	Double Leg		<ul style="list-style-type: none"> <li>• 6x Squat Jumps</li> <li>• 6x Squat Jumps for Height</li> </ul>	<ul style="list-style-type: none"> <li>• Soft landing</li> <li>• 2-3 secs between jumps</li> <li>•</li> </ul>
(Prime) (2mins)	Curvilinear Movement		<ul style="list-style-type: none"> <li>• Corner to corner sprint around goal circle</li> </ul>	<ul style="list-style-type: none"> <li>• Small steps, get low (decel)</li> </ul>

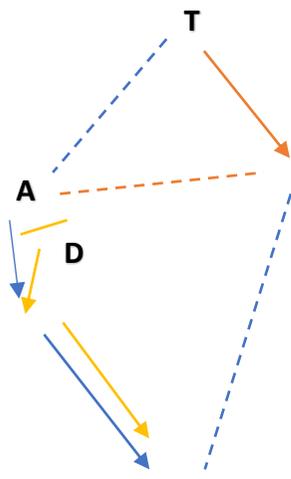
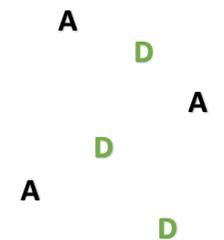
<p>Traditional Indigenous Game (TIG) 10mins</p>	<p><b><u>Buroinjin</u></b> <i>'bur-oin-jin'</i></p> <p>2 Teams of 6-8 using 1/3 OR ½ Court Space.</p> <p><b><u>Aim:</u></b> for a player of one team to run as far as possible with the ball and cross over a line (scoring line) at the end of the 1/3. They must attempt without getting touched by an opponent. The game is played by running and passing and does not stop if a player drops the 'buroinjin'. When a player with the 'buroinjin' is touched, they must throw the ball at least 2-3 metres in the air and move away from the 'buroinjin'. Any player can catch the 'buroinjin' once it is thrown in the air, they then have three secs to pass or move off the spot before they can be tagged.</p> <p><b><u>Scoring:</u></b> If a player is able to run past the score line without being touched, one point is scored. The game restarts at the score line for the non-scoring team.</p>	<ul style="list-style-type: none"> <li>• Spatial Awareness</li> <li>• Transition</li> </ul>	
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Purpose	Exercise	Key coaching points	Common Errors & Corrections	Cue Words
	<p>In Groups of 8 or 10</p> <p>W works through cones, at pace</p> <p>Dodging and pushing off outside foot on the inside of the cone</p> <p>When running to the back cone ensure shoulder is in the direction of cone Head Coach</p>	<p>Small steps working on the balls of the foot</p> <p>Bend ankle knee and hip with knee over toe on push off</p> <p>Pump arms at right angles</p> <p>Next to body in a controlled manner</p> <p>Moving at Pace</p>	<p>Steps too large</p> <p>Not moving fast enough</p> <p>Flat footed</p> <p>Eyes looking at ground</p> <p>Not bending at the cone for an affective push off</p> <p>Arms not working</p> <p>Hips not around</p>	<p>Heads up</p> <p>Small steps</p> <p>Go hard</p> <p>Bend into cone push off hard</p>
	<p>Add in two balls for each group</p> <p>As Above T now throws in a mixture of drop balls bounce passes and shoulder passes for W to collect and balance and return ball to T with a shoulder pass using correct technique</p> <p>Continue with running to cone and push off between ball collection</p>	<p>Run Ball down and snatch ball</p> <p>Catch balance pass</p> <p>Control body balance and get body into correct position to deliver shoulder pass</p> <p>Continue to move at pace</p> <p>See the ball angle of body w</p>	<p>As Above plus</p> <p>Lunge into ball not running it down</p> <p>Too quick to get rid of ball and not being balanced</p> <p>Head down unable to see the ball</p> <p>Not bending and pushing off cone strong enough</p> <p>Not seeing the thrower on drive</p>	<p>Head up</p> <p>Drive onto ball</p> <p>Balance and deliver ball</p> <p>Hips around</p> <p>Keep moving</p>

	<p>Back into groups of 4</p> <p>W drives a straight lead to take shoulder pass from T. W Balances returns a shoulder pass back to T then drives hard and runs close behind body of T and receives a LOB down court from T. Again, W takes pass balances and pivots and returns shoulder pass to T W returns to back of line.</p> <p>Drill continues with next player. Change thrower once a whole rotation is done.</p> <ul style="list-style-type: none"> <li>• Add a dodge before receiving the straight long lead to add variability to movement.</li> <li>• Add a lead to the left and right then go around the throwers shoulder.</li> </ul>	<p>Placement of passes to receiver To their throwing arm W drives onto ball at pace.</p> <p>Catches, lands and balances to return shoulder pass to T</p> <p>Strong drive to then run at full pace. Do not touch T Note how the W moves around T's body.</p> <p>Small steps</p> <p>Look at running position as W runs to take lob, Shoulder and eyes</p> <p>Where is the ball?</p> <p>Lob from the top of the shoulder</p> <p>Opposite hand to foot</p> <p>Weight transfer, hip rotation</p> <p>Full extension of arm on delivery with good flick of the wrist</p> <p>Ball to be placed in front of receiver. W to take ball in air Two hands, Land, balance Pivot pass. Ensure hips are around</p>	<p>Poor quality shoulder pass</p> <p>Throwing away from receiver</p> <p>W lunges into ball instead of running through ball</p> <p>W throws ball before balancing</p> <p>Small steps and to slow on the run</p> <p>Execution of Lob</p> <p>Lob thrown from the hip</p> <p>Poor placement</p> <p>Ball is too slow in air</p> <p>W allows ball to come to her instead of snatching ball from air Rushes landing and pass does not get hips around and is not balanced</p> <p>To deliver quality shoulder pass. Timing of pass between T and W</p> <p>Players must be connected</p>	<p>Drive hard to the ball</p> <p>Balance, pivot deliver pass</p> <p>Ball Placement</p> <p>Push pass</p> <p>Get around body</p> <p>Snatch ball</p>
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<p>1v1 Defence Whole</p> 	<p>T facing away from A/D throws ball up in air, catches and turns</p> <p>Passes to A who is stationary D is working around A's body trying to intercept pass.</p> <p>A starts passive then becomes more dynamic to challenge D</p> <p>Footwork around the body, outside arm and inside arm to attack ball</p> <p>D working at high intensity around body</p>	<p>T ball placement</p> <p>D small steps around the body not contacting A</p> <p>Footwork of D on the balls of the feet, feet shoulder width apart, ankles knees and hips bent Arms in a running position</p> <p>Small steps getting around the body</p> <p>Head up Vision long to have peripheral vision Still head.</p> <p>See player and ball</p>	<p>Bumping into Attacker</p> <p>Large steps and lunging at ball</p> <p>Body position closed and unable to see player and ball</p> <p>Not getting around body to get two hands on ball</p> <p>In shadow position not able to see Player and ball</p>	<p>Small Steps</p> <p>Head up</p> <p>See player and ball</p> <p>Keep head still</p> <p>Get off the body</p> <p>Work your feet</p>
	<p>As above then A starts a straight lead D tries different start positions</p> <ul style="list-style-type: none"> <li>• Front</li> <li>• Side (Left and Right)</li> <li>• Behind</li> </ul> <p>A then starts movement side to side</p> <p>D in shadowing position</p>	<p>Challenge the position of the body</p> <p>Where? front side behind. Starting position for first ball contest is half way down attacker's body</p> <p>Open hips, Shoulder to attacker</p> <p>See player and ball</p> <p>Feet ready to move not lunging</p> <p>Be aware of the feel for 3 secs and defender really attack the ball on its conclusion</p>	<p>Closed body</p> <p>Eyes low unable to see player and ball</p> <p>Feet sliding and getting wider with movement</p> <p>Arms outreaching for player instead of staying close to the body and not contacting.</p>	<p>As Above</p>

	<p>Drive and dodge</p>	<p>As Above</p> <p>Attacker strong prelim to deceive the D</p> <p>Attackers to add variety to timing and length of initial drive</p> <p>Footwork body movement of attacker</p> <p>Variety</p>	<p>As Above</p> <p>Attackers first move not strong enough to take defender away from movement</p> <p>Footwork Steps to large or attacker drives 2 steps in one direction and then straight back to defender</p>	<p>Attackers Strong drive</p> <p>Connect to thrower</p> <p>Variety of move</p> <p>Defence as above</p> <p>See Player and Ball</p> <p>Attack the ball</p>
	<p>Double Dodge and Drive and Drop A keep mixing it up. D front position and challenge hard first ball</p>	<p>As Above</p>	<p>As Above</p>	<p>As Above</p>
	<p>As Above add: T re-offers down court to receive ball at x.</p> <p>D attempt first ball contest. Recovers, hands over the ball</p>	<p>If unsuccessful quickly recover and get hands up over ball of A</p> <p>Angle body in front of thrower to help dictate and deny next move</p> <p>The use of space and lines crucial at this point Ensure defender is 0.9m back before arms</p> <p>Attack strong landing correct pivot get hips around to look for pass to T moving down court</p>	<p>Defenders over running and not in a position to recover for hands over</p> <p>Strong body control Not contesting first ball at all and just waiting to put arms up over attacker</p> <p>Really look at the speed of recovery and the body movement Attacker Landing and speed of pivot Often wrong foot outside pivot allowing Defender time to recover Placement of pass from T</p>	<p>T-Ball placement</p> <p>Attacker: Strong pre-lim and drive to the ball</p> <p>Starting position of D see player and ball</p> <p>Body position</p> <p>Attack first ball</p> <p>Recover</p> <p>Feet before hands</p> <p>Footwork shoulder width apart</p>

 <p>The diagram shows three players: A (top left), D (middle left), and T (top right). Dashed lines connect A to T and A to D. Arrows indicate movement: a blue arrow from A down-left, a yellow arrow from D down-left, and an orange arrow from T down-left towards A. A second set of arrows shows a blue arrow from A down-right and a yellow arrow from D down-right, both pointing towards the bottom of the frame.</p>	<p>As above add: A re-offers to receives 2<sup>nd</sup> pass from T.</p> <p>D contests Recovers Hands up Now denies A for as long as possible to then open up and contest pass from T</p> <p>Work both sides and multiple angles to receive 2<sup>nd</sup> pass.</p>	<p>As Above T provides lead down court and sets up a throw and go from A</p> <p>T needs to be aware of angle of drive not to run behind D arms.</p> <p>D now denies and dictates the movement of A to receive a 2<sup>nd</sup> pass from T.</p> <p>A. aware of landing and release</p> <p>D. need to open up to recontest 2<sup>nd</sup> ball back to A</p>	<p>As Above Plus D over runs and is out of contest for 2<sup>nd</sup> pass Turns the wrong way in the deny and dictate phase Does not use affective body positioning to hold A out of next drive T runs behind arms Poor balance and pass execution</p>	<p>As Above</p> <p>Deny and herd player</p> <p>Timing of re contesting next ball</p> <p>Ball placement</p> <p>Angles</p> <p>Initial body positioning</p> <p>Keep going</p> <p>Open up to recontest</p>
 <p>The diagram shows a 3x3 grid of player positions. The top row has 'A', 'D', 'A'. The middle row has 'A', 'D', 'A'. The bottom row has 'A', 'D', 'A'.</p>	<p>Next progression 3x3 working 2 passes each working down ½ as 1/2 court</p>	<p>A. needs to provide good strong attacking moves with early preparation and connect with other A's</p> <p>D Starting position and body angles, really attempting multiple efforts</p> <p>Using and denying space on court</p> <p>Start talking to both attack and defence about connecting and working together</p> <p>Player and ball</p>	<p>As Above</p> <p>D. not providing multi efforts Over-running attack of first ball and not recovering fast enough</p> <p>Defender not getting 0.9 m back before hands</p> <p>Footwork Large steps</p> <p>Looking just at player not able to see ball</p>	<p>As Above</p>

	<p>Scenarios: side-line throw-in goal 1/3. C pass. Back line throw-in Wing area.</p>	<p>Coach to concentrate on the basics of split leads</p> <p>Ball placement</p> <p>Stagger in attack</p> <p>Timing</p> <p>Ball Placement</p> <p>Focus on 1v1 defence</p> <p>As per above</p>	<p>Coaches to focus on key points</p> <p><b>Attack</b></p> <p>Stagger Timing</p> <p>Ball placement</p> <p>Variety of moves</p> <p>Starting position in defence</p> <p>Stance body position</p>	<p>Head up</p> <p>Stagger</p> <p><b>Defence</b></p> <p>Starting position Contest</p> <p>Recover</p> <p>Dictate Deny</p>
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