

Session Theme: Shoulder Passing, Catching and Shooting.

Equipment:

- 1 ball between 2
- Bibs
- 8 cones

Group Organisation: (5 mins)

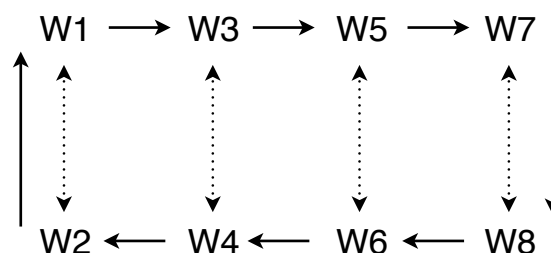
Review theme for the session. Go over the major coaching points of the shoulder pass and catch completed last session.

Warm Up: (10 mins)

1. Chicken Catch-A-Tori. Set a boundary for the activity - e.g. centre third. One player is in and they have a rubber chicken. They must try and tag another player. If they do, they drop the chicken, the new tagger picks it up and the game continues.
2. Captain Ball. Set up in 2 teams. One thrower with a ball out the front at a cone. The rest of the team in a straight line facing the thrower, also behind a cone. The thrower starts by throwing a good shoulder pass to the first person in the line. They catch it and pass back. They then bob down. The thrower then passes to the next player in line, who catches it, throws back and bobs down. Continue until you pass to the last player in line. When they catch it, they run with the ball and take the spot of the thrower. The thrower moves to be the first player in the line and everyone else shuffles back one spot. Continue until all players have returned to their original spots. The first time through just insist on good passing. The second time through you can race the two teams. Take note of any drop in technique when teams are being competitive.

Skill Development: (30 mins)

3. Shoulder Pass Distance Challenge. Work in pairs. Use cones to mark out distance they should each be standing apart. Pairs pass 10 shoulder passes without dropping the ball. If they do, they step back one step. If they drop the ball, they move in a step closer and start their count again. Continue for a few minutes and see how far apart each pair can get.
4. Ball Formation Shuffle. Set cones out 1 per player as in diagram below. Each pair has a ball. Pairs pass the ball 8 times, then put their ball down, everyone shuffles one place to the left and you start again.



5. Straight Drive - 2 foot land and one foot land.

- Discuss safe landing techniques. Review what was covered last session.
- Split into 2 groups of 4, one thrower out the front. Players run forward to take a straight shoulder pass and land on 2 feet, pivot and throw to next person in line. Change throwers regularly.
- Once comfortable with 2 foot landing, have players land on their preferred foot (left if R-handed, R if left-handed). They should then pivot easily and throw ball to next person in line. Change throwers regularly.



6. Shooting Technique.

- Go over major points in shooting technique. Players stand with feet side by side, about shoulder width apart. One handed shot, with other hand helping to keep ball steady - it should not be involved in the shot at all. Start with arms straight, elbow of shooting hand pointing forward. Bend knees to get strength for shot. Try not to drop arm too low on release. Flick the wrist on follow through to impart backspin. Follow in for rebound.

7. Twenty One.

- Start in two teams. Put a cone down to mark each team's shooting spot - either side of post not too far away. First person in team A shoots. If they get it in they score 2 points. If they miss but catch rebound on the full, they can take another shot. If they get that shot in they score 1 point. The first person in Team B then has a turn. Continue moving down the line of each team until a team reaches 21 points.

Modified Game: (10 mins)

8. Practice Game against other team or alternatively, half court.

- Give players some experience of putting their skills into practice in a court situation. Insist on shoulder passes and safe landings, as that is what we have focussed on for the last 2 trainings.

Cool Down: (5 mins)

9. 'In' or 'Out'. One by one players get to take a shot at goal. Before the player shoots, the rest of the team must nominate if that player will get the goal 'in' or if it will be 'out'. Each answer stands to a different side of the post. Once all players have moved to their side, the player shoots. Those who got the answer correct stay where they are, those that didn't have to run up and back down the half court. Hopefully by the end of everyone having a tune they will all have gone for a bit of a run!