

## Session Plan Template

<b>Date:</b> 20 July	<b>Group 1:</b> safe Landing	<b>Equipment needed:</b> 9 hoops or chalk to draw
<b>Venue:</b>		
<b>Duration:</b> 10 mins		

**Introduction** (aims for session, reminders, etc.):

### Coaching tips

#### Two Feet landing

Land with feet shoulder-width apart

Bend at hips, knees and ankles on impact to cushion landing

Body weight over both feet with shoulders even and weight on both feet

#### outside Foot landing

If player leads to the left, then land on the left (outside) foot. If lead to the right, land on the right foot.

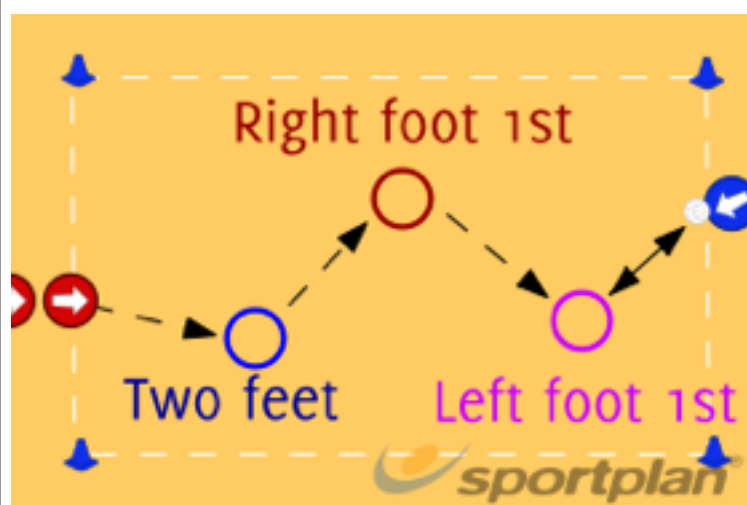
Body weight over the outside foot with shoulders even and weight on the outside foot

Place other foot on the ground quickly to help absorb impact and provide balance.

### Drill

Place 3 hula hoops or chalked circles on the ground.

- 1 The player runs to land in the first hoop on 2 feet
- 2 They then run to land in the second hoop landing on their right foot first, then place their left foot on the ground.
- 3 The player then runs to the 3rd hoop and lands on their left foot first followed by the right foot.



### links

#### COACHING POINTS

The aim of this activity is to practice landing, balanced in a stable balanced position.

Look out for these common faults:

Feet not shoulder width apart. Knees not in line with feet. Insufficient bend in hips/ knees. Weight not equally distributed.

Trunk leaning too far forward.

**Progression:**

Add a pass and return element as players land in the hoop. This can be just for the final hoop or at all three hoops with more experienced players.

## Session Plan Template

<b>Date:</b> 20 July	<b>Group 2:</b> taking off	<b>Equipment needed:</b>
<b>Venue:</b>		
<b>Duration:</b> 1 hour		

**Introduction** (aims for session, reminders, etc.):

<b>Coaching tips</b> <ul style="list-style-type: none"> <li>• Start with small steps and gradually move to bigger steps</li> <li>• Arms drive forward in relaxed style, elbows bent</li> <li>• Keep head erect and eyes up on the ball.</li> <li>• If leading to the right, take off with the right foot and vice versa.</li> </ul>	<b>Drill whole court banding</b> <p>set up lines down court 6-7 players in each) player 1 leads on the diagonal, land 2 feet, pivot then pass to player 2 who is leading, continue down court with angled leads.</p> <p><b>Level 2</b> change from 2 feet landing to outside foot and pivot</p> <p><b>level 3</b> Leading player must choose their direction of their drive based on shoulder position on their feeder. (this level is more complex so don't think we will get there).</p> <p><b>Tips:</b> next player to lead must wait till their feeder has turned and eyes and shoulders have rotated.</p>	<b>links</b> <p>Norma Plummer attacking</p> <p><a href="https://www.youtube.com/watch?v=r5CPYZr4vTE">https://www.youtube.com/watch?v=r5CPYZr4vTE</a></p> <p><a href="https://www.youtube.com/watch?v=zGegr-uJEdA">www.youtube.com/watch?v=zGegr-uJEdA</a></p>
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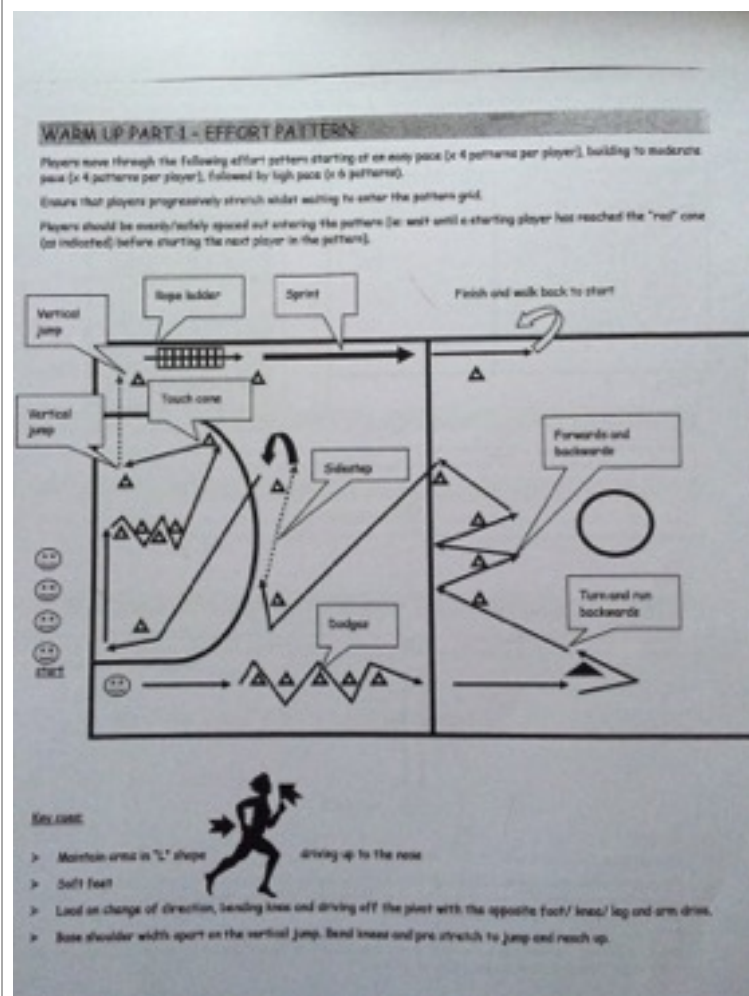
<b>Date:</b> 20 July	<b>Group 3:</b> Jumping, leaping, fast feet	<b>Equipment needed:</b> ladders x 3 hurdles cones hoops
<b>Venue:</b>		
<b>Duration:</b> 10 minutes		

**Introduction** (aims for session, reminders, etc.):

### Coaching tips

- Bend slightly at the knees, hips and ankle, weight forward over toes
- Use both arms to drive up to extend toward the ball
- Land on both feet, cushioning landing by bending at knees, hips and ankles
- eyes up looking towards the ball.

### Drill effort pattern setup



### links

## Session Plan Template

### Pivot

2 cones each player in group

#### Coaching tips

Pivoting must always be on the landing foot

- Bring weight over grounded foot
- Bend knees slightly
- Turn on ball of the pivot foot,
- Players must be able to turn quickly after receiving a pass and face the play down court
- Keep ball close to body and positioned ready to throw

Remember:

- When leading to right, land on right foot and pivot to right
- When leading to left, land on left foot and pivot to left
- When leading straight, pivot on first landed foot away from defended side

#### Drill

##### level 1:

start cones close together. player to leap from right to left. leap left, lean on left and hold right leg up until you say to lower. Leap right, land on right and hold left up until command.

##### level 2:

increase space between cones to allow approx 5-6 steps each way.

Starting on same side all facing in same direction. players to move from right to left cones staying in time with person in front. continue with lead left land left, lead right, land right.

##### level 3:

Add a half pivot back. Lead left land left, outside pivot around then pivot back so they finish facing in the same starting direction.

Lead right, land right, pivot around, pivot back. repeat working to keep them in time with person in front of them.

##### level 4:

Lead, left, land left, pivot (players now facing opposite direction. Lead right, land right. Continue working to keep in time with player in front of the

#### links

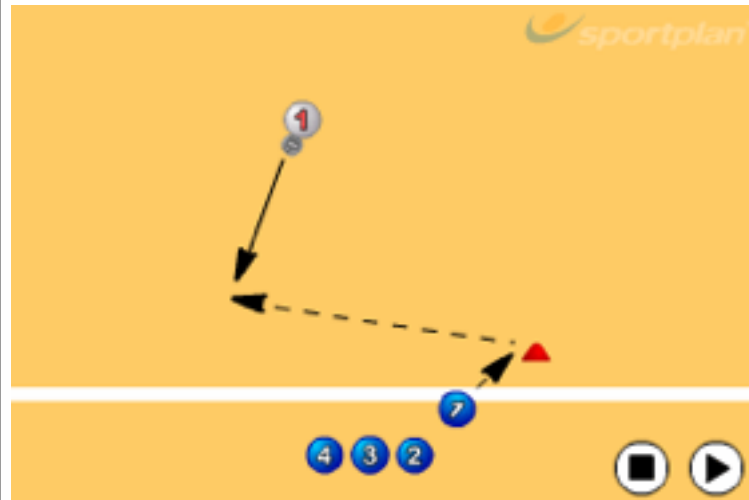
# Session Plan Template

**Introduction** (aims for session, reminders, etc.):

## Coaching tips

- Bring weight over grounded foot
- Bend knees slightly
- Push off on outside foot
- shoulders the hips to rotate in the direction you are leading to.
- Emphasis should be on strong first 3 – 4 steps with shoulders in direction of lead
- Change of direction into a free space

## Drill



**level 1: (no ball)**  
driving onto hoop 1, outside foot landing in hoop, then push off on outside foot and drive to cone 2.

**level 2: (add ball)**  
add ball thrower for drive onto cone 2

**level 3:**  
add defending player

## links

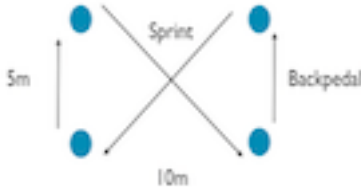
<https://www.youtube.com/watch?v=xW5Wxnk1wiM&index=5&list=PL6611CE237D9E1203>

or search video  
Quintic  
Netball -  
Basic skills  
- Foot work  
with hoops

## Session Plan Template

<b>Date:</b> 20 July	<b>Group 6:</b> break back	<b>Equipment needed:</b> 4 cones per group 3
<b>Venue:</b>		
<b>Duration:</b> 10 min		

**Introduction** (aims for session, reminders, etc.):

Coaching tips	Drill	links
<ul style="list-style-type: none"> <li>eyes forward</li> <li>use small steps</li> <li>rotate shoulders to the direction you are heading.</li> <li>Push off the cone with the outside foot</li> </ul>	<p><b>fast movement with eyes forward</b></p> <p><b>level 1:</b> <b>start in middle and work back and forth returning to middle point.</b></p> <p><b>level 2:</b> <b>have player lean down to touch cone</b></p> <p><b>Level 3:</b> <b>add a thrower to deliver a pass as players leads to a given cone.</b></p> 	<p><a href="https://www.youtube.com/watch?v=u3DNIycH9S0">https://www.youtube.com/watch?v=u3DNIycH9S0</a></p> <p>or search Norma Plummer's Netball Drills - Footwork</p>