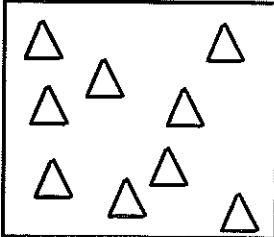


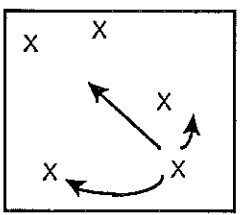

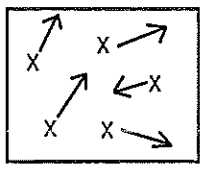




FOOTWORK



- CHANGE DIRECTION
- LAND / BALANCE
- PUSH - OFF

Coach Aids: 5 Balls, 10 coloured cones, 2 sets of bibs, whistle

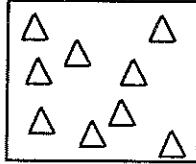
1. WARM UP 10 minutes	SKILL DEVELOPMENT CONT
<p>A. SCARECROW TAG</p> <p>When tagged, you stand with feet apart. To be freed, a free person must crawl through your legs. Vary the number of people "He".</p>	<p>B. RUNNING GIRL 2.</p> <p>Gradually make area for Running Girl smaller and smaller</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* Eyes up to avoid contact. * Read players movements to find your own space.</p> </div>
<p>B. STRETCHES All Body Parts</p>	<p>C. CONE MAIZE 1</p> <p>Third of court.</p> <p>Spread coloured cones all over 3rd. Players jog to one cone, push off, and sprint to next, then jog to next cone etc.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* Push off outside foot to change direction. * Watch out for other players by keeping eyes up.</p> </div> <div style="text-align: right; margin-top: 10px;">  </div>
<p>2. BALL HANDLING 5 minutes</p> <p>2 2</p> <p> A. SPACE BALL</p> <p>The 2 players run and catch the ball in their own designated area - allow girls to explore. Watch for skill level, note areas to correct.</p>	<p>D. CONE MAIZE 2</p> <p>Third of court.</p> <p>Give each girl a colour. She can only jog / sprint to these coloured cones.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* Vary pattern each time. * Ensure girls are running fast and dart quickly away from cone.</p> </div>
<p>2T 2</p> <p> B. CIRCLE BALL</p> <p>Each team standing in circle. Coach calls out colours:</p> <p>Red = pass to right, Lime = pass to left, Orange = pass diagonally to opposite player. Keep game fast, and call colours quickly.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* Ensure players step forward. * Transfer weight.</p> </div> <div style="text-align: center; margin-top: 10px;">  </div>	<p>3. SKILL DEVELOPMENT 25 minutes</p> <p>A</p> <p> A. RUNNING GIRL 1.</p> <p>Third of court.</p> <p>Girls jog around 3rd. When whistle blows they sprint. On next whistle, they jog etc. When they come to another player, they must push off, dart away.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>* Push off outside foot to change direction ie. Change direction to right, push off left foot.</p> </div> <div style="text-align: center; margin-top: 10px;">  </div>

FOOTWORK

SKILL DEVELOPMENT CONT

A   **E. CONE MAIZE 3**
Third of court.

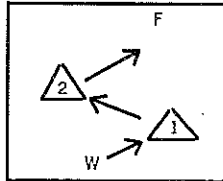
Players run to a cone - jump land 2 feet - Push off on outside foot and run to another cone, jump land etc.



- * Cushion landing by bending knees.
- * Land on balls of feet approximately shoulder width apart.
- * Try to hold position for approximately 3 seconds before pushing off.

2  1  **F. CONE ZAG 1.**

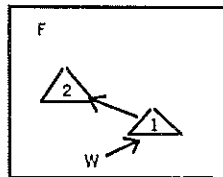
W jogs to cone 1, sprints to cone 2, then drives to her right to receive pass from F. Work both sides.



- * Push off strongly on outside foot.
- * Accelerate to receive ball from F.

2  1  **G. CONE ZAG 2.**

W jogs to cone 1, then sprints towards cone 2 - receive pass from F and land on 2 feet. Progress to W landing on 1 foot - step forward to front foot, then pass back. Work both sides.

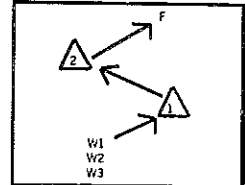


- * Balance before passing back.
- * Cushion knees - land on balls of feet.

SKILL DEVELOPMENT CONT

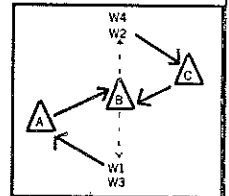
2T 2   **H. TEAM ZAG.**

2 Teams - W1 drives to cone 1, drives to cone 2, then accelerates to receive ball from F. Pivot on outside foot and pass back to W2 (W2 leads out and back before receiving pass) etc. Make it a race with other team.



2T 2   **I. TEAM PUSH-OFF.**

W drives to cone A, push off left foot, drive to cone B - receive pass from W2. W1 passes to W3. W2 leads to cone C, push off left foot, drive to cone B - receive pass from W3 etc. Race other team to go through twice etc.



4. COURT APPLICATION 20 minutes

A 1   **A. FREE FLOW**

Even number of players in each 3rd. Ball starts at one end. Each girl must touch the ball in her 3rd before passing into next 3rd. All girls to lead for each ball, creating space.

- * Find space in 3rd - not all in one place.
- * Accelerate strongly into open space.

B. 1/2 COURT MATCH PLAY OR FULL GAME

Today's game will concentrate on players driving into space, pushing strongly off outside foot and landing in a controlled injury free manner.

C. COOLDOWN JOG AND STRETCH

* Next Session: All Girls to bring a Skipping Rope.