

Session	2	AGE: 8-10 60 MINUTES	PASSING Players will develop the skills of shoulder, chest, lob and bounce passes.
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Equipment

- 6 Balls
- 10 Cones
- 2 Sets of Blbs
- Whistles

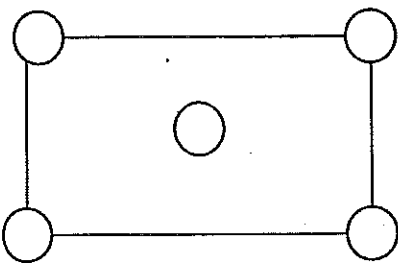
Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

ROB THE NEST

- Place beanbags in the middle of the centre circle.
- Divide into 4 teams and line up at the corners of the centre third.
- Each team sends a runner to rob an egg (beanbag) from a nest; they return the egg to their nest, the next person in line then goes to rob an egg.
- Collect eggs from the middle or from other nests; teams cannot stop others stealing their eggs.
- 2 minutes x 2



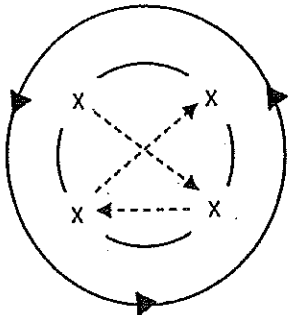
STRETCH

See stretching section.

Skill Warm-up (5 minutes)

PASSING VS. RUNNING RELAY

- X team passes ball around circle anywhere, counting number of passes out loud.
- O team runs around the circle (1 by 1).
- When O team has all run round once, swap roles.



- Compare number of passes.

Skill Development (30 minutes)

DRILL 1: TEACH PASSING IN PAIRS

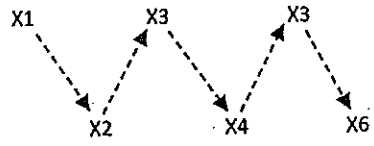
Pairs approximately 3-4 metres apart should do 20 passes each.

- Shoulder
- Chest
- Lob
- Bounce

With new Netta, concentrate on shoulder / chest only

DRILL 2: CROSSBALL

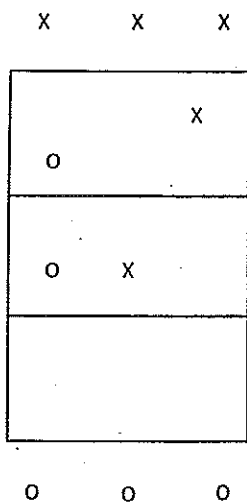
- Pass across from you.
- Practice execution of shoulder, lob, bounce, and chest passes in cross ball formation.



Skill Development (continued)

DRILL 3: BENCH BALL (Minor Game)

- 6-8 players per team.
- 2 of each team on the court with the rest of the team on the baseline.
- Toss up to start.
- Players work ball to their baseline while other team defends.
- Once get ball across the line, an extra player comes on.
- Ball goes back to centre – other team starts.
- Play as Netta rules for intercept, out of court, step, etc.
- Encourage use of a variety of passes



Modified Game (10 minutes)

Netta Game

Introduce GK position

- What is their role?
- What area do they play in?

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation



COACH TIP: Reinforce coaching points.