### Session 1

**AGE: 8-10**

**60 MINUTES**

**BALANCE AND REACTION**

Players will develop the skills of balance and reaction time.

<table>
<thead>
<tr>
<th>Equipment</th>
<th><strong>Pairs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>6 balls</td>
<td>• Bean bag each – passing to each other.</td>
</tr>
<tr>
<td>12 beanbags</td>
<td>• 1 bean bag – T can pass anywhere – variety.</td>
</tr>
<tr>
<td>2 sets of bibs</td>
<td></td>
</tr>
<tr>
<td>Whistles</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Group Organisation (5 minutes)</th>
<th><strong>Skill Development (30 minutes)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Players – modify equipment to suit size of group.</td>
<td><strong>DRILL 1: BALANCE USING THE BALL</strong></td>
</tr>
<tr>
<td></td>
<td>• Pairs (1 ball between), 1 player inside the circle holds ball out in front, 1 step back from circle line.</td>
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<tr>
<td></td>
<td>• Worker outside, balances whilst taking the ball from player inside.</td>
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<tr>
<td></td>
<td>• Player inside steps back each time.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Warm-up (5 minutes)</th>
<th><strong>DRILL 2: REACTION TIME / TOSS UP</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KNEE TAG</strong></td>
<td>• On whistle – clap your own hands in front.</td>
</tr>
<tr>
<td>Partners facing each other, on ‘go’ try and tag partners knees while avoiding being tagged.</td>
<td><strong>In pairs</strong></td>
</tr>
<tr>
<td><strong>TOE TAG</strong></td>
<td>• On whistle clap your hands with partner.</td>
</tr>
<tr>
<td>Players facing each others with hands clasped behind back, on go, players try and step on each others toes, while avoiding the other player.</td>
<td><strong>In 3’s</strong></td>
</tr>
<tr>
<td><strong>HOPPING FIGHT</strong></td>
<td>• A and B set up 0.9m apart for a toss up. C acts as umpire (if no whistle, just say go).</td>
</tr>
<tr>
<td>Players facing, holding each others upper arms firmly. Standing next to a line – try to hop your partner over the line (take turns hopping on both legs).</td>
<td>• Can use 4 players – winner of toss up passes to D.</td>
</tr>
<tr>
<td><strong>LEAP FROG</strong></td>
<td>• A and B set up 0.9m apart for a toss up. C acts as umpire (if no whistle, just say go). Can use 4 players – winner of toss up passes to D.</td>
</tr>
<tr>
<td>2 Teams. Leap frog the width of the court. 1st team to get all players across wins.</td>
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</tr>
<tr>
<td><strong>STRETCH</strong></td>
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<tr>
<td>See stretching section.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Skill Warm-up (5 minutes)</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>BEAN BAG ACTIVITIES</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Individual</strong></td>
<td>• Stand on spot – throw bean bag (bb) high in the air and catch it before it lands.</td>
</tr>
<tr>
<td></td>
<td>• Throw bb between left and right hand, in front / high / low</td>
</tr>
<tr>
<td></td>
<td>• Throw bb over head, turn and catch before it lands.</td>
</tr>
</tbody>
</table>
Skill Development (continued)

DRILL 3: SKITTLE BALL (Minor Game)
- 4 skittles (cones) in each goal circle.
- 2 teams with equal numbers.

<table>
<thead>
<tr>
<th>Red End</th>
<th>BR</th>
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<tr>
<td>B</td>
<td>B</td>
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<tr>
<td>R</td>
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<table>
<thead>
<tr>
<th>Blue End</th>
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<tbody>
<tr>
<td>BR</td>
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<tr>
<td>B</td>
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<tr>
<td>B</td>
</tr>
<tr>
<td>R</td>
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</table>

- Start with toss up.
- Teams move ball to their goal end and attempt to knock down a skittle (cone).
- Players can not go into goal circle, but can move anywhere else.
- Netta rules apply.
- First team to knock down all 4 skittles wins.

Modified Game (10 minutes)

Netta Game
- Introduce GS 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: Treat players as individuals.
### Session 2

**AGE: 8-10**

**60 MINUTES**

**PASSING**

Players will develop the skills of shoulder, chest, lob and bounce passes.

---

**Equipment**

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

---

**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.

---

**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

---

**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

**DRILL 2: CROSSBALL**

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

---

**STRETCH**

See stretching section.
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

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<td>O</td>
<td>X</td>
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<tr>
<td></td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

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.
Session 3

AGE: 8-10

CATCHING

Players will develop the skill of catching with two hands.

Equipment

12 balls
2 sets of bibs
Whistle

Group Organisation (5 minutes)

12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

PAIRS CHASEY (in one third)

- Players stand in pairs with arms linked. One player is it (I) and partner (W) runs to avoid being tagged.
- W can link arms with a pair, the end player now becomes the W.
- If tagged, W becomes I.
- Emphasise strong change of direction on outside foot.
- Work on sprinting technique - body weight forward, head up, opposite arm to leg, drive foot forward with strong arm pump action.

STRETCH

See stretching section.

Skill Warm-up (5 minutes)

1 ball per person.

BODY WRAPS

- Wrap the ball around the legs, waist and above the head
- Work for period of time or set number of wraps
- Repeat in the opposite direction

FIGURE 8

- Wrap ball around each leg alternately in a figure 8 pattern
- Work for a period of time or set number of wraps
- The pattern can be repeated alternating a figure 8 pattern around a single leg lift

BOUNCE BALL

- Bounce the ball between the legs from front to back (catch behind)
- Repeat bouncing the ball from back to front

Repeat each activity 5 times.

Skill Development (30 minutes)

DRILL 1: PEPPER POT

- 2 balls and group of 6 (can be more or less) in semi-circle.
- 1 can pass to anyone in the semi-circle and at the same time the player with the ball in the half circle passes to 1.
- All have a go at being 1.
- Use both chest and shoulder passes
Skill Development (continued)

**DRILL 2: BUNNY**

- 1 ball with T out in front. B stand approx 4m away, W's lined up behind.
- T throws ball up and catches, passes to B. W runs around in front of B to catch out in front, balances and passes to T.
- W moves around to both left and right sides.
- Rotate T and B.

![Diagram of DRILL 2: BUNNY]

**DRILL 3: HALF COURT NUMBERS NETBALL (Minor Game)**

- 2 teams lined up on side line numbered consecutively.
- Leader stands near post with ball and calls a number and passes ball into the space (lob / roll / pass).
- The player that gets the ball must pass the ball three times to their team on sideline to get the ball into circle and have a shot.
- Beaten player defends and attempts to intercept.
- If intercepts or after shot – start again, ball returned to leader and new number called.
- 2 points if get ball into goal circle.
- 1 point if score goal.

**LEADER**

```
R1  B1
R2  B2
R3  B3
R4  B4
R5  B5
```

**Concluding Activity (5 minutes)**

Summarise skills covered.

**STRETCH**

See stretching section.

**Evaluation**

**COACH TIP:** Keep it simple
### Equipment
- 6 balls
- 20 beanbags
- 8 hoops
- 2 sets of bibs

### Session
**AGE: 8-10**  
60 MINUTES  
**PIVOTING**  
Players will develop the skill of pivoting and continue to develop their ball skills.

### Group Organisation (5 minutes)
12 Players – modify equipment to suit size of group.

### Skill Warm-up (5 minutes)
**HOOP PIVOT WITH RUNS**
- 5 players. 6 hoops randomly placed.
- Player 1 runs to a vacant hoop to receive a pass from T, lands, pivots, next player (2) runs to their vacant hoop and receives pass from 1.
- Continue down the line.
- Run forward towards free hoop, nearest player with the ball.

### Physical Warm-up (5 minutes)
**NETBALL TAG (variation)**
- In one third (or half a third depending on group size).
- 2 players with a ball and each wearing a bib pass between themselves, moving the ball to be able to tag another player (by pivoting).
- Rest of players running around in designated area trying to escape the bib players.
- Once player touched by ball (no throwing) they also put on a bib to help the attackers

### Skill Development (30 minutes)
**DRILL 1: HOOP PIVOT**
- In groups of 3.
- X runs and receives a pass (in hoop) from T1, then pivot 180°, and pass to T2.
- Do 10 each and swap (change sides).
- Ball passed out in front of X, so that they can land on outside foot.
- May use 2 foot landing at start and then pivot outside

### Stretch
See stretching section.
Skill Development (continued)

DRILL 2: L’s
- 1 leads and takes pass from line 2.
- Lands in hoop and pivots on outside foot and pass back to own line.
- Then 2 leads forward and takes pass from 1, pivots and passes back to own line.
- Repeat.
- Go to end of own line.
- Move line to other side – practice leads both sides, both feet.

DRILL 3: SIDE LINE SKITTLE BALL (Minor Game)
- 2 even teams with bibs and skittle in each goal circle.
- 5 players from each team on court, remaining players along sideline.
- Start with toss up in centre circle.
- Players may pass to members of their team on and off the court and aim to move ball to edge of goal circle and attempt to hit the skittle.
- Rotate players on and off court.
- Count how many times skittle is knocked down.
- After attempt at the skittle, opposing team takes pass just inside goal circle to restart.

Evaluation

COACH TIP: Enjoy your coaching
### Session 5

**AGE: 8-10**

**GOAL SHOOTING**
Players will develop the skill of shooting. They will continue to develop their passing, catching and landing skills.

<table>
<thead>
<tr>
<th><strong>Equipment</strong></th>
<th><strong>Skill Development (30 minutes)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>12 balls</td>
<td><strong>DRILL 1: SHOOTING ACTION</strong></td>
</tr>
<tr>
<td>10 cones</td>
<td>• 1 ball each.</td>
</tr>
<tr>
<td></td>
<td>• Player throws ball up in the air, jumps to catch, lands and pivots to the wall and goes through shooting action.</td>
</tr>
<tr>
<td></td>
<td>• Emphasise landing technique and correct pivot action.</td>
</tr>
<tr>
<td></td>
<td><strong>DRILL 2: SHUFFLE SHOT RELAY</strong></td>
</tr>
<tr>
<td></td>
<td>• Line of players which starts at transverse line.</td>
</tr>
<tr>
<td></td>
<td>• Ball is passed along the line to the front, where player pivots, balances and shoots.</td>
</tr>
<tr>
<td></td>
<td>• Retrieve the ball; pass to the front person who passes ball down the line.</td>
</tr>
<tr>
<td></td>
<td>• Shooter returns to back of the line, start again.</td>
</tr>
<tr>
<td></td>
<td>• Can have 2 to 4 lines.</td>
</tr>
<tr>
<td></td>
<td>• Lines should only have maximum 4-5 participants.</td>
</tr>
<tr>
<td></td>
<td>• Use chest passes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Group Organisation (5 minutes)</strong></th>
<th><strong>Physical Warm-up (5 minutes)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Players – modify equipment to suit size of group.</td>
<td><strong>LINE TAG</strong></td>
</tr>
<tr>
<td></td>
<td>• In pairs, player runs along any line on court and partner chases.</td>
</tr>
<tr>
<td></td>
<td>• When tagged, swap roles. Work for 3 mins.</td>
</tr>
<tr>
<td></td>
<td>• Emphasise strong change of direction on outside foot.</td>
</tr>
<tr>
<td></td>
<td><strong>STRETCH</strong></td>
</tr>
<tr>
<td></td>
<td>See stretching section.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Skill Warm-up (5 minutes)</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ball per person.</td>
<td><strong>PASS OVERHEAD</strong></td>
</tr>
<tr>
<td></td>
<td>• Ball is passed from behind the back, over the head and caught in front of the body</td>
</tr>
<tr>
<td></td>
<td>• Can be repeated in the reverse direction and caught behind the back</td>
</tr>
<tr>
<td></td>
<td><strong>THROW AND CATCH</strong></td>
</tr>
<tr>
<td></td>
<td>Throw ball in air and:</td>
</tr>
<tr>
<td></td>
<td>• Clap once before catching – extend the number of claps</td>
</tr>
<tr>
<td></td>
<td>• Turn around 180 degrees before catching</td>
</tr>
<tr>
<td></td>
<td>• Touch the ground and catch</td>
</tr>
<tr>
<td></td>
<td>Repeat each activity 5 times.</td>
</tr>
</tbody>
</table>
Skill Development (continued)

**DRILL 3: LEAD, RECEIVE AND SHOOT**

- 2 groups of 5 in the goal third.
- Thrower on each side of goal post stands on baseline.
- X runs towards and into the circle to receive pass, balance and shoot.
- Retrieve ball, X becomes new T, and old T goes to the end of the line.
- Ensure players work from both sides

### Modified Game (10 minutes)

**Netta Game**

Introduce C 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:** Quality rather than quantity
### Equipment
- 4 balls
- 10 cones
- 2 sets of bibs
- Whistle

### Skill Development (30 minutes)

**DRILL 1: LEAD AND DODGE**
- Group of 4.
- Begin in a line and one player leads (either left or right), change direction, then drives towards T to take pass.

![Diagram of DRILL 1: LEAD AND DODGE](image)

- All leads at 45°. Make setup ‘big’ to extend movement (otherwise will get a head dodge).
- Ensure initial drive to cone is at match speed (as this move needs to draw defender before attacker changes direction).
- Swap sides.

**DRILL 2: SHAKE THE SHADOW**
- In pairs – try and get away from your shadow by dodging (3-4 steps each way). On stop, try and touch your shadow. Swap roles.
- In 3’s, T out the front (3-4 steps). A uses dodges to get away from D. Only single dodge (make sure actually move feet ‘no head dodge’). T passes to A.

![Diagram of DRILL 2: SHAKE THE SHADOW](image)

### Group Organisation (5 minutes)
12 Players – modify equipment to suit size of group.

### Physical Warm-up (5 minutes)

**RATS AND RABBITS**
- 2 lines – 1 rabbits, 1 rats.
- Coach calls one name (rats or rabbits) – that team runs to the sideline, the other team chases person directly in front.
- Work for 2 mins.
- Emphasise strong change of direction on outside foot

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<thead>
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</tbody>
</table>

**STRETCH**
See stretching section.

### Skill Warm-up (5 minutes)

**DODGE AND STEAL**
- Place a number of netballs behind each goal line
- Players are in two teams, one in each half of the court
- They try to steal an opponents’ ball and return to their own half without being tagged
**Skill Development (continued)**

**DRILL 3: LINE DRIVE**
- Use ½ a netball third.
- Players line up in a straight line.
- Drive 1 by 1 out to line and then change direction. Drive forward (45º) to receive pass – pivot on outside foot and pass to next player.
- Work both sides.

**DRILL 4: END BALL – VARIATION (Minor Game)**
- 2 even teams.
- Start with a toss up.
- Teams try to get a pass to goalie on line.
- If successful, player who threw the ball swaps places and becomes the goalie.
- Other team takes throw in, attempts to get ball down to their goal end.
- Goalies can’t move.
- Defence can’t just stand in front of goalie – one-on-one defence.
- Netta rules.

**Concluding Activity (5 minutes)**
Summarise skills covered.

**STRETCH**
See stretching section.

---

**Modified Game (10 minutes)**

**Netta Game**
- Introduce WA position
  - What is their role?
  - What area do they play in?

---

**Evaluation**
Equipment
6 balls
10 cones
2 sets of bibs
Whistle

Group Organisation (5 minutes)
12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

OCTOPUS
- Players line up along transverse line
- One player is in the middle, the octopus. This players calls ‘octopus’ and the rest of the group must run to the other side of the third without being tagged
- Tagged players sit down where they are tagged, keep feet tucked in, these players help tag runners but cannot move from their spot
- Last player left untagged is the winner

STRETCH
See stretching section.

Skill Warm-up (5 minutes)

TRIANGLE TAG
- 3 players hold hand, 1 player has a bib (X).
- W attempts to tag X (arms/legs).
- The P’s put themselves between W & X.

Session 7
AGE: 8-10
60 MINUTES

INTERCEPTING
Players will develop the skill of intercepting.

Skill Development (30 minutes)

DRILL 1: 1.2M (4 FEET) STANCE
- Each player to have a turn at W.
- Move feet using small steps – no lunging.
- Players protecting X to initiate movement (X should not drag P’s around)

DRILL 1: 1.2M (4 FEET) STANCE
- In 3’s
  - A throws ball up and catches it, pivots – D must get back to 4 ft and put arms up. A passes to R.
Skill Development (continued)

**DRILL 2: HANDS OVER INTERCEPT DRILL**
- 2 D’s in the middle.
- T’s pass to each other (about 5 -6).
- 1 D defends at 4 ft and the other D attempts to intercept.
- T’s can’t pass to person directly beside them.
- Recover after attempting intercept to defend at 4ft.

![Diagram of drill]

6 points then swap (1 for tip, 2 for intercept).
Teach basics of intercept – eyes on ball, run through to take ball at 45 angle.

**DRILL 3: 4_ON-4 KEEPING OFF**
- 4 per team – use bibs.
- A team starts with ball on line – passes until gets to other line (1 point).
- B team defends at 4ft and attempts intercept.

**Netta rules – if turnover, take from nearest end and start again.**

**Concluding Activity (5 minutes)**
Summarise skills covered.

**STRETCH**
See stretching section.

**Evaluation**

**COACH TIP:** Know the rules
### Equipment
- 6 balls
- 10 cones
- 2 sets of bibs
- Whistle

### Skill Development (30 minutes)

**DRILL 1: LINES**
- Line of players.
- Lead out for 2-3 steps at 45° angle forward to thrower.
- Take ball out in front.
- Land outside foot/pivot out.
- Pass to next lead.
- Timing – wait until person before pivots to lead.
- Angle lead forward, towards passer.
- Land on outside foot, pivot outside.
- Ball placement – out in front of player.
- Work both sides.

**DRILL 2: LEAD AND PIVOT**
- X1 leads on 45° angle for 2-3 steps (left or right).
- Shoulders turned on direction of lead. Catch pass from T and land on outside foot.
- Pivot outside and pass to next players in line (X2). X2 passes back to T.
- Angle lead forward, towards passer.
- Land on outside foot, pivot outside.
- Ball placement should be out in front of player.
- Work both sides.

### Group Organisation (5 minutes)
12 Players – modify equipment to suit size of group.

### Physical Warm-up (5 minutes)

**TAILS**
- Small space (1/2 a third) / goal circle.
- Each player has bib tucked into back of shorts/skirt.
- Players must keep moving, not stand still around edge of space.
- No elimination.

**STRETCH**
See stretching section.

### Skill Warm-up (5 minutes)

**SHRINK AND GROW**
- Begin 3 metres away from partner
- Each pair throws the ball using one of the passing techniques
- First time the ball is dropped both players kneel on one knee
- If ball is dropped again players ‘shrink’ from one knee to both knees, then to a sitting position and finally a lying position
- After ten successful passes the players begin to ‘grow’ again
- If the players are still standing they move back a step
- Variation: start in a lying position and when the ball is caught they progressively rise to standing.
Skill Development (continued)

**DRILL 3: STRAIGHT LEAD**
- X1 sprints straight forward to receive pass from T,
- X1 lands, steps forward and passes on to R.

![Diagram of DRILL 3: STRAIGHT LEAD]

- R passes back to T and X1 returns to the end of the line.
- Use shoulder pass.
- Reinforce weight transfer on shoulder pass and catching technique.
- Ball placement should be out in front of player.
- Make sure change sides and swap roles throughout.

Modified Game (10 minutes)
Introduce basic C pass attack strategies.

Concluding Activity (5 minutes)
Summarise skills covered.

**STRETCH**
See stretching section.

Evaluation

**COACH TIP:** Encourage teamwork
Session 9

AGE: 8-10

60 MINUTES

INTERCEPTING
Players will continue to develop their defensive skills.

Equipment
4 balls
2 sets of bibs
Whistle

Skill Development (30 minutes)

DRILL 1: ONE ON ONE DEFENCE
- In groups of 3 (1 attacker, 1 defender, 1 thrower).
- A moves side to side, D shadows while watching ball.
- After D is comfortable T passes to A while D attempts to intercept.
- Small quick steps.
- Eyes focus ahead rather than back on opponent.
- Drive forward towards the ball when taking intercept.

Group Organisation (5 minutes)
12 Players – modify equipment to suit size of group.

Physical Warm-up (5 minutes)

FLIP IT
- Split the group into two teams
- Each player has a marker, one team places them correctly on the ground and the other team places them on the ground upside down
- On command players run around to try and turn the other teams markers over to match their own
- After a set period of time, team with the most markers wins
- Variation: size of the area or must run to a corner after each flip

STRETCH
See stretching section.

Skill Warm-up (5 minutes)

TRAIN TAG
- 3 players stand in single file, holding waist of person in front, an extra player nominated as a tagger.
- The tagger starts facing the line. The tagger aims to move around the train and tag the back player.

3m x 3m
Skill Development (continued)

DRILL 3: IN THE MIDDLE
- Form a square with a defender inside.
- Pass around square and defender attempts to intercept.
- Watch cues of the thrower.
- 1st step forward towards the ball.
- Run through, don’t lunge.
- 1 point for a tip and 2 points for an intercept.
- After 4 points, change over

Concluding Activity (5 minutes)
Summarise skills covered.

STRETCH
See stretching section.

Modified Game (10 minutes)
Introduce basic C pass defence strategies

Evaluation

COACH TIP: Provide challenges with the opportunity for success
**Session 10**

**AGE: 8-10**

**PASSING**

Players will continue to develop their passing skills within the concept of the game.

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**Equipment**

- 6 balls
- 10 cones
- 2 sets of bibs
- Whistle

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**Skill Development (30 minutes)**

**DRILL 1: PASSING VARIETY**

- F is 7.5m away from line and W half-way facing F.
- W turns, runs to line, changes direction, drives back and receives pass (10 times).
- Use a variety of passes – lob, bounce, chest, shoulder.
- Reinforce coaching points for all passes.
- Emphasise sprint technique and strong change of direction on outside foot.

**DRILL 2: LOB**

- Pairs – 1 ball between two.
- 5 each side / swap roles.

**Extension**

- AB stand next to each other.
- A passes a lob out in front and B drives forward to receive high pass and lands outside foot.

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**Group Organisation (5 minutes)**

12 Players – modify equipment to suit size of group.

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**Physical Warm-up (5 minutes)**

**TUNNEL BALL**

- Players line up in two teams
- On command the ball is passed to end of line between legs of all team members
- Last person then runs to front of line and starts passing the ball again
- Winning group is first back to their original position
- Variations: pass the ball above heads of players; pass ball in an over and under pattern, or a left, right passing pattern.

**STRETCH**

See stretching section.

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**Skill Warm-up (5 minutes)**

**MODIFIED AROUND THE WORLD**

- 2 even teams, outside circle of players each have a ball.
Skill Development (continued)

DRILL 2: LOB (continued)

Extension

- AB stand next to each other. A passes a lob out in front and B drives forward to receive high pass and lands outside foot.

![Diagram of DRILL 2: LOB]

3m

A     B

DRILL 3: SQUARE DRILL – SHOULDER PASS

- Square, 1 ball, 4 corners, 2-3 players in each.
- Start the ball with X who is halfway between two corners.
- X player directly from corner in front drives side to take ball at extension.
- Continue around square.
- Run to back of the line just thrown to.

![Diagram of DRILL 3: SQUARE DRILL – SHOULDER PASS]

 Modified Game (10 minutes)

Introduce basic throw in strategies.

Concluding Activity (5 minutes)

Summarise skills covered.

STRETCH

See stretching section.

Evaluation

- Size of square depends on skill of players.
- Run activity clockwise and anticlockwise.

COACH TIP: Players like to play the game