

**DURATION** **1**  
HOUR

**EQUIPMENT**  

**LOCATION** 

**GROUP SIZE** **7-12**

**5MIN WARM UP** See My NETFIT videos for warm up

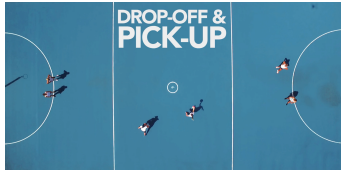
**10MIN FITNESS & FOOTWORK** See My NETFIT videos for ideas to build your fitness session

**10MIN TEAM WARM UP DRILLS** See video

SEE MY NETFIT VIDEOS FOR TEAM DRILLS AND SESSION PDFs

**WHAT DO YOU WANT TO ACHIEVE FROM DROP OFF PICK UP DRILL**

- Various passes (chest or shoulder)
- Quick double plays and reoffers
- Turning shoulders to look down the court
- Add defence to challenge players decision making

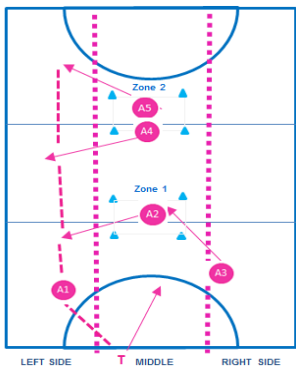


**10MIN SKILL DEVELOPMENT - STARTING POSITIONS AND MOVEMENT**

**FIRST PHASE: SET UP STARTING POSITIONS**

**ACTIVITY 1**

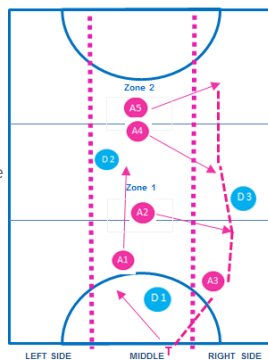
- T starts with ball
- (A1) & (A3) positioned around circle in one of the corridors; left side, middle or right side
- (A2) set up in zone 1
- (A4) & (A5) in zone 2, one in front of the other
- Move the position of (A2), (A3) and thrower to different starting positions



THROWER ● ATTACKER ● DEFENDER ▲ CONES

**ACTIVITY 2**

- Take cones away, same starting positions
- Add (3) defenders (D1) in goal third and (D2) and (D3) in the centre third
- Players will need to make decision where the space is, who is free and who is next



**COACHING NOTES:**

- Turn shoulders all the way around down court to see next option
- Strong change of direction
- (A2) plays in all thirds, (A1) & (A3) can play in centre third and goal third they start in
- Attackers to lead again into vacant space
- Defenders to work at half pace

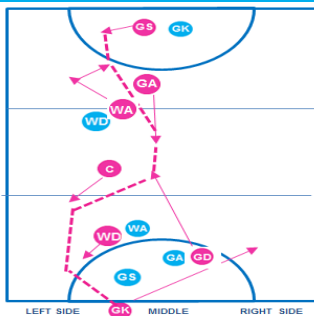
**10MIN COURT APPLICATION- LONG COURT PASSING WITH DEFENCE**

**ACTIVITY 3**

- Position on court with bibs.
- WA and GA starting in Zone 2
- Repeat activities 1 and 2 with positions and full defence
- Practise sequences that can move the ball from left side, middle to right side corridors
- Vary WA & GA starting split positions
- If you have less than 12 players, move 3 defenders to different thirds to apply pressure

**Practise various sequences:**

1. GK-WD-GK-C-WA-GS-GA
2. GK-C-WD-GA-WA-C-GA-GS
3. GD-GK-GD-WD-WA-GA-C-GS



**COACHING NOTES:**

- Players to offer variety of attacking moves to get free
- Team to make quick decisions on who is leading next
- Offer two leads to every pass
- One to the ball and the other to the side or middle corridor closest to the ball
- If players are defended clear out of the space and prepare for next pass down the court

**10MIN MATCH PLAY**

**PLAY A FULL COURT GAME**

**ACTIVITY 4**

- Ask team to achieve 4 different sequences
- Note in your Coaching Notebook and reward them

**COACHING NOTES:**

- Players to lead into 3 corridors
- Team to decide who is free and who is next

**5MIN COOL DOWN**

**SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS**

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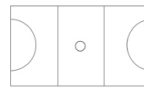


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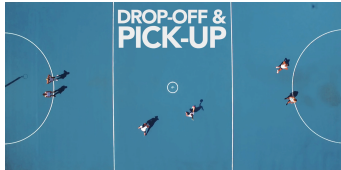
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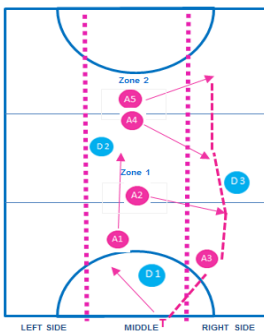
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**10MIN SKILL DEVELOPMENT - STARTING POSITIONS AND MOVEMENT**

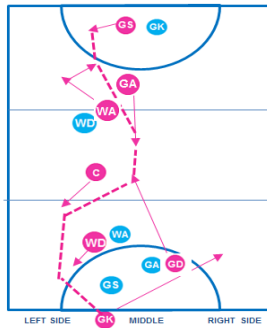
**FIRST PHASE: SET UP STARTING POSITIONS**

T THROWER A ATTACKER D DEFENDER



**ACTIVITY 1**

- T starts with ball
- (A1) & (A3) positioned around circle in one of the corridors, left side, middle or right side
- (A2) set up in zone 1 (A4) & (A5) in zone 2 one in front of the other
- Defence to stay in middle of side corridors



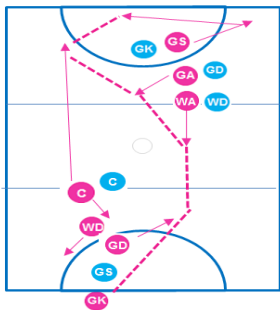
**ACTIVITY 2**

- Practise sequences moving the ball from left side, middle to right side corridors
- Move defenders into centre third or goal thirds to apply more pressure

**COACHING NOTES:**

- Turn shoulders all the way around down court to see next option
- Quickly set up in zone 2
- Strong change of direction (A2) plays in all thirds, (A1) & (A3) can play in centre third and goal third only
- Attackers to lead again into vacant space.
- Vary starting position of GK on base line and side lines

**10MIN COURT APPLICATION – LONG COURT PASSING WITH DEFENCE**



**ACTIVITY 3**

- Add various defence situations 1 on 1, Centre third zone, 2 on 1 (GS on WD)
- Try all the sequences with varied set up positions
  - Side by side then split (one forward, one backwards on an angle)
  - Split in 3's (bomb) see diagram
  - Crossovers (one attacker crosses over in front of the other)

Practise various sequences:

1. GK-WD-GK-C-WA-GS-GA
2. GD-GK-WD-WA-GA-C-GS

**COACHING NOTES:**

- Players to offer variety of attacking moves to get free
- Team to make quick decisions on who is leading next
- If players are defended clear out of the space and prepare for next pass down the court
- Practise passing from a throw in and turnovers

**10MIN MATCH PLAY**

**PLAY A FULL COURT GAME**

**ACTIVITY 4**

- Challenge team to get the ball to the goal circle in 4 passes
- Note best set ups in your Coaching Notebook, ready to use in your next game

**COACHING NOTES:**

- Good communication
- Quick set ups
- GA & WA to prepare early

**5MIN COOL DOWN**

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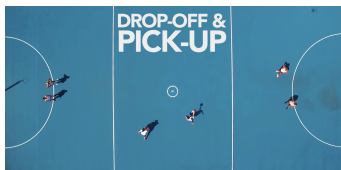
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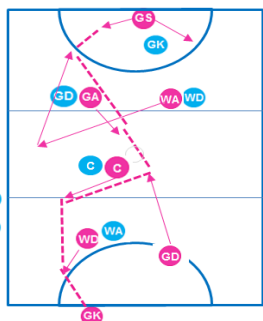
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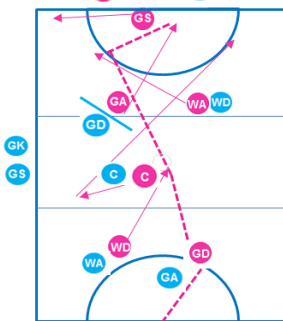
**FIRST PHASE: SET UP STARTING POSITIONS**



**ACTIVITY 1**

- **Cross over set up**
- WA crosses past GA and then GA leads
- Add Defenders WA, GA, GS

T THROWER A ATTACKER D DEFENDER



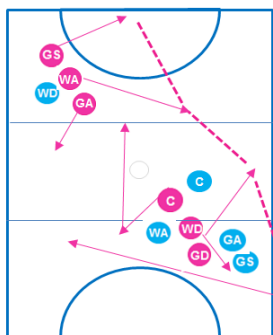
**ACTIVITY 2**

- **Screen set up**
- GA screens GD
- WA crosses behind GA to receive pass
- Reverse
- Add Defenders WA, GA, GS

**COACHING NOTES:**

- Catch, flick your head to see the next lead, turn shoulders all the way around down court to see next option
- Quickly react and connect with your team mates to set up in your area
- Strong change of direction with definite change of pace
- Also practise splits, side by side
- Vary position of GK in the goal third from base line to side lines.

**15MIN COURT APPLICATION - LONG COURT PASSING WITH DEFENCE**



**ACTIVITY 3**

- (3) in a line (bomb)
- React quickly and set up (3) attackers in a line
- First one must move for the others to react

**ACTIVITY 4**

- Practise activities 1 to 3 (crossovers, screen and bomb)
- Also side by side and split set ups in 2's (WD/GD and GA/WA)
- Increase intensity in attack and defence
- Add various defensive situations, 1 on 1, 2 on 1 (GS on WD), centre third zone
- Start the ball from various positions on court from throw ins and turnovers

**COACHING NOTES:**

- Identify what set ups to use and what is the trigger to use them
- With a defensive centre third zone you could do a crossover where WA screens WD and GA crosses into space behind to receive
- The ball position and where the defenders are triggers which set up you can use

**10MIN MATCH PLAY**

**PLAY A FULL COURT GAME**

**ACTIVITY 5**

- Name the set ups and prepare early
- Note in your Coaching Notebook the set ups, ready to use in your next game

**COACHING NOTES:**

- Ask the team to recognise which set ups to use and why?

**5MIN COOL DOWN**

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