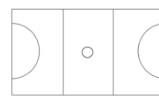


DURATION **1**
HOUR

EQUIPMENT



LOCATION



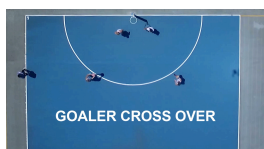
GROUP SIZE

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

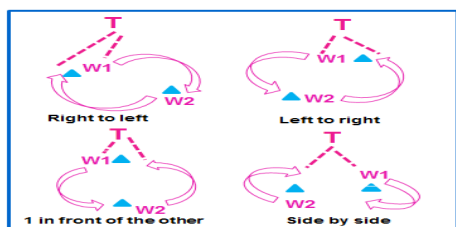
WHAT DO YOU WANT TO ACHIEVE FROM GOALER CROSSOVER DRILL?

- Passing from goalers to attackers
- Movement by goalers, dodge, hold and refeed
- Goalers shooting with 1 on 1 defence

10MIN SKILL DEVELOPMENT - ROTATION MOVEMENT

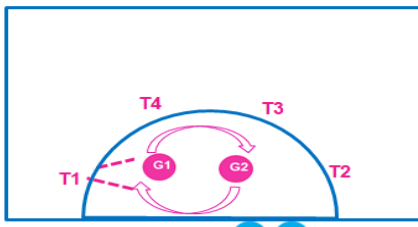
FIRST PHASE: ROTATION MOVEMENT

THROWER ● ATTACKER ● DEFENDER ▲ CONES



ACTIVITY 1

- 4 groups of 2 cones to practise various angles of rotations, right to left, left to right, one in front of the other or side by side.
- W1 passes to T then at the same time W1 and W2 swap positions and T passes to W2



ACTIVITY 2

- Four stationary throwers around circle edge
- (G1) starts with the ball passes to (T1) and rotates with (G2) who turns and shoots.
- Repeat to (T2), to (T3) then (T4) alternating between (G1) and (G2) who starts with the ball
- Add one defender repeat, then add two defenders

COACHING NOTES:

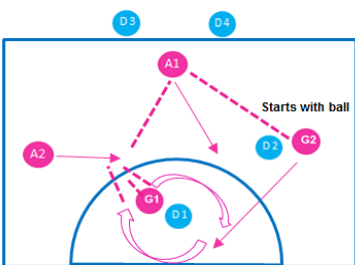
- One in front moves to allow space for the one behind
- Use quick footwork to make leads
- Keep vision of the ball and team mates movement

Complete "Quality shot"

- Balance the ball on hand
- Feet shoulder width apart
- Bend knees and release with middle finger pointing 1 foot above the ring
- Follow your shot to rebound

10MIN COURT APPLICATION - GOALING ROTATION WITH DEFENCE

ADDING DEFENCE ON COURT



ACTIVITY 3

- Add two attackers (A1) and (A2) no defence
- (G2) passes to (A1) who passes to (A2), (G1) passes back to (A2) rotates to allow (G2) to receive from (A2)
- Repeat a couple of times both sides of the court
- Then add (D3) and (D4)

ACTIVITY 4

- Full 1 on 1 defence
- Attackers to vary starting positions
 - Side line throw in
 - Penalty pass on circle edge
 - Penalty shot just inside the circle

COACHING NOTES:

- Each time the ball enters the circle their must be a clear rotation between the goalers
- Quickly decide when to rotate, you may need to do more than once
- Attackers to keep possession until goalers are ready to receive ball
- Goalers to complete **Quality Shot**

10MIN MATCH PLAY

PLAY A HALF COURT GAME

ACTIVITY 5

Keep score in your Coaching Notebook

- Players receive one point for a rotation that turned into a goal.
- Defenders score 1 point on intercept or turnovers when ball travels back past centre circle

COACHING NOTES:

- Really encourage rotation with speed, no hesitation
- Goalers to get as close to the post to turn and shoot

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your first NETFIT training session.

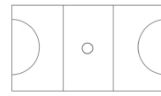


DURATION **1**
HOUR

EQUIPMENT



LOCATION



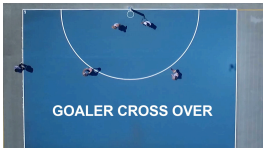
GROUP SIZE

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

5MIN TEAM WARM UP DRILLS See video



SEE MY NETFIT VIDEOS FOR TEAM DRILLS AND SESSION PDFs

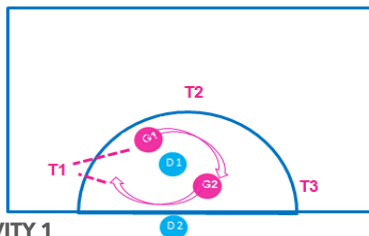
WHAT DO YOU WANT TO ACHIEVE FROM GOALER CROSSOVER DRILL?

- Passing from goalers to attackers
- Movement by goalers, dodge, hold and refeed
- Goalers shooting with 1 on 1 defence

15MIN SKILL DEVELOPMENT - GOALER ROTATION

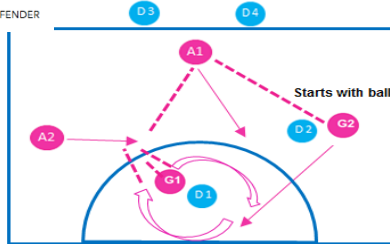
FIRST PHASE: ROTATION MOVEMENT

T THROWER A ATTACKER D DEFENDER



ACTIVITY 1

- Three stationary throwers around circle edge
- (G1) starts with the ball, passes and rotates with (G2) who turns and shoots, then passes to next thrower
- Repeat and add second defender
- Increase speed and if (G1 and G2) defended, throwers can pass to each other to keep possession



ACTIVITY 2

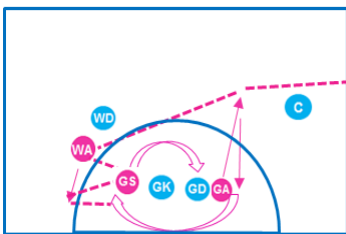
- Add two attackers (A1) and (A2) no defence
- (G2) passes to (A1) who passes to (A2) then to (G1)
- (G1) passes back to (A2) rotates to allow (G2) to receive from (A2)
- Repeat a couple of times both sides of the court
- Then add (D3) and (D4) against (A2) and (A1).

COACHING NOTES:

- One in front must move to allow space for the one behind
- Keep vision on the ball and teammates movement, this will help you recognise how and when to rotate
- Complete "Quality shot"
- Balance the ball on hand
- Feet shoulder width apart
- Bend knees and release with middle finger pointing 1 foot above the ring
- Follow your shot to rebound

10MIN COURT APPLICATION - ROTATION WITH DEFENCE

ADDING DEFENCE ON COURT



ACTIVITY 3

- 4 on 4 - Ask for more than 4 passes before goaler can shoot
- Create various patterns: (C)-(GA)-(WA)-(GS)-(WA)-(GA)
- Attackers starting the ball at different areas:
 - Transverse line
 - Side line
 - Penalty pass on circle edge
- Use fakes and baulks to fake the defender, disrupting their defence positioning

COACHING NOTES:

- If there is no passing options to goalers, attackers to keep possession until goalers in position
- Goalers using rotation and out of circle leads to give attackers options
- If first rotation doesn't work try again
- Complete "Quality Shot"

10MIN MATCH PLAY

PLAY A HALF COURT GAME

ACTIVITY 4

Keep score in your Coaching Notebook

- Players receive one point for a rotation that turned into a goal
- Defenders score 1 point on intercept or turnovers

COACHING NOTES:

- Really encourage rotation with speed
- If goalers are close to the post to turn and shoot

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your first NETFIT training session.

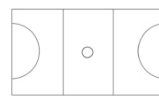


DURATION **1**
HOUR

EQUIPMENT



LOCATION



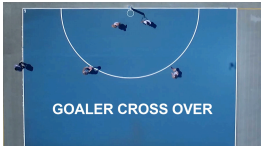
GROUP SIZE

7-12

5MIN WARM UP See My NETFIT videos for warm up

5MIN FITNESS & FOOTWORK See My NETFIT videos for ideas to build your fitness session

5MIN TEAM WARM UP DRILLS See video



SEE MY NETFIT VIDEOS FOR TEAM DRILLS AND SESSION PDFs

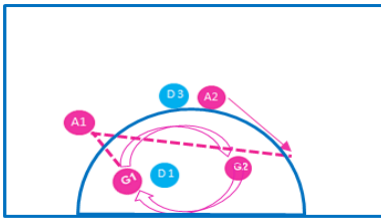
WHAT DO YOU WANT TO ACHIEVE FROM GOALER CROSSOVER DRILL?

- Passing from goalers to attackers
- Movement by goalers, dodge, hold and refeed
- Goalers shooting with 1 on 1 defence

15MIN SKILL DEVELOPMENT - GOALER ROTATION

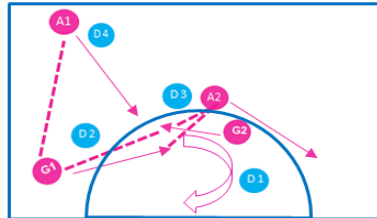
FIRST PHASE: GOALER MOVEMENT

T THROWER A ATTACKER D DEFENDER



ACTIVITY 1

- (A1) & (A2) position on circle edge one on top and one to side
- (G1) starting with the ball passes to (A1) then rotates to vacant space
- (A1) chooses to pass to (G2) or can pass to (A2)
- (G1) & (G2) keep moving using rotation to receive
- Complete "Quality Shot" then repeat varying starting position
- Add (D2) & (D4) for more pressure



ACTIVITY 2

Rotations with goaler coming out of circle

- (A1) passes to (G1) leading out of circle
- (G1) passes to (A2), then runs towards (G2) who rotates back to post giving space for (A2) to pass to (G1)
- Repeat where (G1) passes back (A1) on circle edge, (A2) moves around circle, during this time (G1) and (G2) rotate to receive, (A1) chooses who to pass too.

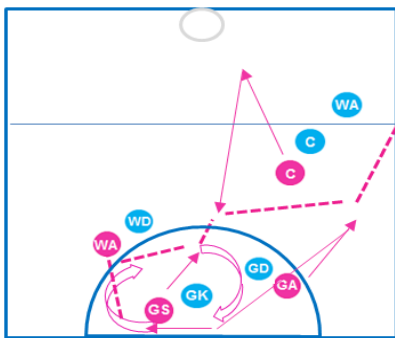
COACHING NOTES:

- One player in front must move to allow space for the player behind
- Use quick footwork to present to attackers (A1 & A2)
- The goaler entering into the circle must keep vision on the ball and team mates movement

Complete "Quality shot"

- Balance the ball on hand
- Feet shoulder width apart
- Bend knees and release with middle finger pointing 1 foot above the ring
- Follow your shot to rebound

10MIN COURT APPLICATION - ROTATIONS ON COURT WITH VARIOUS SET UPS



ACTIVITY 3

- 5 on 5
- Attackers to start the ball at different areas:
 - Transverse line
 - Side line
 - Penalty pass on circle edge
 - Penalty shot by goaler just inside circle
 - Goler throw in on base line near circle edge
- Diagram pattern: WD-GA-C-GS-WA-GA-WA-GS
- Create your own patterns
- Repeat with speed
- Defence can play area defence or 1 on 1

COACHING NOTES:

- Attackers to be ball side and hold position around the circle edge
- Keep possession until goalers are in position
- If first rotation doesn't work, goalers get ready to lead out of circle and reset to rotate
- When defence closing space, goalers can try using a half roll to look like you are going to rotate then come back to the passer
- Complete "Quality Shot"

10MIN MATCH PLAY

PLAY A HALF COURT GAME

ACTIVITY 4

- Keep score in your Coaching Notebook
- Players receive one point for a rotation that turned into a goal
 - Defenders score 1 point when ball travels back past centre circle

COACHING NOTES:

- Encourage rotation with speed
- Goalers close to the post, turn and shoot

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your first NETFIT training session.

