

Each session should be split into components:

Purpose:

JUGGLING	~5 minutes	Engage the players as soon as they arrive. Ball touches!
SKILL INTRODUCTION	~ 10 minutes	Introduction of the core skill and warm up
SKILL TRAINING	~ 20 minutes	Repitition of skill in a game like scenario
SKILL GAME	~ 20 minutes	Small sided games with a focus on the core skill
AREA: 30m x 20m	CONES: 10x colour, 10x colour	BIBS: ½ number of players
		BALLS: 1 x players

FOCUS: **HEADING THE BALL**

JUGGLING

Each player with a ball, completing juggling exercises.

HEADING TECHNIQUE

WHAT WE WANT?

Players to be confident and safe when heading the ball.

TECHNIQUE:

1. Eyes on the ball
2. Approach the ball and contact with the forehead
3. If trying to generate power from a header, imagine you are holding a window, with your forehead in the centre. As you move your head towards the ball, imagine breaking the window with your head, using your arms (which are holding the window) to generate power by moving them towards you
4. Defensive header – Up and away
5. Attacking header – Down and accurate

SKILL INTRODUCTION – NETBALL

SET UP:

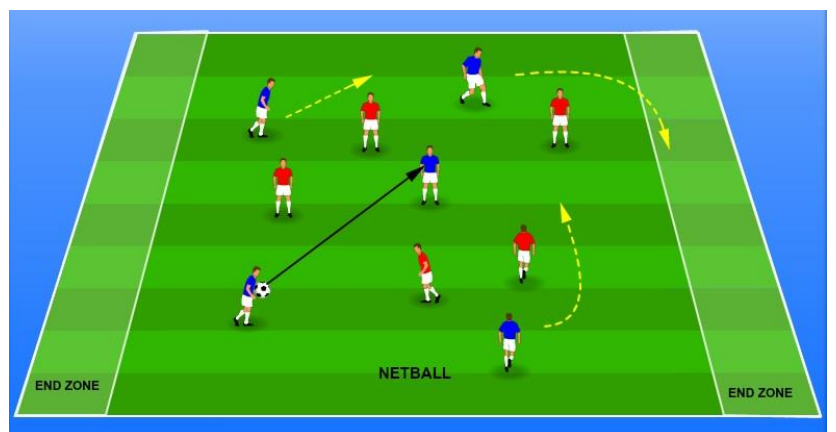
Set up a 30m x 20m area
Split players into two teams.

EXERCISE:

Players must work as a team to pass the ball to one another, eventually resulting in a team member catching the ball in the end zone. The player in possession of the ball cannot move.
Keep score.

PROGRESSIONS:

Players must only pass the ball from their chest (encourages short passes)
Players can head the ball onto another team mate if unable to catch it.
Very hard – Players must catch a header in the end zone to gain a point.



COACHING POINTS

Correct heading technique – eyes on the ball
Encourage players to move/make runs off the ball carrier
Celebrate good headers!

SKILL TRAINING – SPIKE (5-10min maximum)

SET-UP:

Create an area of 10m x 5m

One goal at each end

Split players into two even teams. One player in the goal, the others behind the goal.

EXERCISE:

Team blue begins.

The coach will throw the ball in the area. The first blue player must approach the ball and head it into the goal against the red.

If they score, the blue team have another turn.

If they miss, it is now Team red's turn, and a blue player would enter the goal to defend it.

Quick balls from the coach

Complete 3-4 games (first to 11 goals)

PROGRESSION:

Make players jump high for headers

Diving low headers

Power drive headers (feet planted)



COACHING POINTS:

Correct heading technique

Encourage players to TRY!

Enthusiasm and enjoyment

Competition

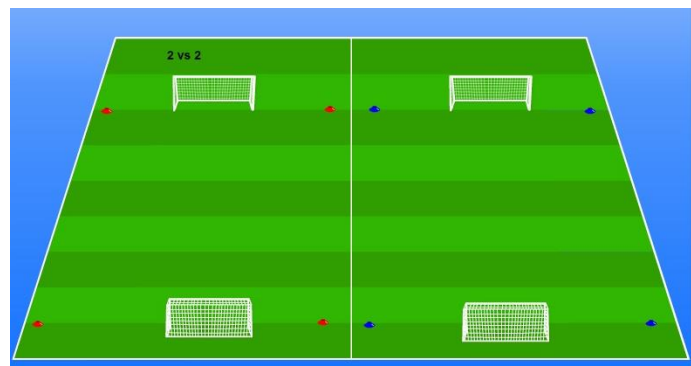
SKILL TRAINING – 2 vs 2

SET UP:

Split players into small 2 vs 2 or 3 vs 3 games

EXERCISE:

Allow them to play 3-4min games as a mini world cup.



SKILL GAME – NORMAL GAME

SET UP:

Define a 30m x 20m field.

Split players in TWO teams.

EXERCISE:

PLAY

COACH REFLECTION

Did you keep the players engaged?

Did you demonstrate or use role models?

Do you think the players learnt something?

Did the players enjoy the session?

What would you improve / do differently next time?