

## WHATS BEST FOR HER!

ARRIVAL ACTIVITY – BODY PARTS - 10 minutes

ENGAGE THE PLAYERS AS SOON AS THEY ARRIVE

BEGINNING – GOALKEEPER TECHNIQUES - 10 minutes

FUN ENGAGING GAME WITH/WITHOUT BALL

MIDDLE – NETBALL HEADERS AND VOLLEYS - 15minutes

FUN ENGAGING GAME

END GAME – MATCH WITH GKs - 25 minutes

LET THEM PLAY!!

**CONES: 10x colour, 10x colour**

**BIBS: ½ number of players**

**BALLS: 1 x players**

**SET UP: Define the 30m x 20m**

**Extra cones for splitting the field for games**

**Goals ready when necessary**

### ARRIVAL ACTIVITY – BODY PARTS

#### EXERCISE:

- Each player has a ball and is dribbling around the area.
- The coach will call out a body part e.g. (“KNEE”)
- Players must stop the ball with their foot first then place their knee on the ball.
- Continue to call out different body parts and ball mastery skills for players to perform.

#### PROGRESSION:

- Coach blows whistle, players complete a side body roll and continue dribbling.
- Coach blows whistle, players complete a forward body roll and continue dribbling.
- Challenge - Coach blows whistle, player puts ball between feet and forward body rolls!



#### COACHING POINTS:

- Challenge players to be comfortable rolling on ground
- Ensure players are balanced in action

#### PHYSICAL LITERACY:

- Physical: How quick are the players reacting to coach call, bonus points for fast reactions?

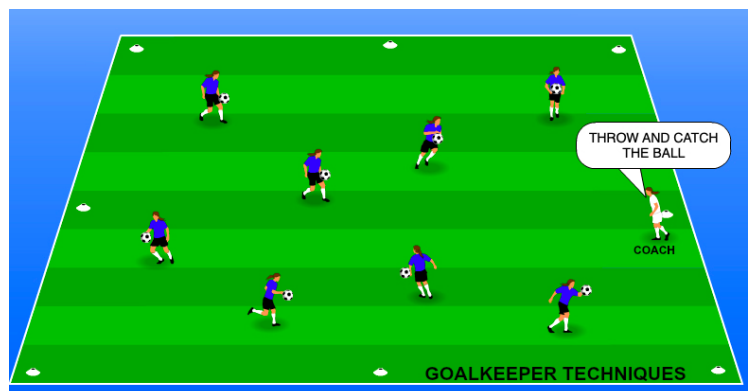
### BEGINNING – HANDLING

#### EXERCISE:

- 1 - Players are bouncing the ball in the area, whilst moving around.
- 2 – Players tap the ball between their hands in the area, whilst moving around.
- 3 – Players tap the ball between their hands & above their head, whilst moving around.
- 4 - Players are bouncing the ball whilst moving around the area, on the coach’s call they put their ball down, run around a cone, and scoop up the ball.
- 5 - Players are bouncing the ball whilst moving around the area, on the coach’s call they put their ball down, run around a cone, and dive on their ball.

#### VIDEO REFERENCES:

- [Tapping ball between hands](#)
- [Tapping ball, above head](#)
- [Bounce and scoop](#)
- [Bounce and dive](#)



#### COACHING POINTS:

- Catch with a W-Grip on top of the ball – Fingers pointed to the sky.
- For the scoop, step forwards towards the ball, put hands and elbows together and use leg to block ball from rolling through.
- Extend arms in front and use elbows when diving on the ball.

#### PHYSICAL LITERACY:

- Psychological: Players developing bravery and getting comfortable being on the ground.

Can you **C . H . A . N . G . E . I . T ?**

## MIDDLE – NETBALL HEADERS AND VOLLEYS

### EXERCISE:

- Split players into 2 even teams.
- Players play a match; however, they pass the ball by throwing.
- If a player catches the ball they cannot move until they have passed the ball to their teammate.
- Goals can only be scored by a header or a volley.
- All players can be goalkeeper.
- If a team drops the ball on the ground, it is a turnover in possession.
- Defending team can also intercept the ball.
- No hitting the ball out of the other team's hands.

### PROGRESSION:

- Team must complete 3 passes before scoring.
- Players are only allowed to hold onto the ball for 3 seconds – Hot Potato!
- Perform a shootout, where each player has a chance to shoot at goal and save a goal.
  - Split the players up and have two shootouts going at each goal.
  - Add up the goals to see who wins!



### COACHING POINTS:

- Encourage players to catch with a W-Grip
- Encourage players to communicate and ask for the ball
- Encourage players to be brave and attack the ball
- Keep shoulders and feet pointing towards the ball

### PHYSICAL LITERACY:

- Social: Players communicating to each other
- Psychological: Players being confident and brave

**Award bonus points to players using the correct technique!**

## END GAME - MATCH

### EXERCISE:

- Split players into two even teams and play a normal game.
- Ensure players are set up with a formation including:
  - GK – Defence – Midfield - Attack
- Allow the players to enjoy!
- Rotate Goalkeepers every 2 – 3 minutes
- Positive encouragement towards goalkeepers

### COACH OBSERVATIONS:

- Body Language and confidence of players in goal
- Are players being brave to use their body and save the ball?
- Are games competitive, if not swap some players?



## END OF SESSION - Conduct a Q & A with your players to test their learning!

At the end of the session ask the players:  
What they enjoyed the most?

What they have learnt from the session?  
Tell the team and individuals what they did well

### COACH REFLECTION

What did the players enjoy?  
What worked/did not work?

What would you do differently next time?