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| **High 5 Netball Club Week 7 – Mini Tournaments** | |
| **Session Objectives** – Put everything learnt into practice. | |
| **Warm Up** – 10 Minutes | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. | |
| **Main Activity** – 35 Minutes | |
| Small Sided Games – 15 Minutes – Three minute matches.  Play Two v Two –  Progression 1 – Two v Three – Two defenders  Progression 2 – Three v Three  Mini Tournaments –  Split children into three or four equal teams. Have 5 minute mini matches.  Match – 10 Minutes  IF there is time, play a full match with substitutes. Can continue to play mini tournament matches if children prefer. | Coaching Points  Move children around so they play with and against everyone.  Enforce all netball rules.  Split children into three or four teams, need five players on each team. If numbers are low, have half pitch games, three players on each team.  Make sure each team plays against each other.  Make teams fair in terms of ability of players. Make players adhere to the correct netball positions.  Blow of whistle is to indicate start or stop of play.  Let children play and learn the positions, make sure positions are rotated every 3 minutes.  Play half court match if there are not enough children for full, if odd number of children, use centre position as a ‘magic man’ who is on both teams. |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you learnt today?  Award a certificate.  Dismiss children from designated area. | |