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| **High 5 Netball Club Week 9 Strategic Play** | |
| **Session Objectives** – Learning different match play strategies when play isn’t going to plan. | |
| **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 | |
| Strategies – 20 Minutes  Discuss the different strategies listed here. Players are welcome to come up with some of their own. Give ample time for players to practice each of these in a match play scenario.  Centre pass plays – discuss different ways the centre can communicate to the team who the centre pass will go to. Use numbers, different hand/feet actions.  Eliminate player from match – When the opposition has one really strong player, we can eliminate the player from the match by man marking. The player who is marking them has the role of sticking with the player throughout the whole quarter.  Player is struggling to get free to receive the ball – discuss different ways players can get free. • Sprint away, • hold their ground, dummy and then sprint, •face their player then peel away and run for the ball.  Defender is always in front – Ask players to play ball up and over, player to receive the ball behind them.  Shooters getting in close to the post – players to lunge forward, keeping one foot as close to the post as possible, receive the ball and then turn onto the foot near the post.  Defender is tall, and keeps intercepting all balls – use a bounce pass.  Try intercepting the ball – watch play and try to read when the ball is coming to the player you’re marking.  Match – 15 Minutes  Allow players to chat as a team for their different strategic plays. Encourage players to try as many different things as possible. | Coaching Points  Reassure children play will not always go to plan. Winning is always nice, but the way they’re playing the game and as a team is more important.  Here there are some different ways the players can try and change to help play go in their favour.  Give children as many different strategies to use when play is not going according to plan.  Emphasise all these plays do not need to happen all at once. Trying different things will trick the other team, hopefully giving us an advantage. Always have a few different plays up your sleeve.  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. |
| **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 are some of the strategic plays we have learnt today? What are the key points to think about when play is not going to plan? What have you learnt today?  Award a certificate.  Dismiss children from designated area. | |