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| **High 5 Netball Club Week 2 – Pivotal Pivoting** | |
| **Session Objectives** – Learn how to mark players, different techniques that can be used. | |
| **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 | |
| Pivoting – 10 Minutes  Demonstrate how to pivot.  Explain when pivoting is necessary/needed.  Children to practice pivoting. Children run around the court, when coach shouts pivot, all children to jump in the air, land and pivot.  Progression 1 – Add in balls. Children to pass ball to each other, jumping, landing and pivoting as they receive the ball  Practice Pivoting – 15 Minutes  Split children into lines, see set on the set up sheet.  One side starts with the ball, child standing opposite the child with the ball, runs toward the person with the ball, calls for the ball and receives the pass. Player then pivots, sending the ball back to where they came from. Player then follows pass and joins the back of the line.  Next player goes.  Progression 1 – Players to make a run to the left or right before receiving the ball  Progression 2 – Add in a marker to put the receiver under pressure.  Match – 10 Minutes  Put children into teams and let them play a match, focus on rules learnt so far. Encourage pivoting where necessary. Introduce where/how to take a side line throw in/pass. | Coaching Points  Encourage players to land on both feet when landing so they are able to use either foot to pivot.  If land on one foot then the other, first landing foot must stay stuck on the floor. That foot is the anchor when pivoting.  One foot to be stuck on the floor and used as an anchor to pivot. When pivoting, move in a circle around the foot stuck on the floor.  Pivoting used to move the body into a better position to release the ball.  When making a run for the ball players to have hand out indicating where they want to receive the ball.  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 is pivoting? How do we pivot? When do we pivot? What have you learnt today?  Award a certificate.  Dismiss children from designated area. | |