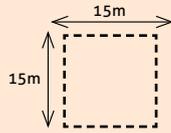


CHECKLIST



WARM UP - 20 MINUTES



Bibs



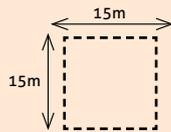
1 Ball for every player



Cones



MAIN PART - 40 MINUTES



Bibs



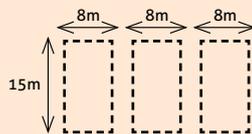
1 Ball between 2 players



Cones



CONCLUSION - 20 MINUTES



Bibs



1 Ball between 2 players



4 Baskets or 4 ways of 'scoring' (end zone or key player)

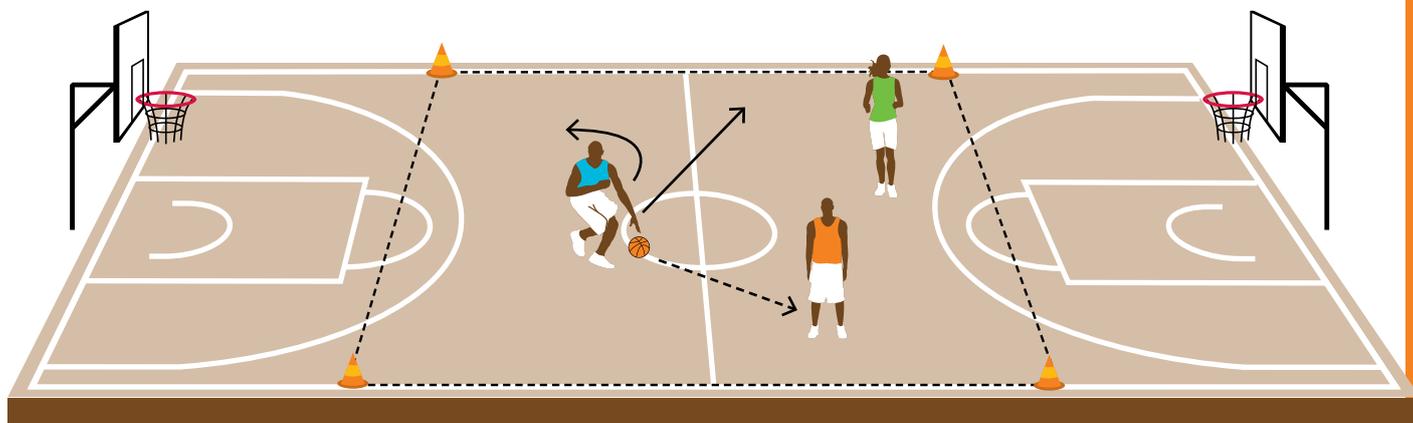


Cones

WARM UP - 20 MINUTES

Legend:

- > route of ball
- > route of player



- Players moving around in a square marked out by the coach.
- Players can throw the ball to each other using bounce passes and from the chest too.
- Once the players have thrown the ball, they 'jump up' or 'touch the floor'.
- Once the jump has been done, have a small sprint into space in the area.

PHASE 1

Variation

- Mix up the 'after' throw tasks by suggesting they move in different directions and in different ways.

- Give every player a number 1-10 (or however many players are in the group).
- Player number '1' and player number '5' start with the ball.
- They have to pass the ball to the next number up i.e. player '1' passes to player '2' and this carries on.. (player '10' passes to player '1').

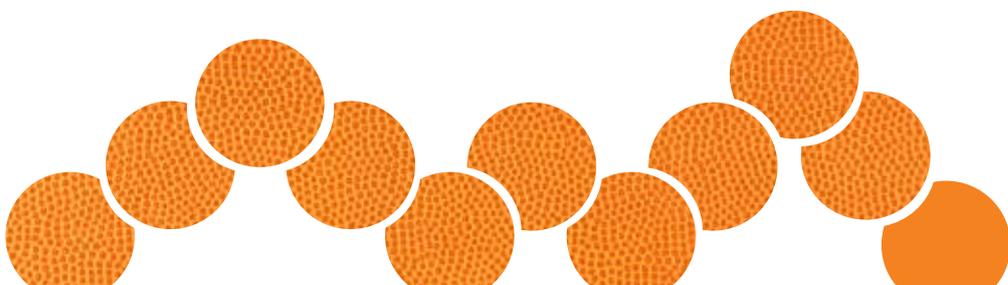
PHASE 2

Variation

- Let's challenge the players and ask them to only pass in 'odds' and 'evens' numbers ('2' passes to '4' who passes to '6' etc.).

GUIDELINES

- Encourage to help others within their small groups.
- Encourage pupils to lead within small groups.
- Encourage the players to communicate and support each other with the task.



EXAMPLE TRAINING SESSION 2

FOR CHILDREN
AGED 10-13

DRIBBLING

TARGETS

- great for young players to learn about ball control AND core strength!

MAIN PART - 40 MINUTES

Legend:

- > route of ball
- > route of player



Dribble development

- All pupils to have a ball
- Start with dribbling whilst seated.
- Move to dribbling whilst kneeling.
- Develop into dribbling whilst standing.

PHASE 1

Variation

Once skills have been done individually, the coach can use command numbers:
1=Dribble sat down 2=Dribble kneeling 3=Dribble standing

Let's play paint the court!

- All pupils to have a ball.
- Aim to pretend ball is full of paint and they have to empty the ball by bouncing the ball on every bit of the court, you can mark out as many different parts of the court if this helps.
- Encourage different pace of dribbling with the ball and changes of direction.

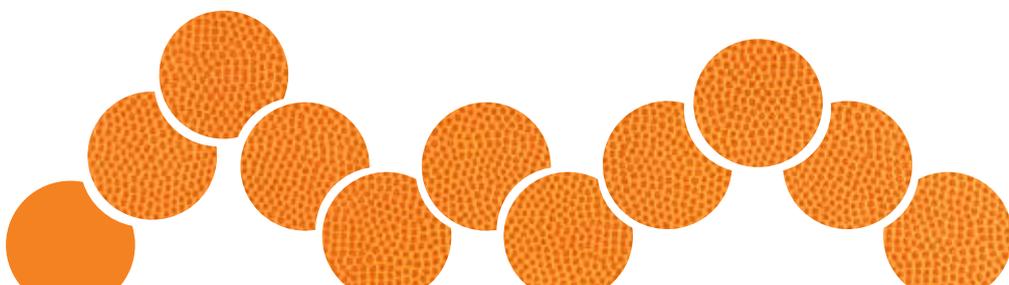
PHASE 2

Variation

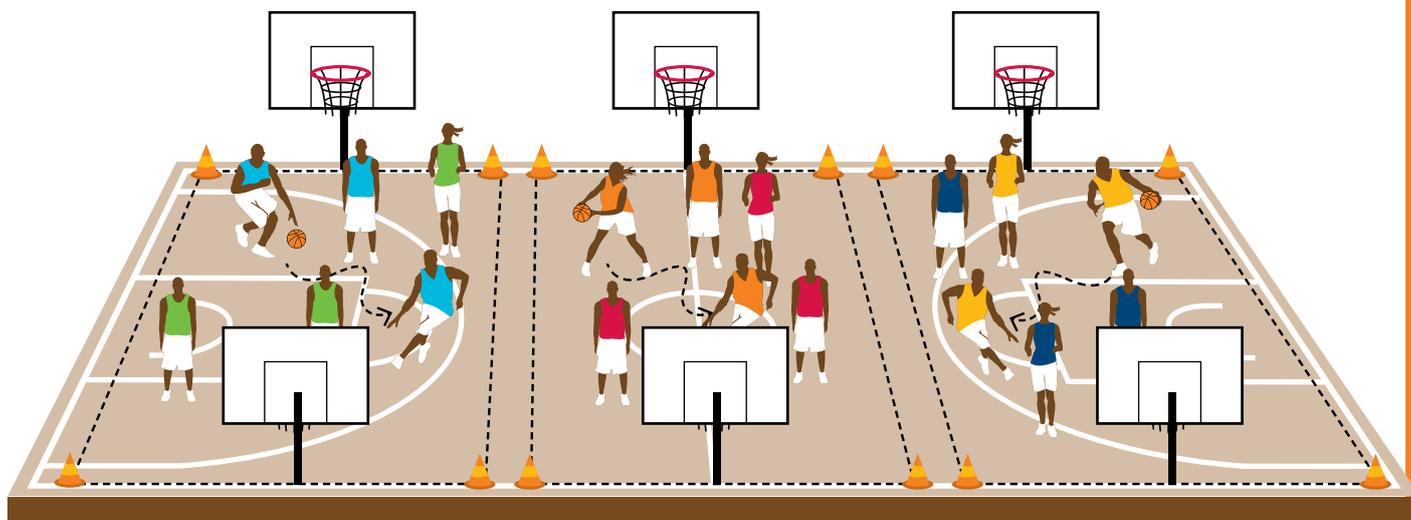
- Why not challenge the players to work in two's and task one with being the defender to put pressure on the dribbler to move around the court quicker with more touches on the ball.

GUIDELINES

- Allow pupils to practice using both dominant and weaker hands.
- Encourage the players to change direction in a positive attacking manor.



CONCLUSION - 20 MINUTES



- Split the players into equal teams.
- Have 3 games of 7 minutes each (or relevant time to suit).
- During each game, the team with the most 'complete dribbles' wins.

PHASE 1

Variation

- Why not challenge the players to make sure that every player must be encouraged to try and make the dribble.

- Keep the same game as above;
- A new rule is for the coach to highlight that if every player on the team successfully completes a dribble the team get five free points as recognition of good teamwork!

PHASE 2

Variation

- Why not challenge the players and make the 'complete dribble' an 8 second one instead of 5 seconds!?

GUIDELINES

- A 'complete dribble' is a team member that dribbles the ball for 5 seconds and successfully passes the ball on to another team member.
- Encourage players to pass to team mates in space and once in appropriate space, then dribble.

