2. Motivation, Focus, Discipline

**PERSONAL DEVELOPMENT AND LIFE SKILLS**

**TOPIC**

FOOTWORK & BALL SKILLS

**Key Messages/Discussion points**

1. Players must remain motivated, focused and disciplined to keep going even in difficult situations.
2. If a Player loses motivation or focus during the game, it will have negative consequences for the team.
3. Similarly in school and in life young people must remain motivated and focused, in spite of the challenges they may face.

**TIPS – how to integrate?**

- Create opportunities for Players to distract each other. Reflect on how distractions impact their performance.
- Encourage active focusing skills.
- Create opportunities for Players to motivate each other.
- Get the Players to make up war cries, or a team chant, or a team song.

**PERSONAL DEVELOPMENT/LIFE SKILLS OUTCOMES**

- Players learn to keep going, even when the going gets tough.

**NETBALL OUTCOMES**

- Learn to execute basic netball skills under pressure.

**OPENING TEAM CIRCLE**

**Step 1:** The Coach WELCOMES the Players and creates a friendly, safe environment.

**Step 2:** The Players SHARE any important experience in their lives during the last week e.g. bereavement, a sporting achievement, an achievement in the classroom, a disappointment etc.

**Step 3:** The Coach EXPLAINS the outcomes for the session.
TIPS FOR THE COACH

• Encourage attacking Players to explore different methods of getting free (based on session 1’s activities)
• The catcher (defender) needs to be encouraged to use tactics in order to catch Players successfully. Do they home in on one Player or a group of Players?
• Get them to think about their body positioning and being prepared and on their toes.
• The catcher needs to use her peripheral vision if balls are added into the game – this will be vital when working with your team later in the session to develop a successful zone defence.
• Link to the personal development/ life skill e.g. ‘remain focused’, ‘concentrate’, etc.
TIPS FOR THE COACH

• Player’s should keep their heads / eyes up to try and steal / tap away others balls.
• This encourages Players to be aware of other Players around them, whilst working on controlling their ball without looking at it. This is important in a game because being able to receive a ball without directly looking at it allows Players to pre-scan the court and be ready for the next phase of the game.
• By getting your Players to steal the other Player’s balls, you encourage a ball hungry attitude and a competitive nature to go and win the ball.

EQUIPMENT

ACTIVITY 1

1. Divide Players into groups of 4 to 5.
2. Section off half of one of the thirds for the groups.
3. Each Player will have a ball.

SET UP

1. Players bounce their balls whilst walking around the area.
2. While bouncing and moving around, they try to knock the other Players’ balls away.
3. The last Player with a ball wins.
**TIPS FOR THE COACH**

- Players should focus on the ball placement. The ball must be passed into the space in front of the receiving Player so that the momentum of the ball assists in the turning of the Player.
- Focus on the landing of the Player.
- Player 1 should change direction quickly in order to receive the ball as soon as Player 2 receives it.
- The thrower must concentrate and pass the ball to the correct Player.
- Strong straight passes at all times.
- When a defender is added, the Player with the ball must make the correct decision regarding who to pass to and where to place the ball.
- With a defender, the attacking Player needs to prepare well to get free and receive the ball as per the exercise.
TIPS FOR THE COACH

• Apply the rules of the game.
• Explain that the last activity (the lead) does not require Players to stand close to each other, but the general principle of one Player in front of the other should be used.
• Encourage Players to apply lessons learnt in session 1 and 2.
CLOSING TEAM CIRCLE

Step 1: The Coach REVIEWS

- The session outcomes. Ask the Players to relate what they learnt about the Netball skills. Ask them to list a few key points about getting free.
- The link between the sport skill and the Personal Development/Life Skills outcome. Ask the Players to reflect on what happens in life when they are not focussed on the task at hand.

Step 2: The Players SHARE their experience of the session and reflect what they enjoyed and what a challenge was for them.

Step 3: The Coach FACILITATES a short discussion by asking them what they think they should do to improve their motivation, focus and discipline in life.

Step 4: The Coach EXPLAINS any announcement on upcoming activities e.g. details of the next match or training session and closes the session with a cheer or chant.