



## COACHING SESSION TEMPLATE

<b>Session:</b>	3	<b>Age:</b>	Juniors	<b>Time:</b>	4.30-5.45pm
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<b>Focus of session:</b>	ALL - Develop game day warm up.  Nettas & 11s – accurate passing  13s & 17s - Fast (& accurate) passing focusing on 1-handed shoulder passes.
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<b>Equipment:</b> Balls Bibs	<b>Skill Development:</b>  <b>Activity 1: (~15 mins)</b> Aim is to create a game day warm up routine.  Work together with the players and obtain their input to create a 5-10 minute game day preparation session.  This should include a standard exercise plan, as well as some simple ball and footwork drills.  Players will then practice this in coming weeks at training to ensure they are ready for the first game.  Players should be able to complete the warm up program on game day without the need of coach involvement.
<b>Physical Warm-Up: (~15 mins)</b>  Pulse Raiser eg. Running relays  Stretching eg. Netball Australia KNEE program	
<b>Skill Warm-Up:</b>	
<b>Rule of the Week:</b>  Held Ball – rule book section 9.4.1 (iii)  The player must release the ball within 3 seconds.	<b>Activity 2: (~15 mins)</b> Quick passing – down and across See Coach Notes – Training Session 3 document for details of drills.



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Minor/Modified Game: (~15 mins)

Notes:

**Evaluation:**

Were your training goals achieved?

How did the players respond to you?

Is there anything as coach you could improve upon or adjust for next time?

Which drills worked well?

Which skills need reinforcing again next week?

Note any players who cannot attend next training.

Umpire signal for held ball



**13 Held ball**

Arm held vertically  
with 3 fingers  
displayed