

Session	1	AGE: 5-7 45 MINUTES	RUN, BALANCE AND INDIVIDUAL THROW AND CATCH Players will be introduced to the Fundamental Motor Skills
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<p>Equipment</p> <p>20 Markers 5 Hoops 4 Balls 12 Beanbags 12 Soft balls Whistle</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Fancy Frogs</p> <ul style="list-style-type: none"> • Spread markers 0.5m apart in front of small groups of players • Players to complete the following activities over the markers: <ul style="list-style-type: none"> ○ Two feet together ○ Hop on right foot then left foot
<p>Group Organisation</p> <p>12 players – modify equipment to suit size of group.</p>	<p>Drill 2: Ball Pick-Up Race</p> <ul style="list-style-type: none"> • Groups form two lines and stand facing each other across one third, each player in each group is numbered consecutively • Two balls are placed in the middle, designate one per group • When the coach calls a number, the corresponding player from each group runs in to pick up their ball • The first player to pick up their ball scores a point for their team
<p>Physical Warm-up (5 minutes)</p> <p>Tunnel Ball</p> <ul style="list-style-type: none"> • Players line up in teams of four • The ball is passed to the end of the line between the legs of all team members • The last person then runs to the front of the line and starts passing the ball again • The winning group is first back to their original position <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (5 minutes)</p> <p>Individual Standing Balances</p> <ul style="list-style-type: none"> • Stand on one leg – like a bird • Stand on one leg – swing the other like a pendulum • Stand on tiptoe • Stand on both feet with eyes shut • Stand on one foot with eyes shut • Stand on both feet, then on one leg and balance a beanbag 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Throw to Self Using a Bean Bag

- Complete some/each of the following:
 - Throw bean bag from hand to hand – high/low
 - Throw to self in the air and catch in the palms
 - Throw to self in the air and catch on the back of the hands
 - Throw to self in the air and catch with favourite hand
 - Throw to self in the air and catch with the other hand
 - Throw to self and clap once before catching
 - Repeat extending the number of claps

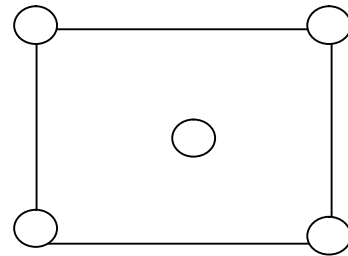
Drill 2: Throw at Target

- Set up a line of markers with a soft ball balancing on top
- Line children up behind a line 3m away
- Children throw beanbags at the balls until they are all knocked off the markers

Modified Game/Minor Game (10 minutes)

Rob the Nest

- Place netballs in the middle of the centre circle
- Divide into 4 teams and line up at the corners of the centre third
- Each team sends a runner to rob an egg (netball) from a nest; they return the egg to their nest, the next person in line then goes to rob an egg
- Collect eggs from the middle or from other nests; teams cannot stop others stealing their eggs
- Set time limit for each game
- Variation: Use beanbags



Concluding Activity (5 minutes)

Introduce a position on the court

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Evaluation

Select one static stretch from the warm-up section and teach it to the athletes.

Session	2	AGE: 5-7 45 MINUTES	RUN, BALANCE AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>10 Markers Newspaper 12 Balls Whistle</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Landing on the Circle Edge</p> <ul style="list-style-type: none"> • Players line up three metres from the circle edge in groups of three • The first person in the line runs forward and jumps to land on the circle edge and hold their balance for two-three seconds • They join a different line for their next turn <p>Drill 2: Slap Tag</p> <ul style="list-style-type: none"> • In pairs, one player stands on the transverse line with their back to their partner and their hand outstretched behind • Their partner starts on another transverse line and sneaks across and slaps the hand of their partner who turns and tries to tag them before they reach their starting point • Swap roles and repeat
<p>Group Organisation</p> <p>12 players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (5 minutes)</p> <p>Here, There and Everywhere</p> <ul style="list-style-type: none"> • The coach calls one of the three words, here, there and everywhere • Here – run towards the coach • There – run towards where coach is pointing • Everywhere – run in any direction <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (5 minutes)</p> <p>Walk Along a Line</p> <ul style="list-style-type: none"> • Players to move along a line using a variety of movements <ul style="list-style-type: none"> ○ Heel/toe walk ○ Walk on toes, ○ Walk backwards ○ Hop forwards/backwards ○ Jump 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Throw to Self Using a Ball

- Complete some/each of the following:
 - Bounce ball with two hands and catch
 - Throw to self in the air and catch
 - Throw to self and clap once before catching
 - Repeat extending the number of claps
 - Throw to self and turn 180 degrees before catching
 - Throw to self and touch the ground before catching

Drill 2: Partner Pass

- Players pass the ball to their partner
- When the whistle is sounded the person without the ball runs to find a new partner
- Repeat

Modified Game/Minor Game (10 minutes)

Clean Up Your Rubbish

- Divide the third in half with a line down the middle and approximately eight players on each side of the line
- Spread out a large number of screwed up pieces of newspaper over the two areas
- On the command the children must pick up the rubbish in their area and shoulder pass it to the opposite teams area
- After a set time, coach signals time, winning team is the one with the least bits of rubbish in their 'yard'
- Rubbish outside the area belongs to the team who threw the rubbish not the team whose area is sits outside

Concluding Activity (5 minutes)

Introduce a position on the court

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	3	AGE: 5-7 45 MINUTES	RUN, BALANCE AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>10 Markers 12 Balls Whistle</p>	<p>Skill Development</p> <p>(20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Elevation Jump</p> <ul style="list-style-type: none"> • The coach holds a ball high in the air • Players line up in small groups five metres away, then run towards the chair, jump/leap and touch the ball <p>Drill 2: Number Exchange</p> <ul style="list-style-type: none"> • Stand ten players in a circle and number then 1 to 10 • Another player stands in the middle of the circle • The player in the middle calls two numbers and these two players must exchange places • The middle player tries to run to one of the vacated places before the other players • The player left out stands in the middle and calls two numbers
<p>Group Organisation 12 players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (5 minutes)</p> <p>What's the Time Mr Wolf</p> <ul style="list-style-type: none"> • The players line up behind the transverse line with one player, the wolf, standing at the next transverse line • The players say 'What's the time Mr Wolf', the wolf answers with a number • The players then take that number of steps closer to the wolf • When the wolf answers dinner time instead of a number, the wolf turns and chases the players back to their transverse line <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (5 minutes)</p> <p>Simon Says</p> <ul style="list-style-type: none"> • Use the following balance and hopping activities or make up your own. <ul style="list-style-type: none"> ○ Stand on one leg ○ Stand on one leg and swing the other to the side ○ Stand on tip toe ○ Stand on both feet with eyes open/shut ○ Stand on one foot with eyes open/shut ○ Hop forward/backwards on right/left foot ○ Pivot right or left (squash the spider) 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Wicked Witch

- All players have a ball and the wicked witch holds a stick as a wand
- The wicked witch calls out commands to the players e.g. bounce the ball, throw ball in the air
- When the wicked witch drops their wand (after 2-3 orders) they chase the players to their 'safe' zone (all players must carry their ball)

Drill 2: Catch Me If You Can

- Groups of eight-ten stand in a circle with two balls starting opposite each other
- Players pass the balls around the circle trying to catch one ball with the other
- The activity ends when one ball is 'caught' by the other ball

Modified Game/Minor Game (10 minutes)

Force Them Back

- Divide one third of the netball court in half, a team of four stand in the middle of each half
- The ball starts with one player and is thrown into the other half
- If the ball is caught that team moves forward 2 steps, if it is dropped the team moves back 2 steps
- The other team then throws the ball back
- Each team attempts to force the other team to the end of their court

Concluding Activity (5 minutes)

Introduce a position on the court

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	4	AGE: 5-7 45 MINUTES	RUN, BALANCE AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>20 Markers</p> <p>4 Long Ropes</p> <p>4 Balls</p> <p>Whistle</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Jump Up the River</p> <ul style="list-style-type: none"> • Loop a long rope around so it is narrow at one end and wider at the other end • Jump over the two pieces of rope starting at the narrow end and moving along the rope towards the wider end <p>Drill 2: Rats and Rabbits</p> <ul style="list-style-type: none"> • Players line up in pairs one metre apart, one line is nominated the rats and the other the rabbits • The coach calls either rats or rabbits – the team called run to their sideline with their partner chasing them • Teams receive one point each time a player is tagged
<p>Group Organisation</p> <p>12 players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (5 minutes)</p> <p>Pair Chasey</p> <ul style="list-style-type: none"> • Players stand in pairs with arms linked • One pair is separated, with one player chasing their partner • The player being chased can link arms with another pair, the player on the opposite end must unlink arms as they are now the player being chased • If the player being chased is tagged, the roles are reversed <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (5 minutes)</p> <p>Thumb War Leg Balance</p> <ul style="list-style-type: none"> • Stand on one leg and monkey grip the hand of partner, with the thumb in the air • Players tap thumbs onto hand on alternating sides three times then try to pin the other players' thumb down • Variation – right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Catch It

- Groups of approximately ten players are numbered consecutively and each given three 'lives'
- A player with the ball starts the game by throwing the ball in the air and calls a number
- The player whose number is called, runs in to catch the ball before it hits the ground
- If the ball hits the ground the player loses a 'life'
- The person then throws the ball in the air and calls another number
- Game ends after a period of time or when a person loses all of their 'lives'

Drill 2: Beat the Ball

- Form a straight line, 3m apart
- Jump as catch the ball and land on two feet, pivot, and pass to next person
- Move ball up and down line
- A runner tries to beat the ball as it is passed along the line and back to the start
- Variation – change type of pass

Modified Game/Minor Game (10 minutes)

Corner Spry Cricket

- Divide group into two teams, one team 'batting' and other team 'fielding'
- Batter passes ball into the court then runs between 2 cones 5m apart, scoring 1 point per lap
- At the same time, the fielders run towards the person who fielded the ball and corner spry the pass to them only, yell stop when completed, the batter stops running
- Game continues until all batters have thrown the ball then swap roles
- Winning team scores the most runs

Concluding Activity (5 minutes)

Introduce a position on the court

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	5	AGE: 5-7 45 MINUTES	RUN, BALANCE, JUMP AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>Balls Skipping rope Bibs</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Helicopter</p> <ul style="list-style-type: none"> • A coach/player stands in the middle of the circle holding a rope • Swing the rope low over the ground so children can jump the rope as it passes
<p>Group Organisation</p> <p>12 players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (10 minutes)</p> <p>Hand Slaps</p> <ul style="list-style-type: none"> • One player stands with one hand raised, their partner runs around as many times as possible in 15 seconds, slapping hands each time • Compare number of hand slaps <p>Knee Tag</p> <ul style="list-style-type: none"> • In pairs, partners face each other • Partners try to tag each other's knees while avoiding being tagged • Players cannot turn and run away from their partner <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (5 minutes)</p> <p>Partner Connection</p> <ul style="list-style-type: none"> • Players move around using a variety of movements e.g. run, skip, hop, jump, leap • The coach calls out two body parts which each player must connect to another player e.g. elbow to knee, hand to foot, head to head • Variation: Form larger groups by calling out more body parts e.g. 5 elbows, 2 heads and 3 knees 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Over and Under

- Players stand back to back. Ball is passed overhead then between legs; therefore ball travels in a circle
- Reverse direction after a period of time or certain number

Drill 2: Twisting

- Players stand back to back. Ball is received from one side of body and passed to other side; therefore ball travels in a circle
- Reverse direction after a period of time or certain number

Drill 3: Circle Pass

- Each player stands in a circle with a ball (can place a hoop in front of each player if required)
- Each player bounces the ball in the hoop continuously until the coach calls change, the players then all pass the ball to their left and then bounce the new ball in the hoop

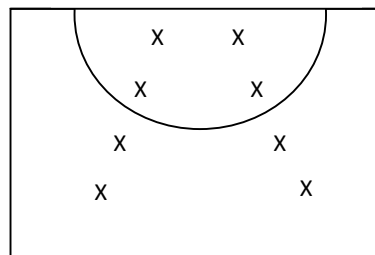
Drill 4: Run, Jump and Catch

- One player stands in front of a line of four players holding a ball
- The front person leads forward, lands on two feet and receives a pass, they then pass back and go to the end of the line

Modified Game/Minor Game (10 minutes)

Shooting Relay

- Two even teams line up from the corner of the third to a marker in the circle
- Pass ball down the line with front person having one attempt at goal, rebound ball and run to end of own line
- Repeat until all have had two shots
- Score number of goals for each team



Concluding Activity (5 minutes)

Introduce a position on the court

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	6	AGE: 5-7 45 MINUTES	RUN, BALANCE, AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>20 Markers 4 Long Ropes 4 Balls Whistle Floor discs</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Footwork at a Corner</p> <ul style="list-style-type: none"> • Players jog around the outside of a court/third and when they come to an intersection of two lines they perform one of the following activities: <ul style="list-style-type: none"> - 10 jumps forward and backward across the line - 10 jumps side to side across the line - 5 hops on each leg - 10 criss-cross legs across the line
<p>Group Organisation</p> <p>12 players – modify equipment to suit size of group.</p>	
<p>Physical Warm-up (5 minutes)</p> <p>Relays</p> <ul style="list-style-type: none"> • The first person in each team runs with the ball to the nominated spot and bounces the ball three times, they then run back to their line and pass the ball to the next person • Repeat with different activities e.g. 3 catches, 1 bounce and 1 catch <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (10 minutes)</p> <p>Islands</p> <ul style="list-style-type: none"> • Set up with less hoops/mats (islands) than the number of players • Nominate one/two players as the sharks, these players are the taggers • The players avoid being tagged by balancing on an island, islands can only hold one person, if another player moves onto an island the first player must leave • Players cannot balance on the island for more than three seconds • If a player is tagged they exchange places with the shark 	

Skill Development (continued)
PASSING AND CATCHING (10 MINUTES)

Drill 1: Wall Sequence

- In groups of three players stand in a line 2m from the wall, front person has a ball
- The first person performs the following activities until they make a mistake, the next person then has their turn
- When the first person is back at the front of the line, they begin the sequence from where they made the mistake
 - 10 x Throw ball onto the wall and catch
 - 9 x Throw ball at a wall, jump then catch
 - 8 x Alternate throwing ball onto the floor so it bounces on the wall and catch then onto the wall so it bounces on the floor and catch
 - 7 x Throw ball onto the wall, bend down and touch the ground then catch
 - 6 x Throw ball onto the wall and clap then catch
 - 5 x Throw ball onto the wall and catch it after it bounces once
 - 4 x Throw ball under one leg onto the wall and catch (2 each side)
 - 3 x Throw ball at a target and catch
 - 2 x Bounce ball on the ground so it rebounds on the wall and catch
 - 1 x Throw ball onto the wall and spin around to catch
- First person to complete the 10 activities is the winner

Drill 2: Landing and Pivoting

- Two players in a 3 x 3m square with one ball
- Player with the ball stands and passes to the other player who makes a lead, they catch and pivot before passing the ball back
- Work for 10 passes.

Modified Game/Minor Game (10 minutes)

Crocodile

- Divide players into two teams, approximately 8 players per team
- Divide the centre third in half level with each team standing in their own half
- A player starts with the ball and passes into the other teams area
- If the ball hits the ground, the team who threw the ball scores a point
- If the ball is caught, no points are scored, the ball is thrown back to the first half
- Play continues until a team scores 10 points

Concluding Activity (5 minutes)

Introduce a position on the court

- What is their role
- What area do they play in

Summarise skills covered.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	7	AGE: 5-7 45 MINUTES	RUN, BALANCE, AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>Markers (stickers)</p> <p>Balls</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Change of Direction</p> <ul style="list-style-type: none"> Lay out markers in a zigzag formation on the ground. Players are to line up behind the start of the zigzags Run through changing direction at each marker, at the end of the line, pivot and repeat back down the line
<p>Group Organisation</p> <p>12 players – modify the amount of equipment depending on group size</p>	<p>Drill 2: Marker Dodge</p> <ul style="list-style-type: none"> Place four-six markers of each colour in one third on the court Divide players into groups three and allocate them a colour The first player from each group moves into the area and dodges each time they reach a marker of their colour On a call from the catch or after a set number of dodges, the player goes back to their team and the next player repeats the activity
<p>Physical Warm-up (5 minutes)</p> <p>Fox and Geese</p> <ul style="list-style-type: none"> Three players form a circle (geese), with another player (fox) standing outside the circle The fox aims to tag a nominated player in the circle Players keep the circle intact and aim to reposition to protect the goose from being caught by the fox The fox cannot go under the arms of players protecting the goose After a designated time frame or after tagging the goose, players change roles 	
<p>Balance (10 minutes)</p> <p>Musical Balance</p> <ul style="list-style-type: none"> Players run around an area scattered with markers When they come to a marker they perform a pivot – squash the spider 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Pig in the middle

- Players stand in a circle with one person inside circle.
- Person inside attempts to intercept ball.
- Players on outside must not pass the ball to the person next to them.
- If they pass the ball and it is intercepted they swap roles with the person in the middle

Drill 2: Shake the Shadow

- In pairs, one player uses a variety of attacking moves to try to evade their partner and 'shake the shadow'
- The partner tries to stay within arms length so when the coach blows their whistle they can touch their partner
- Players change roles and repeat

Variation: Change type of movements e.g. skip, hop and jump

Modified Game/Minor Game (10 minutes)

Find the Goal Line

- Two teams working across the centre third
- All members of team must touch ball at least once before team can score
- A point is scored if the ball is placed over the goal line
- Opposition throws the ball in from that spot
- Netta rules apply

Concluding Activity (5 minutes)

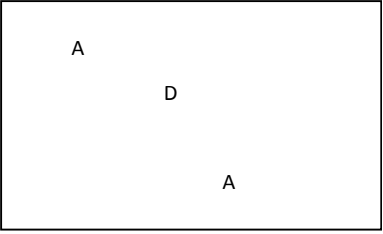
Conduct a mini quiz. Ask player's simple questions like "How many seconds can a player hold the ball for?" Or "Where can GS go?"

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	8	AGE: 5-7 45 MINUTES	RUN, BALANCE, AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment Balls</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Interceptor</p> <ul style="list-style-type: none"> An defender stands in the middle between two players and tries to intercept the ball The attacking players pass the ball between each other and try to retain possession
<p>Group Organisation</p> <p>At least 15 players</p>	
<p>Physical Warm-up (5 minutes)</p> <p>Numbers</p> <ul style="list-style-type: none"> All move around in random directions avoiding body contact with others The coach calls a number and the players form groups of that size as quickly as possible <p>STRETCH</p> <p>See stretching section.</p>	<p>Drill 2: Treasure</p> <ul style="list-style-type: none"> Divide the third of the netball court into three with a defender in each area Three attackers start on one sideline and try to reach the other sideline without being tagged, if an attacker is tagged they stay in that area until their team mates retrieve the ball Attackers will then pass the ball to each other to get the ball back across the third
<p>Balance (10 minutes)</p> <p>Balloon Stomping</p> <ul style="list-style-type: none"> Tie a balloon to each players ankle Hold both hands with your partner and try to burst their balloon while protecting your own balloon 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Keepings off

- Two equal teams of three-four players
- The attackers aim to make five consecutive passes without the ball being intercepted or tapped by the defenders to score a point

Modified Game/Minor Game (10 minutes)

Centre Pass to a Shot

- Players stand ready for a centre pass (GS, GA, WA, C) with no defence
- On the whistle, players pass the ball until a shot is taken then reset centre pass
- Players should play in all positions

Concluding Activity (5 minutes)

Ask players questions such as "how many players on court at once?"

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	9	AGE: 5-7 45 MINUTES	RUN, BALANCE, AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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<p>Equipment</p> <p>Balls</p>	<p>Skill Development (20 minutes)</p> <p>MOVEMENT (10 MINUTES)</p> <p>Drill 1: Golden Child</p> <ul style="list-style-type: none"> • Divide group in to two teams of five to six players • The running team line up outside the court at the goal post and the shooting team form a line behind a marker in the goal circle • The shooting team takes turns to have one shot at goal and call “stop” each time they score a goal • If a runner has not completed running one third they must STOP and remain at that point • The next runner begins after a call of “stop” or when the previous runner is back at the start • The running team scores one point when a runner completes a circuit • The last runner (golden child) can ‘free’ any player stopped on the circuit by tagging them • Each time a runner completes the remaining part of the lap the team scores one point • If a goal is scored while the ‘golden child’ is running the game stops and the teams change roles
<p>Group Organisation</p> <p>At least 15 players, modify games if less</p>	<p>Drill 2: Shrink and Grow</p> <ul style="list-style-type: none"> • Begin 3m away from partner and pass the ball • First time the ball is dropped both players kneel on one knee • If ball is dropped again players ‘shrink’ from one knee to both knees, then to a sitting position and finally a lying position • After 10 successful passes players begin to grow again • If the players are still standing they move back a step after the 10 passes • Variation – type of pass e.g. chest pass, shoulder pass
<p>Physical Warm-up (5 minutes)</p> <p>Golden River</p> <ul style="list-style-type: none"> • All players wear a bib of varying colours and line up on one side of the area • One player stands in the middle of the area and plays the role of the wolf • The group asks the wolf, “Mr Wolf, may we cross your golden river”, the wolf responds, “Yes if you are wearing yellow” • Players wearing a yellow bib can cross the area safely, players without the yellow bib aim to run across without being tagged • Players caught join the wolf and assist in tagging other players • The players then ask to cross again and the wolf responds with a different colour <p>STRETCH</p> <p>See stretching section.</p>	
<p>Balance (10 minutes)</p> <ul style="list-style-type: none"> • Complete each of the following standing on one leg then repeat standing on the other leg: <ul style="list-style-type: none"> ○ Throw bean bag from hand to hand – high/low ○ Throw to self in the air and catch ○ Throw to self and clap once before catching ○ Repeat extending the number of claps 	

Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Netball Tag

- Divide ten - twelve players into two teams and play in the goal circle
- The chasing team has a netball that they pass between them in an attempt to tag the opposition team with the ball, the ball must not be thrown at a player
- Players use the netball footwork rule (pivot)
- Work for 1 minute and swap roles
- Team with most tags is the winner

Modified Game/Minor Game (10 minutes)

Numbers Netball

- 2 teams line up on side line numbered consecutively
- Coach calls two numbers, these players from each team run into playing area
- Only first number called able to contest first ball rolled by coach
- Team who gains possession become attackers, may pass to side line players
- Both teams shoot towards same goal ring, if ball is intercepted defending team becomes attacking team but must pass ball back to the coach (or sideline player) before shooting
- Work 1min – netta rules
- Ball into goal circle scores two points and an additional point if score a goal

Concluding Activity (5 minutes)

Ask the players which teams participate in the ANZ Championship competition?

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation

Session	10	AGE: 5-7 45 MINUTES	RUN, BALANCE, AND THROW AND CATCH Players will continue to develop the Fundamental Motor Skills
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Equipment
 Balls
 Beanbags/soft balls
 Bibs (a couple of sets)

Group Organisation
 At least 10 players, modify rules or equipment if more or less.

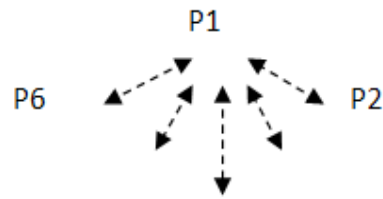
Physical Warm-up (5 minutes)
Follow the Leader
 Using the outlines of the netball court, instruct players to line up beginning on one of the court lines. Using the player in front, ask them to run on the lines doing all sorts of movements. For example, the players can start by jogging then proceed to skipping, then hopping and so on.
STRETCH
 See stretching section.

Balance (10 minutes)
Partner Pass and Balance

- Both partners balance on one leg with one ball between them
- Pass the ball using the following passes:
 - Bounce the ball
 - Chest pass

Skill Development (20 minutes)
MOVEMENT (10 MINUTES)
Drill 1: Corner Spry

- Stand in a semi circle facing the player holding the ball who chest passes to each person in turn
- Last person in the semi circle does not pass the ball back, they carry the ball to become the new front person, the previous front person moves to the start of the line to receive the first pass



Skill Development (continued)

PASSING AND CATCHING (10 MINUTES)

Drill 1: Keep the ball

- 3 attackers and 2 defenders are distributed over the playing area
- The attackers aim to make 5 passes without the ball being intercepted
- Each 5 passes scores a point
- Netta rules apply

Modified Game/Minor Game (10 minutes)

Pig in the Middle

- Players stand in a circle with one person inside circle.
- Person inside attempts to intercept ball as the players on the outside pass it around the circle.
- Players on outside must not pass the ball to the person next to them.
- If they pass the ball and it is intercepted they swap roles with the person in the middle

Concluding Activity (5 minutes)

Mix up a couple of sets of bibs and ask players to sort them out making GS, GA, WA, C, WD, GD, GK are in a group, etc.

STRETCH

Select one static stretch from the warm-up section and teach it to the athletes.

Evaluation