





## Station One – Ball to Target

**Aim:** To allow the players to practise their pivots and then their passing to hit a target.

- Tie/Fix a bib to a fence or a wall.
- The worker drives forward to receive the ball, then pivots and releases the ball immediately, trying to hit the bib.

**How many times can you hit the target out of 10?**

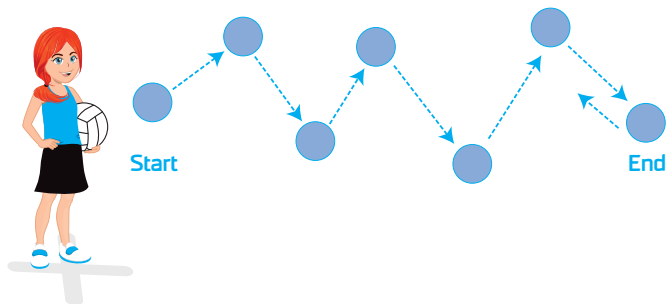


## Station Two – Zigzag

**Aim:** To allow the players to test their speed and agility.

- Place five spots at various distances from the goalpost.
- The players start at the beginning and keep zigzagging to the end and then back to the start until 20 seconds are up.

**How many spots can you touch in 20 seconds?**

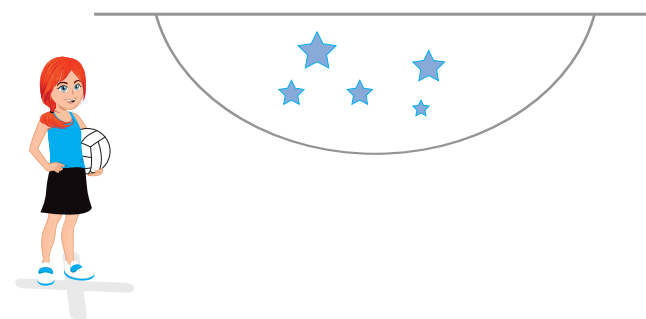


## Station Three – Shooting Stars

**Aim:** To allow the players to practise shooting from a variety of distances.

- Place five to 10 spots at various distances from the goalpost.
- Each player takes 10 shots then swaps.

**How many successful shots can you shoot out of 10?**





## Station Four – Ball Routine

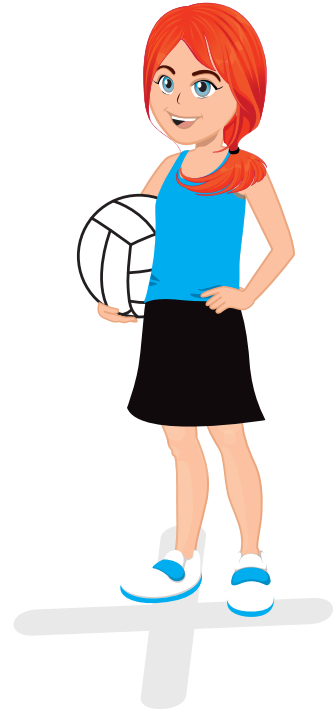
**Aim:** To help develop ball co-ordination and allow the players to test their skills.

Each player:

- Starts with feet slightly apart, knees slightly bent and body upright
- Steps left foot forward
- Passes the ball around left leg
- Put feet together again
- Passes the ball around both legs
- Puts right foot forward
- Passes the ball around right leg
- Puts feet together again
- Passes the ball around both legs
- Now passes the ball around the waist.

This is a complete routine!

**How many times can you complete this routine in 30 seconds?**

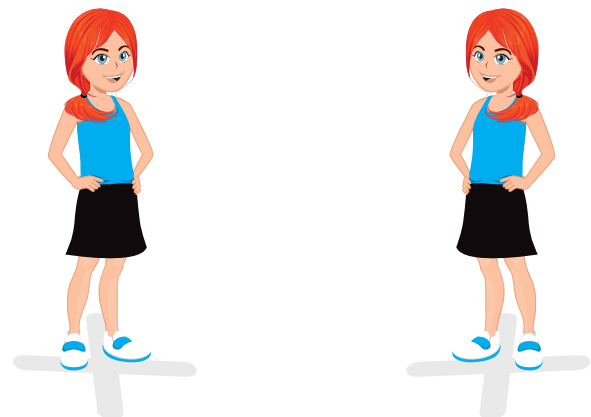


## Station Five – Egg Catching

**Aim:** To have fun with the players and focus on passing accuracy.

- Partners stand one step apart and pass the egg.
- If the egg is caught, the players each take a step back.
- The egg is passed.
- If the egg is caught successfully, the players each take a step back.
- The players continue until the egg isn't caught or the players think this is as far as they can go.

**Who can pass the egg the furthest without breaking it?**





## Station Six – Tails

**Aim:** To try and avoid the partner of a player removing the player's tail by using fast feet and dodging actions.

- Mark out a 5 x 5-metre area the players must stay within.
- One player tucks a bib in their pants/shorts/skirt.
- The other player tries to grab the bib.
- If the player successfully grabs the bib, they quickly return it and the activity continues.

**How many times can you grab the bib in 20 seconds?**



## Frisbee Netball

- Allow the players to practise throwing a Frisbee.
- Divide group into two teams.
- The rules of Frisbee Netball are the same as the Netball rules with only one rule difference: instead of scoring a goal, the Frisbee must touch/hit the goalpost.
- If the Frisbee goes out of court, there is a throw-in by the opposing team.

### Cool-down

- In pairs, players stand facing each other on opposite sidelines. Coach calls "high five". The players jog in and meet in the middle giving a high five, then return to their line. Other calls could include "low ten", "do-si-do", "box step" or "sawing wood".
- Food and Fluid: Encourage players to drink some water.
- Static Stretching