

Suggested Training Session Outline based on 1 hour session Juniors (10 years – 14 years)



- 5.00 - 5.05pm** **Team Chat**
Talk about last week's game
State focus of the session
- 5.05 - 5.10pm** **Fun Warm Up Game** (Keep mixing it up to keep it interesting)
Ball Tag
Stuck in the mud
Chains
Tag Tip
- 5.10 - 5.20pm** **Junior Knee Program Warm Up** (Vary the different components each week)

Quick Drink Break

- 5.20 - 5.25pm** **Passing**
Can be static or dynamic passing dependant on the skill of your players.
Use this time to correct player's technique.
- 5.25 - 5.30pm** **Footwork**
Agility footwork circuits
Ladder work
Cone Work

DURING THE SEASON WHEN YOU WANT TO WORK LONGER ON INTRODUCING A NEW SKILL YOU MAY CHOOSE TO START THIS AT 5.20pm or 5.25pm AND FORGO PASSING AND/OR FOOTWORK – giving you 20 mins in total.

You may choose to do this regularly e.g. every second week.

Quick Drink Break

- 5.30 - 5.40pm** **Variable Session**
Specialist Work
Long Court Work
Introducing a new skill
1 second Netball
First Person
- 5.40 - 5.50pm** **Half Court/Game Sense**
Allows players to put into practice the skills you have been focusing.

Quick Drink Break

- 5.50 - 6.00pm** **Warm Down**
While the players are warming down use this time to talk to them.
Ask questions about the sessions focus and what they learnt.
Questions confirms the players have learnt what you are focussing on at the end of the session.
Check in on all the players.
Speak about the game plan for the following match.