

# Ladies 19-01-28

## Warmup

1. Stuck on the loo
  2. slapbox – v fast
  3. Red Rover
  4. 2 v 1 sidelines
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## Skill games

**3a v 2d sidelines (no of games depending on attendees)**

### Training points (attackers)

1. Move off the ball
2. Wall pass
3. Pre scan
4. Speed
5. Single touch
6. NO Contact

### Training points (defenders)

1. Zonal defence (to be tested as may not be able to do with 2)
2. Delay (Jab tackles)
3. Channelling
4. Aggression
5. Block tackle (If appropriate)
6. Hunt in pairs

## **4 v 4 One touch with joker**

### **Rules:**

1. As netball – NO tackling only interceptions
2. No movement with ball HAVE to pass
3. 3 touch passing (receipt, move to pass, pass)

### **Progression**

1. Reduce no of touches (2 touch, single touch)
2. Allow tackling
3. Time limit on the ball
4. Reduce size of box

### **Training points**

1. Communication
  2. Move off the ball
  3. Pre scan
  4. Speed
  5. Accurate passes (receive and send)
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## **Set play**

### **16's (5 v 3 or 4 v 4)**

#### **Game:**

**Objective** – clear the ball from danger OR take QUICK advantage of bad defense

1. Attacking and defending game play in top 3rd of pitch
2. Format is std 16yd hit out to a player through the attacking press
3. Long corners and 16yd rules to be adhered to.

4. Reset whenever goal is scored back to a 16yd hit

### **Training points (attackers)**

1. Zonal press
2. Psychology
3. Fast attack
4. Speed to defender

### **Training points (defenders)**

1. Move wide
2. Obfuscation
3. Self tackle movement
4. Speed
5. Set play

## **Overloads (5v5)**

### **Game:**

1. 4 zones – defending, L/R midfield, attacking
2. Defined number of players in each zone – 1 in attacking and midfield zones, 2 in defending
3. Midfield defending is ONLY allowed 1 player
4. People are confined to zones unless attacking when can add overload (2v1)

### **Training points (attackers)**

1. Move to instigate 2 v 1
2. Hunt in pairs
3. Fast Transition
4. Fast attack

### **Training points (defenders)**

1. DELAY
2. Jab tackles
3. Channel

## **Alternative games:**

1. 5v5 end zones
2. 5v5 circle passing

## **Games**

### **Width with Sidelines (Numbers can vary depending on attendance)**

**Game & Objectives** – motivate width and transfers

1. 1/4 or preferably half pitch
2. Normal game with 5yd wide channels on left/right side of pitch (Use throwdowns 5 yds wide)
3. NO defenders allowed in sidelines giving attackers a free run in
4. Add points or goals for each full width transfer or pivot

### **Training points (attackers)**

1. Roll outs and pivot
2. Transfer
3. ALWAYS have a back and square/left foot pass
4. Fast attack and transfers
5. Single touch
6. TRANSITION & SPEED

### **4 goal Width (Numbers can vary depending on**

## **attendance)**

**Game & Objectives** – motivate width and transfers

1. Pitch size variable depending on numbers
2. Normal game with 4 goals one in each corner
3. Can score in each

## **Training points (attackers)**

1. Roll outs and pivot
2. Transfer
3. ALWAYS have a back and square/left foot pass
4. Fast attack and transfers
5. Single touch
6. TRANSITION & SPEED

## **Skills:**

- Slapping
- Hitting
- Rollouts
- HARD pushes
- Moving off the ball