

### Footwork & Movement

- Change of Pace - Session 3 - Straight Line Tag
- Balance - Session 3 - Bounce Ball and Balance
- Jumping & Leaping - Session 3 - Leap from Hoop to Hoop
- Take Off & Landing - Session 8 - Cone Jumps
- Change of Direction - Session 8 - Cone Moves

### Passing

- Teach correct technique for each pass type - see coaching points
- Passing in Pairs - Session 2 - Teach Passing in Pairs
- Passing & Movement - Session 1 - Boundary Passing
- Passing - Session 15 - Clock Pivot

### Attacking & Timing

- Leading & Reacting - Session 16 - Opposite Leads
- Leading, Reacting & Ball - Session 16 - Opposite Leads & Receive
- Passing & Angled Drives - Session 16 - Front, Side & Across
- Passing Dynamic Drills - Session 17 - Three Passes
- Pivoting - Skill Foundation

### Shooting

- Shooting Technique - Demo/Practice
- Goal Shooting - Session 9 - Lead, Receive & Shoot
- Goal Shooting - Session 5 - Shuffle Shot Relay

### Mid Court

- Landing on the Circle Edge - Session 4 - Landing on Circle Edge
- Scarecrow Tiggy - Session 4 - Running and Change of Direction
- Read Space - Session 20 - Take the Space 2

### Defence

- Hands Over & Intercept - Session 7 - Hands over Intercept Drill
- Introduce Basic Leans over the Shot
- Intercepting - Skill Foundation

Centre Pass, Long Court - see strategies section

## 2 Day Program - 7/8yrs - Stage 2

### Footwork & Movement

- Knee Program
- Day One Sessions

### Passing

- Teach correct technique for each pass type - see coaching points
- Passing in Pairs - Session 2 - Teach Passing in Pairs
- Day One Sessions

### Attacking & Timing

- Change of Direction - Skills Foundation
- Timing - Session 18 - Work around the cone
- Timing & Ball Skills - Session 17 - Working in Opposite Directions

### Shooting

- Shooting Technique - Demo/Practice
- Lead & Drop - Skills Foundation
- Shooting - Session 18 - Shooting Rounders
- Day One Sessions

### Mid Court

- Day One Sessions
- Footwork - Session 19 - Continuous Around the World
- Ball Skills & Decision Making - Session 18 - Work the Ball Across 2

### Defence

- Reading Space - Session 18 - Opposite Sides
- Intercepting - Session 18 - Moving into the Pathway of the Ball 2
- Reactive Movement - Session 17 - Shark Tank
- Day One Sessions

Centre Pass, Back Line Throw in - see strategies section