



### Description

A session based on the social distancing rules in Western Australia

### Diagram 1

#### The Practice:

Passing through central areas (for nine players)

#### Setup:

Area size 25x15 with 5x5 squares setup as shown in the diagram one and 3 x 1.5m areas (shaded) for waiting players (Area size can be adjusted to suit players ability and needs)

#### Rules:

Players pass in the sequence shown in diagram one and follow their pass. Once the players are comfortable with the practice introduce a second ball from the start point. If a bad pass is made use one of the balls in any of the corners or just move onto the next position to keep the practice flowing. **You are not allowed to have no more than one player in each square at any given time**

#### Scoring:

One goal for every successful pass with the correct weight and accuracy, minus one goal for a bad pass and minus one goal for no communication when passing or receiving the ball. The scoring can be introduced once players are familiar with practice (coach is the judge)

#### Progression:

Add a second ball

Minimise the touches players have on the ball to speed up their thoughts and movement of the ball

#### Outcomes:

Weight and accuracy of pass to move the ball

Movement when receiving the ball

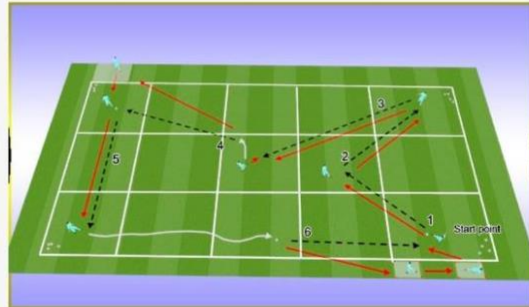
Body shape (hips and shoulder being open and side on so they can combine quickly)

Communication between players

Scanning (where is the next player I am going to pass to)

#### NOTES:

**Ensure that the coach or team manager is the only person that touches the equipment and the equipment is cleaned at the end of the session**



### Diagram 2

#### The Practice:

Passing through central areas (for nine players)

#### Setup:

Area size 25x15 with 5x5 squares setup as shown in the diagram two and 3 x 1.5m areas (shaded) for waiting players (Area size can be adjusted to suit players ability and needs)

#### Rules:

Players pass in the sequence shown in diagram two and continue to move in the same direction as in the first exercise. Once the players are comfortable with the practice introduce a second ball from the start point. If a bad pass is made use one of the balls in any of the corners or just move onto the next position to keep the practice flowing. **You are not allowed to have no more than one player in each square at any given time**

#### Scoring:

One goal for every successful pass with the correct weight and accuracy, minus one goal for a bad pass and minus one goal for no communication when passing or receiving the ball. The scoring can be introduced once players are familiar with practice (coach is the judge)

#### Progression:

Add a second ball

Minimise the touches players have on the ball to speed up their thoughts and movement of the ball

#### Outcomes:

Weight and accuracy of pass to move the ball

Movement when receiving the ball

Body shape (hips and shoulder being open and side on so they can combine quickly)





### Description

A session based on the social distancing rules in Western Australia

### Diagram 1

#### The Practice:

Passing through central areas (for nine players)

#### Setup:

Area size 25x15 with 5x5 squares setup as shown in the diagram one and 3 x 1.5m areas (shaded) for waiting players (Area size can be adjusted to suit players ability and needs)

#### Rules:

Players pass in the sequence shown in diagram one and follow their pass. Once the players are comfortable with the practice introduce a second ball from the start point. If a bad pass is made use one of the balls in any of the corners or just move onto the next position to keep the practice flowing. **You are not allowed to have no more than one player in each square at any given time**

#### Scoring:

One goal for every successful pass with the correct weight and accuracy, minus one goal for a bad pass and minus one goal for no communication when passing or receiving the ball. The scoring can be introduced once players are familiar with practice (coach is the judge)

#### Progression:

Add a second ball

Minimise the touches players have on the ball to speed up their thoughts and movement of the ball

#### Outcomes:

Weight and accuracy of pass to move the ball

Movement when receiving the ball

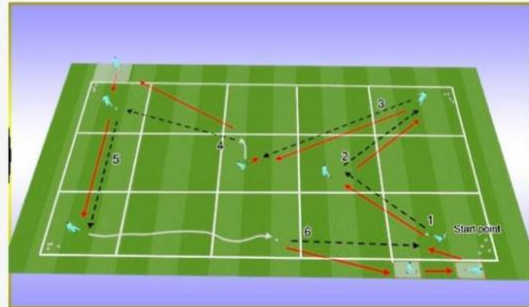
Body shape (hips and shoulder being open and side on so they can combine quickly)

Communication between players

Scanning (where is the next player I am going to pass to)

#### NOTES:

**Ensure that the coach or team manager is the only person that touches the equipment and the equipment is cleaned at the end of the session**



### Diagram 2

#### The Practice:

Passing through central areas (for nine players)

#### Setup:

Area size 25x15 with 5x5 squares setup as shown in the diagram two and 3 x 1.5m areas (shaded) for waiting players (Area size can be adjusted to suit players ability and needs)

#### Rules:

Players pass in the sequence shown in diagram two and continue to move in the same direction as in the first exercise. Once the players are comfortable with the practice introduce a second ball from the start point. If a bad pass is made use one of the balls in any of the corners or just move onto the next position to keep the practice flowing. **You are not allowed to have no more than one player in each square at any given time**

#### Scoring:

One goal for every successful pass with the correct weight and accuracy, minus one goal for a bad pass and minus one goal for no communication when passing or receiving the ball. The scoring can be introduced once players are familiar with practice (coach is the judge)

#### Progression:

Add a second ball

Minimise the touches players have on the ball to speed up their thoughts and movement of the ball

#### Outcomes:

Weight and accuracy of pass to move the ball

Movement when receiving the ball

Body shape (hips and shoulder being open and side on so they can combine quickly)



Communication between players

Scanning (where is the next player I am going to pass to)

Use creative movement to get into space to receive the ball that makes use of the whole area and which replicates playing on different lines in a game

**NOTES:**

Ensure that the coach or team manager is the only person that touches the equipment and the equipment is cleaned at the end of the session

### Diagram 3

**The Practice:**

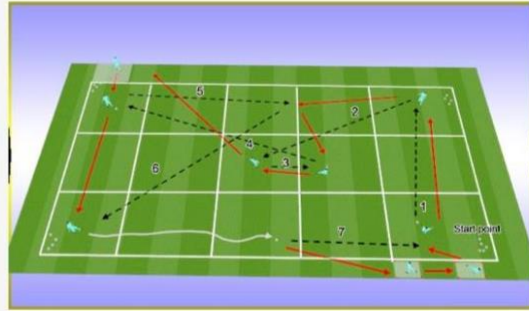
Passing through central areas (for nine players)

**Setup:**

Area size 25x15 with 5x5 squares setup as shown in the diagram two and 3 x 1.5m areas (shaded) for waiting players (Area size can be adjusted to suit players ability and needs)

**Rules:**

Players can have the freedom to pass in any combination as long as they get the ball to the other end. Players are asked to fill the gaps as the ball moves around the area (as in diagram 3). **You are not allowed to have no more than one player in each square at any given time.** Ask the players to be creative with their movement and passing. If a bad pass is made use one of the balls in any of the corners or just move onto the next position to keep the practice flowing. Once the players are comfortable with the practice introduce a second ball from the start point



**Scoring:**

One goal for every successful pass with the correct weight and accuracy, two goals for any creative movement (coach is the judge and awards the goal), minus one goal for a bad pass and minus one goal for no communication when passing or receiving the ball.

**Progression:**

Add a second ball

Minimise the touches players have on the ball to speed up their thoughts and movement of the ball

**Outcomes:**

Weight and accuracy of pass to move the ball

Movement when receiving the ball

Body shape (hips and shoulder being open and side on so they can combine quickly)

Communication between players

Scanning (where is the next player I am going to pass to)

Use creative movement to get into space to receive the ball that makes use of the whole area and which replicates playing on different lines in a game

**NOTES:**

Ensure that the coach or team manager is the only person that touches the equipment and the equipment is cleaned at the end of the session