

Date	Time	Teams	Session Plans / Aims
7/1/15	7pm -9pm	EIS Teams <ul style="list-style-type: none"> • Crystals • Diamonds X • J. D's 	<p><u>5 week Session Plan</u></p> <p>I have put together 5 sessions which can be chosen each week by the captain in relation to the players present. However, this is a team practice and all sessions involve every member of the team in order for them to be effective in a match. Please make every effort to attend them all to maximise the potential. These are the following areas of focus to choose from each week:-</p> <ol style="list-style-type: none"> 1. Centre Pass Configurations 2. Backline Throw-in, Def 3rd 3. Shooting circle & att 3rd 4. Ball-side Defending, full on 5. Quick response to a turnover in att using stage 1/2/3 def. <p><u>Note:</u> My intention for each session is to develop various configurations for your team incorporating them into a game, with performance/confidence expectation to increase and improve by the end of the night.</p>
14/1/15	7pm -9pm	NOE Teams <ul style="list-style-type: none"> • Athena • Diamonds Y • Revels 	
21/1/15	7pm -9pm	EIS Teams <ul style="list-style-type: none"> • Crystals • Diamonds X • J. D's 	
28/1/15	7pm -9pm	NOE Teams <ul style="list-style-type: none"> • Athena • Diamonds Y • Revels 	
4/2/15	7pm -9pm	EIS Teams <ul style="list-style-type: none"> • Crystals • Diamonds X • J. D's 	
11/2/15	7pm -9pm	NOE Teams <ul style="list-style-type: none"> • Athena • Diamonds Y • Revels 	
18/2/15	7pm -9pm	EIS Teams <ul style="list-style-type: none"> • Crystals • Diamonds X • J. D's 	
25/2/15	7pm -9pm	NOE Teams <ul style="list-style-type: none"> • Athena • Diamonds Y • Revels 	
4/3/15	7pm -9pm	EIS Teams <ul style="list-style-type: none"> • Crystals • Diamonds X • J. D's 	
11/3/15	7pm -9pm	NOE Teams <ul style="list-style-type: none"> • Athena • Diamonds Y • Revels 	

Dear Captains.

The new netball schedule has been planned to allow each team the ability to practice their team skills directly into a game- like situation.

1. See the terms and conditions of the training sessions and the handbook for full details and other contact details which can be viewed on the website: www.netballofexcellence.co.uk.
2. Brief Summary – The first hour will be aimed at creating new team structures in attack and defence then using the second hour to put the new teamwork skills into a game.



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