

Session: **U10/U12 Girls Dev Program Session Plan (Week 1-3)**

Timing	Key Area	Activity	Teaching Points	Equipment
1800-1810	Warmup	Legs, dribbling to half way	<ul style="list-style-type: none"> <li>• Players rotate each week</li> </ul>	Ball per player
1810-1820	Individual Skills (Group)	See below – 30 sec of each of them	<ul style="list-style-type: none"> <li>• Head up, focus on fingertip control</li> </ul>	Ball per player
1820-1835	Passing pairs (Group)	<p>Advanced 2x6m</p> <ul style="list-style-type: none"> <li>• LH/RH - To hand, rip over, push pass (1)</li> <li>• LH/RH - Pass, through legs single hand pass.</li> </ul> <p>Introductory 3x4m</p> <ul style="list-style-type: none"> <li>• Pass 180 pivot two hand Chest pass</li> <li>• Pairs facing skipping round court</li> <li>• 1 min in pairs each of four below</li> </ul>	<ul style="list-style-type: none"> <li>• Flat passes to chest or hand</li> <li>• <b>Drink after this drill.</b></li> </ul>	Ball per pair
1835-1840	Footwork	<ul style="list-style-type: none"> <li>• Slide Drill for 1 minute – rest 1 minute</li> <li>• Lined squares for 1 minute</li> </ul>	<ul style="list-style-type: none"> <li>• Big to bigger; don't cross feet, piece of paper under heel height stance</li> </ul>	Nil
1840-1855	Layups	<ul style="list-style-type: none"> <li>• 20 R, Left hand layups (A)</li> <li>• Skips – Two Steps (I)</li> </ul>	<ul style="list-style-type: none"> <li>• Same knee and arm, corner of the backboard</li> </ul>	Ball per player <b>Drink after this drill.</b>
1855-1910	Shooting	<ul style="list-style-type: none"> <li>• 30 1 handed – egg beater Step around shot (A)</li> <li>• Pairs on Lines – Ring 2 handed (I)</li> </ul>	<ul style="list-style-type: none"> <li>• Correct technique</li> </ul>	Ball per player
1910-1925	Game Fundamentals	<ul style="list-style-type: none"> <li>• Basics – Slap ball, Screens</li> <li>• Spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>• Demo by Screens, Ball slap</li> <li>• No defence then progress to defence</li> </ul>	Ball per player inbounding
1925-1930	Fun	<ul style="list-style-type: none"> <li>• Two ball elimination (A)</li> <li>• Dribble knockout (I)</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	

<b>Individual Skills Options</b>	LH/RH Dribble	Cross overs	Behind the back	LH/RH Hook dribble
LH/RH Forward/back dribble	LH/RH Pound Dribble	Figure 8 Legs (FWD/BKWD)	Body Wrap (H, B, Legs)	Finger Taps
Neck Drop	LH/RH Low dribble	LH/RH Dribble around ankles	Between legs (L fwd/R fwd)	Leg wraps Left and Right
<b>Passes</b>	Bounce	Chest	Baseball	Overhead

