



NETBALL PROGRAM 2021

SESSION 1

MIXED WARM UP (Players work across width of court)

4 x Jog across court and return (run the width 8 times)

2 x Side shuffles with mid switch

4 x functional squats to 4 ES x adductor squats (repeat)

2 x 3 side shuffle to squat

4 ES Prone Hip Mobility to 8 ES Mountain climbers to 4 ES Cossacks (repeat)

4 x short accel across court mid-way to jog down with back pedal to turn jog return

8 x stability hops (diagonals) to partner push one leg stability holds

Progressive stride (ankle / calf / knee) across court with A skips return (repeat)

Drink break (quick return)

CONDITIONING

Defensive Shuffles progressions

2 x Defensive shuffles to sprint

2 x Defensive shuffles to sprint and brake

2 x Defensive shuffles to sprint brake and VJ

2 x Defensive shuffles to sprint brake and VJ and sprint return

6 x 8 sec sprint with 30 sec rest

Rocket Jump / Push Up Pyramid

6 Rocket Jumps into Court Width sprint drop to 6 Push Ups

5 Rocket Jumps into Court Width sprint drop to 5 Push Ups

4 Rocket Jumps into Court Width sprint drop to 4 Push Ups

3 Rocket Jumps into Court Width sprint drop to 3 Push Ups

2 Rocket Jumps into Court Width sprint drop to 2 Push Ups

Drink break

Power skips length of court (Go for height and distance) into

4 x (2 Burpees with 4 Prone Jacks) and half court Sprint Return (walk remaining half)

Complete 3 Rounds without rest

Length of court: sprint to jog continuous for 8 reps (sprint half jog half)

OTS Fast Feet to Switches to VJ with 505

Fast Feet 50 Progressions

Start with just Fast Feet to 505 on call

then add in Switches

then and VJ

so final combination is Fast feet / Switch / VJ and sprint (505).

Drink break

CORE Conditioning – Durations and Reps are chosen by Coach based on Athlete competency and age

Plank Holds to 3 point holds

Side Hover to Star side hovers

Mountain Climbers

Alt Arm and Leg Lifts from Quadruped position

Supine Alt hand to foot taps with crunch

Plank with alt hand to foot taps

Side plank with hip drops

STRETCH if not moving into Court Training