



NETBALL PROGRAM 2021

SESSION 2

MIXED WARM UP (Players work across width of court)

1. 4 x Jog across court and return (run the width 8 times)
2. 8 x Functional Squats
3. 3 x Side shuffle to squat across court and repeat on return
4. Walking Lunges across court with torso rotation
5. Carioca across court switch mid-way with jog return (repeat)
6. Run to back pedal on coaches call (repeat till across court) jog return (repeat)
7. Plank hand walks x 6
8. Ins and Outs across court to run return
9. Out, In, In, Out Across court to run return
10. 4 x short accel across court mid-way to jog down with back pedal to turn jog return

Drink break (quick return)

CONDITIONING

1.

<ol style="list-style-type: none"> a. 10 sec sprint – 10 sec rest b. 8 sec sprint – 8 sec res c. 6 sec sprint – 6 sec rest d. 4 sec sprint – 4 sec rest e. 2 sec sprint – FINISH 	<p>Don't reset the athletes, they start from where they are on the court at the end of the rest time. Mid courters will be ahead of shooters etc.</p> <p>Complete 3 rounds with 1 to 2 minutes rest between rounds.</p>
---	---

2. Push Up walk across Court

3. Pass to 5m sprint continuous.

The goal is to follow hard pass with explosive three step acceleration "Pass & GO !!"

30 seconds on and 30 secs off for 4 rounds.

4. Foot patterning HIIT

On Coaches Call:

- a. 3 x Quick feet to turn sprint (distance varies 5m, 10, etc) with walk return
- b. 3 x Quick feet with switches turn sprint (distance varies 5m, 10, etc) with walk return
- c. 3 x Quick Feet with switches and VJ turn sprint (distance varies 5m, 10, etc) with walk return

Drink break

5.

- a. 20 sec burpees with Vertical jump to ½ court length sprint, slow jog return
 - b. 20 sec fast feet ins and outs to ½ court length sprint, slow jog return
 - c. 20 sec skater drill to ½ court length sprint, slow jog return
 - d. 20 sec push up to ½ court length sprint, slow jog return
- Repeat for 3 rounds (rest for 2 minutes between rounds)

Drink Break

CORE Conditioning

Durations and Reps are chosen by Coach based on Athlete competency

6. 10 (5 Each side) Prone alternate arm and leg lifts into 10 Full Sit ups and 10 Each side Russian Twists with Netball: pyramid down 8 of each, 6 of each, 4 of each, 2 of each to finish.

STRETCH if not moving into Court Training