

Netball Specific Speed, Footwork and Agility Exercises

Player Program # 1 Session # 1

PROGRAM 1: SESSION 1		
<i>2 minute skip warm up with jump rope</i>		
Technical Landing Exercises	Reps	Sets
2 to 2 from reach	3	2
2 to 2 from reach and jump	3	2
Horizontal jump – 2 to 2	3	2
Vertical jump – 2 to 2	3	2
Multiple jumps to land and hold	Reps	Sets
3 x horizontal jumps to hold (2, 2, 2)	3	2
Mixed Jump and hop combinations	Reps	Sets
Horizontal – 2, L, L, 2, R, R, 2 (Left and Right)	3	2
Vertical – 2, L, 2, R, 2	3	2
Line jumps (side to side)	8	2
Foot patterning	Time	Sets
Fast feet – 30 sec rest	20 sec	1
Ins and outs – 30 sec rest	20 sec	1
Switches (out in outs on the diagonal with hip swivel) – 30 sec rest	20 sec	1
Mini Hurdle Patterning	Reps	Sets
Side step to jump – progression with ball pass	2 ES	2
Side step with feet to cone	2 ES	2
Run Shuffle Dodge	2 ES	2
Speed and Agility	Reps	Sets
Mid court sprint (transverse line to transverse line) – 30 sec rest	4	1
5-0-5 sprint (transverse line to centre circle and return) – 30 sec rest	4	1
Pro Agility (5-10-5) – 30 sec rest	4	1
Base line to 2 nd transverse line sprint – 30 sec rest	4	1

Note: ES = Each side; 2 to 2 = 2-foot start to 2-foot landing; 2 to 1 = 2-foot start to 1 foot landing

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Player Program # 1 Session # 2

PROGRAM 1: SESSION 2		
<i>2 minute skip warm up with jump rope</i>		
Technical Landing Exercises	Reps	Sets
2 to 2 from reach	3	2
2 to 2 from reach and jump	3	2
Horizontal jump – 1 to 2 (perform Left and Right foot take offs)	3ES	2
Vertical jump – 1 to 2 (perform Left and Right foot take offs)	3ES	2
Multiple jumps to land and hold	Reps	Sets
3 x horizontal jump, hop combination (2, 1, 2)	3 ES	2
Mixed Jump and hop combinations	Reps	Sets
Line jumps (bwd and fwd)	8	2
Single slide to Vertical jump for height	4	2
Step forward and jump for height (Left and Right Lead in)	4ES	2
Foot patterning	Time	Sets
Fast feet	20 sec	1
Ins and outs	20 sec	1
Switches (out in outs on the diagonal with hip swivel)	20 sec	1
Mini Hurdle Patterning	Reps	Sets
Outside foot cross	2 ES	2
Outside foot cross with jump	2 ES	2
Jump with run returns	2 ES	2
Speed and Agility	Reps	Sets
5m sprint to side shuffle L and turn and sprint 10m – 30 sec rest	2	1
5m sprint to side shuffle R and turn and sprint 10m – 30 sec rest	2	1
5m-5m-10m (From transverse, sprint to centre circle and return then to opposing transverse line) – 30 sec rest	4	1
Base line to 2 nd transverse sprint – 30 sec rest	4	1

Note: ES = Each side; 2 to 2 = 2-foot start to 2-foot landing; 2 to 1 = 2-foot start to 1 foot landing