

Netball Specific Speed, Footwork and Agility Exercises

Player Program # 2 Session # 1

PROGRAM 2: SESSION 1		
3 minute skip warm up with jump rope		
Technical Landing Progressions	Reps	Sets
2 to 1 from reach – (perform Left and Right foot landings)	3	2
2 to 1 reach and jump – (perform Left and Right foot landings)	3	2
Multiple hops to land and hold	Reps	Sets
3 x horizontal hops to hold (1, 1, 2)	3	2
Line hops (side to side) on Left and Right	8	2
Single slide to Vertical hop for height	4	2
Foot patterning	Time	Sets
Fast feet to Ins and Outs Repeat	20 sec	2
Speed Jacks to Diagonal Jacks	20 sec	2
Mini Hurdle Patterning	Reps	Sets
Jump with feet around cone	2 ES	2
Run Shuffle dodge	2 ES	2
Ball progressions. Use the drills above and add passing drills .	2 ES	2
Speed and Agility	Reps	Sets
Mid court sprint (transverse line to transverse line) – 20 sec rest	4	1
5-0-5 sprint (transverse line to centre circle and return) – 20 sec rest	4	1
Pro Agility (5-10-5) – 20 sec rest	4	1
Base line to 2 nd transverse line sprint – 20 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

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Player Program # 2 Session # 2

PROGRAM 2: SESSION 2		
<i>3 minute skip warm up with jump rope</i>		
Technical Landing Progressions	Reps	Sets
Horizontal jump – 2 to 1 (perform Left and Right foot landings)	3	2
Vertical jump – 2 to 1 (perform Left and Right foot landings)	3	2
Multiple hops to land and hold	Reps	Sets
3 x horizontal hops to hold (2, 1, 1, 1)	3	2
Line hops (bwd and fwd) on Left and Right	8	2
Single slide to Vertical hop for height	4	2
Foot patterning	Time	Sets
Fast feet to Switches Repeats	20 sec	2
Speed Jacks to Diagonal Jacks	20 sec	2
Mini Hurdle Patterning	Reps	Sets
Outside foot cross with jump	2 ES	2
Run Shuffle dodge	2 ES	2
Ball progressions. Use the drills above and add passing drills.	2 ES	2
Speed and Agility	Reps	Sets
5m sprint to defensive slide and sprint 10m – 20 sec rest	2	1
5m sprint to defensive slide to jump and sprint 10m – 20 sec rest	2	1
5m-5m-10m (From transverse, sprint to centre circle and return then to opposing transverse line) – 20 sec rest	4	1
Base line to 2 nd transverse sprint – 20 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