



## **NETBALL FITNESS PROGRAM**

### **SESSION 3**

#### **MIXED WARM UP (Players work across width and length of court)**

1. 3 min bunched run (senior teams should gradually increase intensity each minute)
2. 6 x Inchworm to Spiderman with torso rotation
3. 3 x Side Shuffles across court switch mid-way with run return
4. 4 Each Side Walking Leg swings to 4 Each Side Hamstring Sweep
5. 3 x Carioca across court switch mid-way with run return
6. 2 x Ankling to Step Overs repeats across court, A skip return
7. Now on length of court: 4 x Strong run to second transverse line & jog down

#### **Drink break (quick return)**

#### **CONDITIONING**

1. 4 x 4 Rocket Jumps into Half Court length Sprint

2. 6 x Burpees with two integrated horizontal jump ins with Court width sprint and return
3. 4 x 3 Jacks to Star Jump with Court width sprint and return
4. 12 x Jacks to Diagonal Jacks repeats to Court width sprint and return
5. 8 x Quick Scissors to 4 x super slow 90 / 90 scissor lunges

**Repeat 2 to 5 for 4 rounds**

#### **Drink break**

6. 4 x Pro Agility (vary distance 3m, 6m, 3m or 5m, 10m, 5m from session to session)
7. 6 x (2 x Squat (hands on hips) to 1 Squat Jump (hands on hips) Repeats) into 5-5-10.
8. 6 Push ups to cross court sprint pyramid down 5, 4, 3, 2, 1

#### **Drink break**

8. In pairs, players face off in slap and chase over half court sprint complete 3 reps with each player in lead ie: 6 reps in total
  9. Power skips length of court (Go for height and distance) into 10 Prone Jacks and half court sprint return

**Complete 3 Rounds without rest**

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

Plank Holds

Side Hover or Side hover star holds

20 sec Mountain Climbers

Bird dog reaches with control

Iso Crunch with alternate leg releases

---

***STRETCH if not moving into Court Training***