

NETBALL FITNESS

WEEK ONE



Level Two

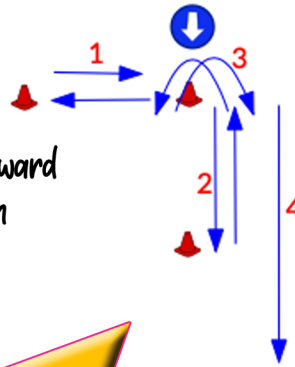
6 Week Programme
6 x 45min sessions

Working on speed, strength and agility
In accordance with government guidelines

Warm Up - Sharpen your footwork

Quick transitions from lateral to forward with jumps

Side stepping laterally four times between cones (1), moving forward and back (2), double foot jump over the cone and back (3), then sprint forward (4).



Coach's Notes

Check out NetFit's website for this footwork

Remind participants that the movements should be small and quick.

Dynamic stretching

PLYOMETRICS

Acceleration Running

Sprint to 10m, jog to 20m, sprint to 30m

Continuous for 3mins
Rest 1 min
2 x sets



Plyometrics are exercises in which muscles exert maximum force in short intervals of time with the goal of increasing power

Coach's Notes

The jog is used as a recovery and can be a very slow jog, but avoid letting participants walk.

STRENGTH & POWER

Legs

- drop squat / 45 backwards
- hop single leg linear continuous (30 secs each leg)
- squat split stance
- squat with netball
- single leg squat
- curtsy squat
- good mornings with netball
- ankle taps
- getting up with a netball
- plank on netball (hold for 30 secs)

10 reps of each exercise / 10 each side where change of leg is required x 2 sets

SPEED

Acceleration & Speed

10m Shuttles

2m, 4m, 6m, 8m, 10m, 10m, 8m, 6m, 4m, 2m

Rest 1 min
4 x sets in total

Cardio Running

Run for 3 minutes keeping a steady pace (over 30m distance or around field/court)

Rest 1 min
2 x sets

Cool Down & Stretch

Start with a slow jog to bring heart rate down and then slow to a walk. Static stretching of arms and legs.

Remind participants to drink plenty of water throughout the session!

Remember to get feedback from the participants - what they liked most and least about the session?

Next week:
Sit up challenge,
strength & speed