

# NETBALL FITNESS

# WEEK FIVE



Level Two

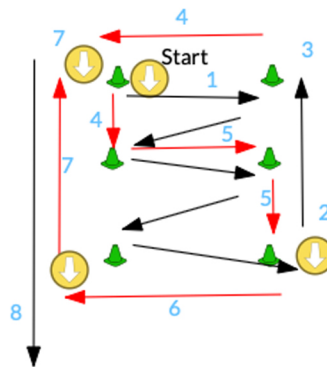
6 Week Programme  
6 x 45min sessions

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

## Warm Up - Sharpen your footwork

Good footwork and quick transitions through movement

Arrange 6 cones as per diagram. Starting on the right hand cone skater hop through the cones (5 hops) (1). Sprint backwards (2) and then jump squat (3). Slide laterally to start cone (red arrows) and forward to next up (4). Slide across laterally again, and forwards up (5). Slide across (6), sprint backwards and a jump squat at the cone (7) before sprinting forwards to past the end cone (8).



### Coach's Notes

Check out NetFit's website for this footwork.

Remind participants that the movements should be small and quick.

## SPEED

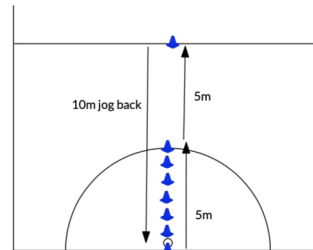
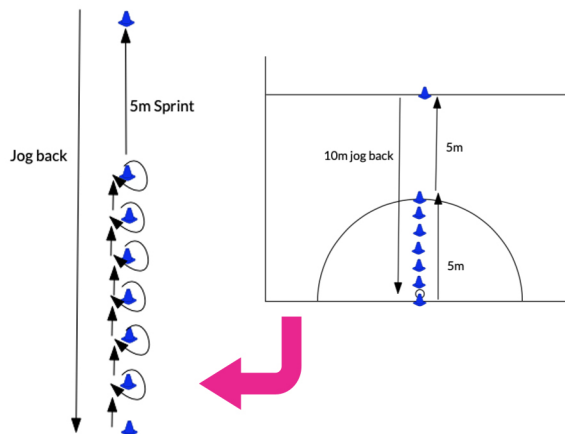
Footwork & acceleration

1. Fast feet with loop around cones, sprint 5m, jog back
2. High knees with loop around cone, sprint 5m, jog back
3. Fast feet weave, sprint 5m, jog back

3 exercises = 1 set

30 sec rest between sets x 6 sets

Speed & Power



### Coach's Notes

Footwork & Acceleration - x10 sets for a more advanced group.

Court view diagram for perspective.

1. 10 x tuck jumps, 10m sprint, walk back  
10 x tuck jumps, 15m sprint, walk back  
10 x tuck jumps, 30m sprint, walk back

2. 10 x fast feet, 10m sprint, walk back  
10 x fast feet, 15m sprint, walk back  
10 x fast feet, 30m sprint, walk back

3. 10 x jump squats, 10m sprint, walk back  
10 x jump squats, 15m sprint, walk back  
10 x jump squats, 30m sprint, walk back

30 sec rest between each block

90 sec rest between sets x 2-3 sets

## STRENGTH

Strength & Power - Legs

- Curtsey squat jumps
- Squat jump 180
- Squat split stance
- Squat jump
- Lateral bound

Work through 10 of each exercise, x 2-3 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:  
500 rep challenge!