

# RETURN TO NETBALL

# WEEK THREE

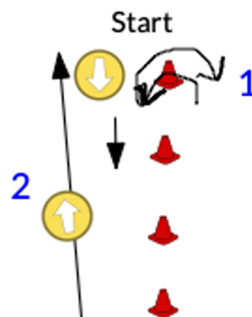


6 WEEK PROGRAMME  
6 x 30 min sessions

Working on speed, strength and agility  
5:1 ratio and social distancing guidelines adhered to

## Warm Up - Sharpen your footwork

4 x cones  
Crossover footwork over the cone, step over footwork back across, move forward to the next until you the end. Sharp change of direction, sprint back.  
Repeat 5 times.



### Coach's Notes

<https://netfitnetball.com.au/landing-pages/fitness-week-3-6wk/>

Ensure the player is moving laterally going over the cones, hips forward, eyes up.

Dynamic stretching

## HITT

Timings  
Hive/U12 - 20 secs ON, 40 secs OFF x 2 sets  
U13/U14 - 30 secs ON, 30 secs OFF x 3 sets  
Advance - 40 secs ON, 20 secs OFF x 3 sets  
2 minute rest between sets

1. High Intensity A step  
Active rest - Ball Wraps - waist
2. One cone, 3 feet, hands up  
Active rest - Ball Wraps - legs
3. One cone, defence, clear  
Active rest - Ball Wraps - head
4. One cone, double hop, squat  
Active rest - Ball Wraps - waist
5. One cone, step out, burpee  
Active rest - Ball Wraps - legs



### Coach's Notes

Download a Tabata app on to your phone/tablet to set up the required work/rest/recovery/number of sets required for the session

### Coach's Notes

Examples of this HITT session can be found  
<https://netfitnetball.com.au/landing-pages/fitness-week-3-6wk/>

## Cool Down & Stretch

Walk up and back to the furthest cone (2-3 times depending on distance) and stretch arms and legs.

Remind participants to drink plenty of water throughout the session!

### Coach's Notes:

Set up all the cones required for the session before arrival ready for each participant. This will save time during the session moving cones around.

Next week:  
Plyometrics &  
Strength (Arms)