

NETBALL FITNESS

WEEK SIX



Level Two

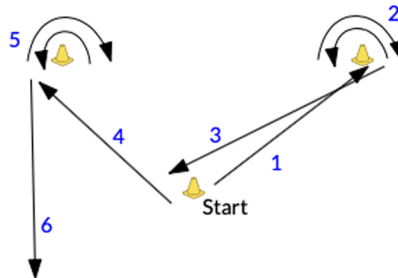
6 Week Programme
6 x 45min sessions

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

Warm Up - Sharpen your footwork

Really quick footwork

Arrange 3 cones as per diagram. Starting on the front cone run back on the angle to the left cone (1). Crossover step into the middle and back out again (2) and then back to the start cone (3). Go back again to the right cone on the other angle (4). Crossover in to the middle and out again (5), and then sprint forward (6).



Coach's Notes

Check out NetFit's website for this footwork.

Remind participants that the movements should be small and quick.

Dynamic stretching

500 REP CHALLENGE!

10 exercises, 50 reps of each

- | | |
|---------------------------------|-------------------------|
| 1. Squat jump forwards (1) | 6. Ball wraps |
| 2. 10m shuttles | 7. Jump squats |
| 3. High knees | 8. Lateral bound + hop |
| 4. Press up or Incline press up | 9. High knee to curtsey |
| 5. 2 crunches + 2 toe taps | 10. High shuffle, low |

SPEED

Acceleration Volume

Flying 60s
Sprint 30m up, 30m back

30ses - rest for any remaining time before going again.

For example, if it takes you 20secs to get up and back, you have 10secs rest before going again.

x 10

REBOUNDER FUN

Time permitting

Take some time to practice your passing and reactions using both sides of the rebounder!

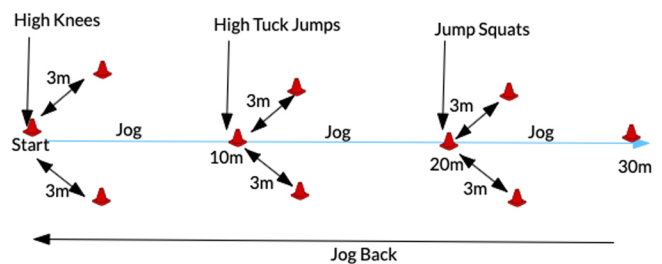
Change of Direction & Speed

- At the start cone, 3 high knees, dodge hard on the angle to the cones on each side, then jog to the next cone at the 10m mark

- 3 high tuck jumps, dodge hard on the angle on each cone, jog to next cone at the 20m mark

- 3 jump squats, dodge hard on the angle on each cone, jog to end cone at 30m, and then jog back to the start cone.

30 secs rest x 6 sets



Coach's Notes

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:
Well done for
completing level 2!