

RETURN TO NETBALL WEEK TWO



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
Start with 2 jump squats (1), quick feet in and out of the cones (2), effective change of direction in to a sprint back (3).

Repeat 5-10 times.

Dynamic stretching



Coach's Notes
<https://netfitnetball.com.au/landing-pages/fitness-week-1-6wk/>

Depending on age and ability of the group, repeat for a number of times that is appropriate.

SPEED

Acceleration Running

How many sprints can you do in 1 minute?
Distance - 30 metres



Coach's Notes
Ensure 100% effort during all sprinting.

Record the number of completed sprints to compare against on week 6.

Speed & Power

- 10 x Jump Lunges
- 10 x 10m shuttles
- 10 x Push Ups
- 10 x 5m shuttles
- 10 x Jump Squats
- 10 x 15m shuttles

Coach's Notes
Demonstrate the jump lunge, push up and jump squat before starting with easier alternatives.

Remind participants to go at their own pace.

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:

HIIT Session