

NETBALL FITNESS

WEEK THREE



Level Two

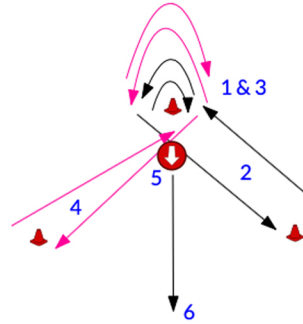
6 Week Programme
6 x 45min sessions

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

Warm Up - Sharpen your footwork

Single leg plyometrics

Set out cones as per diagram. On one leg, hop over cone and back (1). Sprint to opposite cone and back (2). Hop over cone and back again (opposite way than before) (3), now on the other side of the cone, sprint to the opposite cone and back to centre (4). Fast feet in front of the centre cone (5), and on the coach's signal, sprint forward (6).



Coach's Notes

Check out NetFit's website for this footwork.

Remind participants that the movements should be small and quick.

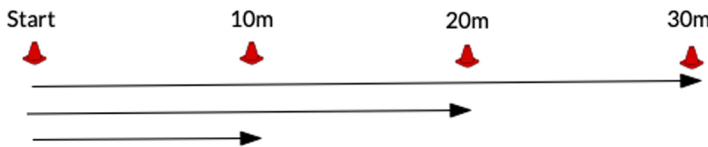
Dynamic stretching

PLYOMETRICS

Agility Running

- Sprint to 30m and back
- Sprint to 20m and back
- Sprint to 10m and back

2 min rest between sets
3 x Sets



SPEED

Push Up Challenge

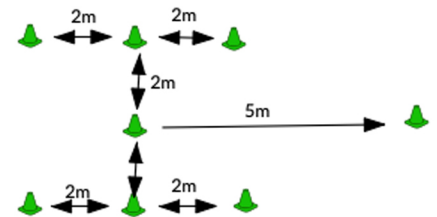
- 1 x push up, 10m sprint, walk back
- 2 x push ups, 8m sprint, walk back
- 3 x push ups, 6m sprint, walk back
- 4 x push ups, 4m sprint, walk back
- 5 x push ups, 2m sprint, walk back

One quality set

Agility & Acceleration

Set up cones as per below. Coach will shout either 'M, W, Z or N'. 'Draw' the letter between the cone, then sprint to the 5m cone. Jog back to start for next letter.

Repeat x 10



SKIPPING CHALLENGE

2 min warm up skip

- 30 secs skipping
- 10 lunges
- 30 secs skipping
- 10 squats

30 secs rest x 4 sets

Coach's Notes

Skipping Challenge - try and encourage participants to double foot jump when skipping. To make it even harder rope goes under your feet after every jump rather than every other jump!

MINI HIIT

- Two cones, jump one, high low
- Press up, jack legs
- 10m running backwards high knees
- One cone, step out burpee

20 secs on, 20 secs off x 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:
Pyramid workout