

RETURN TO NETBALL WEEK ONE



6 WEEK PROGRAMME
6 x 30 min sessions

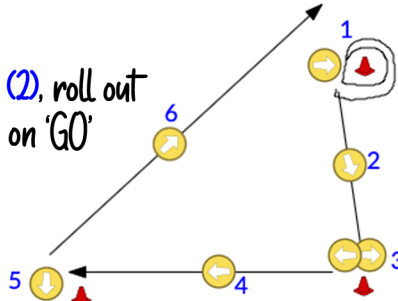
Working on speed, strength and agility
5:1 ratio and social distancing guidelines adhered to

Warm Up - Sharpen your footwork

3 x cones
Fast feet around cone (1), on 'GO,' sprint to the next cone (2), roll out towards next cone (3&4). Resume fast feet on the spot (5), on 'GO' sprint back to start (6).

Repeat 3-6 times

Dynamic stretching



Coach's Notes

Netfit Video for this exercise can be found at:
<https://netfitnetball.com.au/landing-pages/fitness-6week-1/>

PLYOMETRICS

- Sprint to 15m and back to start
- Sprint to 10m and back to start
- Sprint to 5m and back to start
- Repeat two more times

- Rest for 5 mins and repeat block

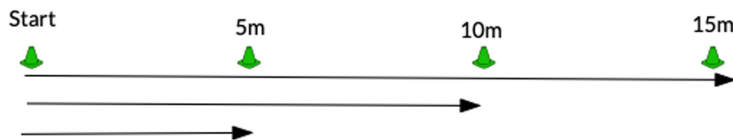


Coach's Notes

Ensure 100% effort during all sprinting.

Easier - just do one set

Harder - 3 sets



STRENGTH - LEGS

- | | |
|--|------------------|
| 1. Holding a netball, lateral lunges with 4 pulses each side | 2 x 5 each side |
| 2. Single rear leg raise holding ball out in front | 2 x 8 each side |
| 3. Hop for distance | 3 x 10 each side |
| 4. Squat with netball | 3 x 10 |
| 5. Fly kicks | 2 x 10 each side |

Coach's Notes

Demonstrate each exercise correctly before each set

All work together as a group with the coach leading.

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:

Speed and Power