

# NETBALL FITNESS

# WEEK FOUR



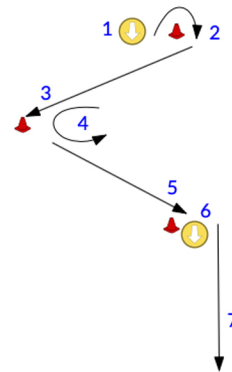
Level Two

6 Week Programme  
6 x 45min sessions

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

## Warm Up - Sharpen your footwork

Arrange cones as per diagram. Drop squat hop over cone (1). Sprint to the diagonal cone (2) and then roll out (reverse pivot) (3), before sprinting to the front cone. (4). 4 fast feet on the spot (5), and then sprint forward (6).



### Coach's Notes

Check out NetFit's website for this footwork.

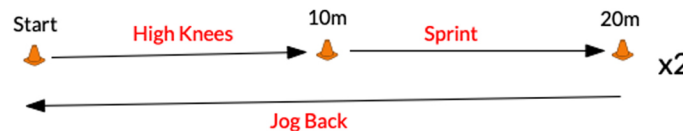
Remind participants that the movements should be small and quick.

Dynamic stretching

## SPEED

### Acceleration & Power

- high knees to 10m
  - sprint to 20m
  - jog back
- Do this twice to make one set



30 sec rest between sets (ball handling)  
x 8 sets

### Coach's Notes

Acceleration & Power - if government guidelines allow, change the ball handling active rest to passing with a partner.

Karaoke - like greek dancing movement

### Speed & Agility

3 Moves, 2 cones, 30 secs on, 30 secs off, 5 sets

1. Two feet over right cone and back, two feet over left cone and back, sprint forward 4 steps.
2. Step right foot over left cone (like the first part of a crossover), then left foot over right cone, sprint 4 steps forward.
3. Between the cones - side step right, side step left, karaoke, both right and left sprint right and left and then sprint forward

## PYRAMID WORKOUT

- 50 High knees
- 45 Squats
- 40 Fast Feet
- 35 Russian Twists
- 30 Lunge with high skip (15 each side)
- 25 Mountain Climbers
- 20 Reverse Lunge (15 each side)
- 15 Press Ups
- 10 Burpess
- 5 Squat Pulses

90 secs rest and then work you way back up from 5 - 50!

## 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:  
Speed: footwork  
acceleration & power