

RETURN TO NETBALL

WEEK FIVE

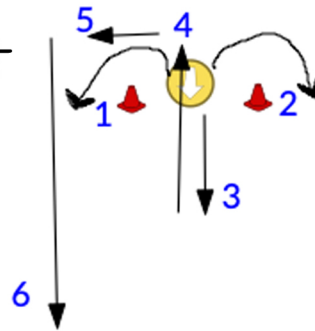


6 WEEK PROGRAMME
6 x 30 min sessions

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

Warm Up - Sharpen your footwork

2 x cones
Start in the middle of the two cones. 2 high knees, shifting over the cone to the right (1) and back. 2 high knees in the middle, shift over the cone to the left (2) and back. 2 steps forward (3) and 2 steps backwards (4), sliding across behind the cone (5) and then sprinting forward (6).
Repeat 4-6 times



Coach's Notes

<https://netfitnetball.com.au/landing-pages/fitness-week-5-6wk/>

Encourage the participants to use both sides to slide and sprint

Dynamic stretching

STRENGTH - LEGS

Reverse lunge	3 x 10
Jump Lunge	3 x 10
Squat 4 pulses (with netball)	2 x 10
Lateral lunge 4 pulses (with netball)	2 x 10
A-Skip	2 x 30 sec

Coach's Notes

Demonstrate each exercise as you work through them.

Work together as one group with the coach working as well

SPEED

10 x Stationary jump lunges
Sprint to 20m, walk back
10 x Squat jumps
Sprint to 10m, walk back
10 x Push Ups
Sprint to 5m, walk back

2 minute rest then repeat

Coach's Notes

Demonstrate all exercises before set starts

Give low intensity alternatives during demonstration.

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