

# RETURN TO NETBALL

# WEEK FOUR



6 WEEK PROGRAMME  
6 x 30 min sessions

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

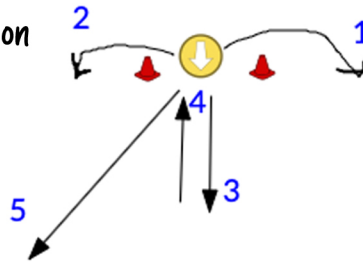
## Warm Up - Sharpen your footwork

2 x cones

Start in the middle of the two cones. Crossover the cone to the left side (1) and back, crossover the cone to the right side (2) and back, two steps forward (3), two steps back (4), sprint through on the 45 degree angle (5).

Repeat 4-6 times

Dynamic stretching



Coach's Notes

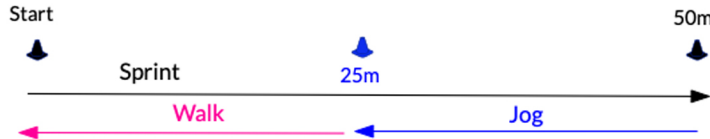
<https://netfitnetball.com.au/landing-pages/fitness-week-4-6wk/>

## PLYOMETRICS

### Acceleration Running

Sprint out to 50m, jog 25m back, walk the remaining 25m

Repeat 10 times



Coach's Notes

Ensure 100% effort during all sprinting.

If space is limited reduce distance to 30m (length of a netball court) and increase the reps.

## Acceleration & Power

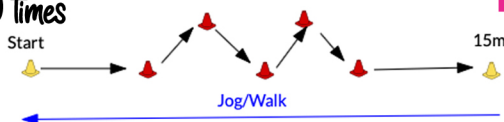
Sprint to 5m

Dodge at each cone with an explosive push off

Sprint the last 5m

Jog/walk back to the start

Repeat 10 times



Coach's Notes

Make sure players keep control of the ball during the slams.

## STRENGTH - ARMS & ABS

Netball Slams	2 x 20
Bicep curl & press with netball	3 x 10
Burpee with netball	2 x 10
Reverse Plank	2 x 1 min
Russian Twists with netball	2 x 10

## 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:

Strength (Legs) & Speed