

RETURN TO NETBALL

WEEK SIX



6 WEEK PROGRAMME
6 x 30 min sessions

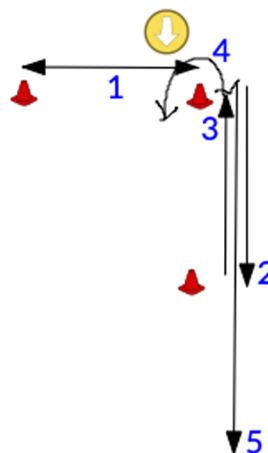
Working on speed, strength and agility
5:1 ratio and social distancing guidelines adhered to

Warm Up - Sharpen your footwork

3 x cones set up in an 'L' shape
Slide laterally 4 times between the two cones (1), sprint forward to cone (2) and back (3), double feet jump over the cone and back (4) then sprint forward to finish (5).

Repeat 5 times

Dynamic stretching



Coach's Notes
<https://netfitnetball.com.au/landing-pages/fitness-week-6-6wk/>

HIIT

ALL PARTICIPANTS - 30secs ON 30secs OFF
3 x Sets

1. Run 10m, 360 degree around cone at halfway
Active rest - pass ball from hand to hand - chest height
2. 3 cones, 'L' side step sprint
Active rest - pass ball from hand to hand - on left leg
3. Plyo, single hop, arabesque, jump hold
Active rest - pass ball from hand to hand - on right leg
4. One cone, step out burpee
Active rest - pass ball from hand to hand - chest height
5. 3 cone, tuck jump, sprint
Active rest - pass ball from hand to hand - moving up and down

Coach's Notes
Demonstrate all exercises before starting the set so that all time can be used working.

Time permitting, increase the last set to 40 secs ON and 20 secs OFF

Cool Down & Stretch

Marching on the spot and stretching whilst gathering feedback about how the last six weeks have gone. What did they enjoy most, least and what would they change? Do they feel fitter and netball ready? Remember to congratulate them and record your

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.

WELL DONE FOR
SIX WEEKS OF
HARD WORK!