

# NETBALL FITNESS

Level Two

6 Week Programme  
6 x 45min sessions

# WEEK TWO

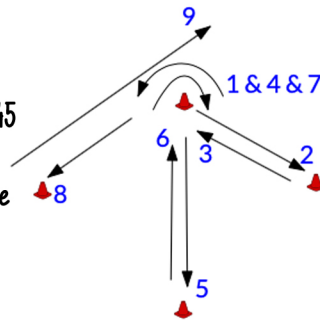
Working on speed, strength and agility  
In accordance with government guidelines



## Warm Up - Sharpen your footwork

Great footwork & deceleration

Set out cones as per diagram. Start with two crossovers (1), sprint out on the 45 degree (2), decelerate back to start cone (3). Two more crossovers (4), sprint forward (5), decelerate back (6). Repeat crossovers once more (7), sprint on the opposite 45 degree (8) and finish with a sprint back past the start cone (9).



Dynamic stretching

### Coach's Notes

Check out Netfit's website for this footwork

Remind participants that the movements should be small and quick.

### CROSSOVERS

1 - to the right, then to the left  
4 & 7 - to the left, then to the right

## PLYOMETRICS

Speed & Power

- Pogo jumps (quick feet) x 10, sprint 30m, jog back
- Pogo jumps (for height) x 10, sprint 30m, jog back
- Pogo jumps (quick feet) x 8, sprint 20m, jog back
- Pogo jumps (for height) x 8, sprint 20m, jog back
- Pogo jumps (quick feet) x 6, sprint 15m, jog back
- Pogo jumps (for height) x 6, sprint 15m, jog back

1 x Set = QUALITY!!

'Flying 30s'

Sprinting 15m up and back (half a netball court)

Depending on ability:

Easier - 4 x 30 secs

Harder - 6 x 20 secs

Rest for remainder of time set

For example, if you are on the harder sprints you have 20 secs. Your flying 30 takes 12secs therefore you have 6 sec rest before repeating.



## STRENGTH & POWER

Arms & Core

- downward dog (5 sec hold), plank (5 sec hold), Push up in to cobra, inchworm (all four moves are one continuous move x 3)
- side plank 30 secs each side x 2
- lateral plank walk x 10 x 2 sets
- push up to elbows x 10 x 2 sets
- plank jacks x 10 x 2 sets
- burpee press up x 10
- plank with netball

### Coach's Notes

Inchworm - from plank position walk feet to hands

Lateral plank - walking 3 steps each time

## SPEED

### Sit Up Challenge

- 1 x sit up, 10m sprint, walk back
- 2 x sit ups, 8m sprint, walk back
- 3 x sit ups, 6m sprint, walk back
- 4 x sit ups, 4m sprint, walk back
- 5 x sit ups, 2m sprint, walk back

Time permitting - 2 x Sets

## 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:

Agility, speed and skipping challenge