

GET IN, GET OUT

DATE : _____

TEAM: _____

Wash hands and Equipment before starting

Absent:

Injured:

EQUIPMENT:

Cones , balls, court lines

WARM UP ACTIVITIES 10 MIN— REMEMBER 1.5m Apart

Run throughs eg High Knees, but Kicks, Lunges, grapevine, side step with a stretch , etc Using lines on court work fast feet foot work patterns, two foot jumps, forward and back, fast feet jump and land on one leg etc

<https://knee.netball.com.au/junior/>

<https://www.instagram.com/nardellicoaching/?hl=en>

<https://www.facebook.com/netfitnetball/>

SKILLS and DRILLS: 20 min—Some ideas below

FOOT WORK IDEAS - Working with cones see attached

[Anne Sargeant — https://www.instagram.com/asnc_/?hl=en](https://www.instagram.com/asnc_/?hl=en)

HAND EYE IDEAS

<https://www.instagram.com/handeyecoaches/?hl=en>

BALL SKILLS—See attached

SWIFTS— https://www.youtube.com/watch?v=q_7ZMo1sDM8

Sacha Corbin English Player—https://www.youtube.com/watch?v=YjiRxeX9_MQ

2 person passing , chest passing while doing fast feet, Right shoulder passing, Left shoulder passing.

COACHING IDEA LINKS additional to above

<https://nettyheads.com.au/>

<https://www.thenetballcoach.com/>

WARM DOWN 5-10 min:

Slow run through, Slow stretches, EG. Scoop the icecream (bending forward with one leg straight), super men (bend one leg back holding with arm, lean forward with opposite arm) , Side Sumo squats

WASH HANDS and Leave