

WEEK 1 - Level 1 Session

BALL HANDLING SKILLS

TWO-HANDED CATCH: When doing a 2-handed catch, you must keep your eyes on the ball and extend your hands forward. Make sure both hands outstretched making a butterfly or 'W' shape with your hands behind the ball.

SHOULDER PASS: is a one-handed pass used for speed and accuracy OVER LONG DISTANCES.

Even though it is called a Shoulder Pass, in actual fact, it doesn't come from the shoulder but it comes from level with the shoulder just out to the side.

A shoulder pass can be difficult at first, make sure you follow through with their throwing arm in the direction of the pass. Make sure you do not let their arm follow through going across their body - THIS WILL AFFECT YOUR ACCURACY.

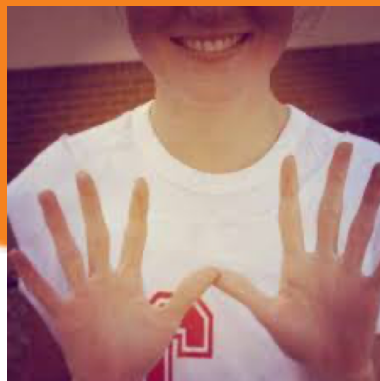
When doing a shoulder pass, get the ball straight up into position, concentrate on dominant hand. Pushing the ball with one hand.

HOW TO DO A SHOULDER PASS

1. Place your throwing hand behind the ball with your fingers spread
2. Ensure your arm is creating a right angle
3. Step forward with the opposite leg to your throwing arm and transfer your body weight forward
4. Ensure your pass is flat and direct to your partner - you will accomplish this by fully extending your arm and pointing your fingers where you want the ball to go
5. Your elbow should maintain a high position just below the line of the shoulder
6. Upon release, your hand and fingers should be extended and pointing towards the direction you want the ball to go

Click on the [link](#) which demonstrates how to do a shoulder pass.

Remember when catching the ball - use 'W' fingers or butterfly fingers and then bring the ball back to your chest with both hands to protect the ball.

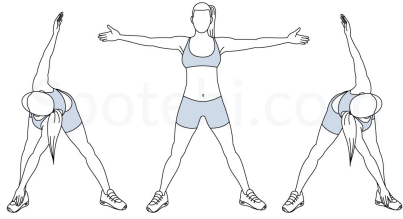


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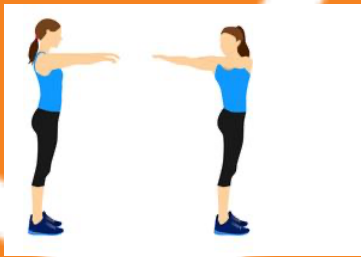
WARM UP	
The Knee Program - a Netball Australia Initiative	Reps
Jog forwards and backwards. Click on link to see how it is done. If you are doing this session alone put a water bottle about 5 metres in front of you and use it for whole knee program.	3 times
Butt flicks forwards and backwards. Video	3 times
Forward-backward shuffle (Very similar to FAST FEET in the FITNESS section) Video	30 seconds X 3
Dynamic stretching	
Alternate toe touches, torso turns, forward and backward arm circles, right and left leg swings, shoulder shrugs	6 times per exercise
TWO-HANDED CATCHING DRILL	
<ol style="list-style-type: none"> 1. Throw the ball in the air above your head and then catch it with your butterfly or 'W' fingers. Video 2. Throw the ball in the air above your head, and then clap your hands and then try and catch the ball with your butterfly or 'W' fingers. Video 3. Only once you have mastered Drill 2, try and clap your hands twice before catching the ball. Video <p>REMEMBER: Eyes on the ball; hands towards the ball; fingers forward and spread out with thumbs behind the ball ('W' shape) and pull ball towards the body after you have caught it</p>	Catch the ball 10 times continuously per drill (without dropping it). Do not start the next drill until you have mastered the first drill.
SHOULDER PASS (SP)	
WARM UP SHOULDER PASS DRILL	
This is a drill you do against a wall. Stand about 50cm from the wall. Hold your arm at right angles with the ball in it. And flick your wrist, throwing the ball against the wall and then catch it with two-handed 'W' fingers. Video	Do 20 and then try and do it with the other hand.
SHOULDER PASS DRILL	
Grab a family member, a neighbour or a brick wall and practise a shoulder pass. Make sure you are standing about 3 metres from your partner or wall. Ensure that you have read the instructions properly and have watched the link on how to do a shoulder pass. Ask an adult or an older sibling to check your technique.	Start at 20 SPs, add an extra 5 SPs every time you practice this. Then try 5 with the other arm.
FITNESS DRILLS	
FAST FEET - You will need a partner or family member for this drill. Start with fast feet on the spot with your chin up, looking straight ahead. Your partner yells either RIGHT (jump with your right foot forward, and jump back quickly to fast feet) or LEFT (jump with left foot forward, and then jump back quickly to fast feet) or UP or DOWN. Keep your feet hip distance apart when jumping. Watch this video for a demonstration.	Do FAST FEET for 30 seconds on, 15 seconds break. Do it 4 times.
FIGURE 8s - you will need 2 cones or 2 shoes or 2 water bottles to do fast feet around. Put them about 50cms apart. We are now going to do fast feet around the cones, making sure you are always leading with the outside foot; i.e. if you are doing fast feet and moving left, lead with your left foot, never cross your feet over each other. Keep your eyes up as much as you can during this drill like you are waiting for the ball to come to you. Video	Do FIGURE 8s for 30 seconds and then have a 15 seconds break. And do this drill 4 times.
FIGURE 8s WITH LATERAL HOP - Do fast feet around the cone, do FIGURE 8s and then you will add in a lateral hop. You will step, step in between the cones and then hop onto the outside leg and then step, step and then hop onto the other leg. Make sure you land nice and strong with the knee bent, it is important that the knee isn't wobbling around. If the cones are too far apart just add in a few more steps before you hop. Video	Do 2 Figure 8s and then do 2 sets of hops and repeat this drill for 1 minute and then break for 30 seconds, do it 3 times.
COOL DOWN	
Child's pose, wall calf stretch (both legs), standing quad stretch (both legs), cross body arm stretch (both arms)	Hold for 20 seconds each stretch
CHALLENGE	
The Challenge for Week 1 – how many of the warm up shoulder passes can you do without dropping the ball? If it is too easy, try using the other hand. Make sure you let me know how you go, I would love to hear from you!	

WARM UP

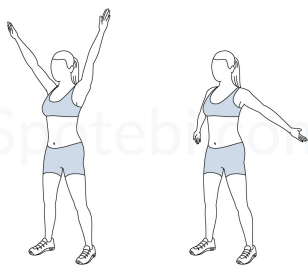
Alternating toe touches



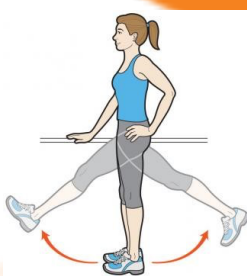
Torso Turns



Arm Circles



Leg Swings

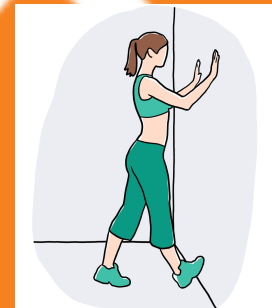


COOL DOWN

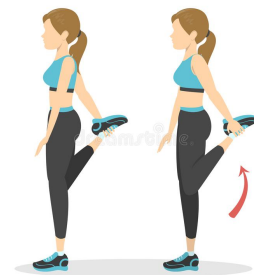
Child's Pose



Wall Calf Stretch



Standing Quad Stretch



Cross Body Arm Stretch

