

WEEK 1 - Level 2 Session

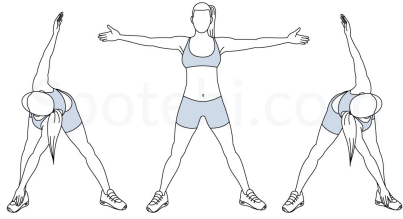
WARM UP	
The Knee Program - a Netball Australia Initiative	Reps
Jog forwards and backwards. Click on the link to see how it is done. If you are doing this session alone put a water bottle about 5 metres in front of you and use it for whole knee program.	5 times
Butt flicks forwards and backwards. Video	5 times
Forward-backward shuffle (Or Fast Feet in the FITNESS section) Video	30s on, 15s break 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
SHOULDER PASS (SP)	
Warm Up Shoulder Pass Drill – Level 1	
This is a drill you do against a wall. Stand about 30cm 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 If you do 50 'throws' successfully with both wrists, then you can progress to Level 2.	Do 10 and then try and do 10 with the other hand. Do it 5 times so you end up with 50 flicks on each hand.
Warm Up Shoulder Pass Drill – Level 2	
Stand about 30cm 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 catching it one-handed with same throwing hand. Then switch to the other hand. Video	Do 10 flicks on both wrists X 10. You end up doing 100 flicks on each hand.
Shoulder Pass Drills Against the Wall – for those training on their own	
Please click this link to review a Shoulder Pass before you start these drills.	
1. BASIC SHOULDER PASS against the wall – make sure you are about 3 metres away from the wall, remember when catching the ball meet it out in front with fingers spread out, thumbs behind the ball and pull the ball back to chest to protect the ball - Video	Do 20 on dominant arm and then 10 on other arm, do 5 times
2. TAKE, TURN & OFFLOAD against the wall – you are about 3 metres from the wall with your back to the ball. You throw the ball up into the air to yourself, jump to catch it and then turn and throw a shoulder pass against the wall. Video	Do 20 on favoured arm and then 10 on the other arm, do it twice
This next drill is for you more experienced netballers.	Do 10 on each arm.
3. MOVEMENT & SHOULDER PASSING – Watch this video first. Start at an angle to the wall. Pass the ball on an angle and then run and catch it. Make sure you plant your outside foot when you catch the ball on the run, then pivot all the way around, only when you are back facing the wall do you do the next shoulder pass against the wall, run catch, landing on your outside foot and pivot.	
Shoulder Pass Drills with a partner	
Please click this link to review a Shoulder Pass before you start these drills.	
1. BASIC SHOULDER PASS with a partner – stand about 3 metres from each. Remember when catching the ball meet it out in front with fingers spread out, thumbs behind the ball and pull the ball back to chest to protect the ball	Do 20 on dominant arm and then 10 on other arm, do 5 times
2. TAKE, TURN & OFFLOAD with a partner – you are about 3 metres away from your partner. With your back to your partner, you throw the ball up into the air to yourself, jump to catch it and land ICE, CREAM (or 1, 2) and then turn and throw a shoulder pass to your partner. After your partner catches the ball, you turn around and have your back to them, they throw the ball up into the air to themselves, jump to catch it, land ICE, CREAM and then turn and pass the ball back to you. Keep repeating. Video for the demonstration against a wall.	Do 20 on favoured arm and then 10 on the other arm, do it twice
This next drill is for you more experienced netballers.	20 passes each
3. SHOULDER PASS SIDE TO SIDE –. There will be a thrower and a worker and then you swap. The worker and thrower stand opposite each other about 3 metres apart. The thrower will throw the ball in front of the worker as they run from side to side. Always come back to the centre, and reset and then run to the other side. It is important, that when landing you catch the ball in the air and land with your outside foot. That is, if moving left, you land on your left foot and if moving right, you land on your right foot. ADD ON: To make this even harder try when you moving left and land with the left outside foot, throw a shoulder pass with your left hand and then when you move right and land with your right outside foot, throw a shoulder pass with your right hand.	
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 30s on, 15s break. Do it 4 times.

WEEK 1 - Level 2 Session

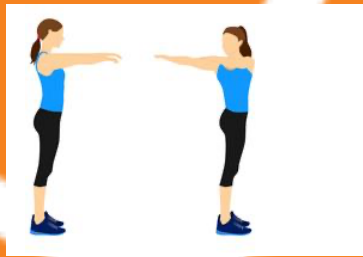
<p>FIGURE 8s - you will need 2 cones or 2 shoes or 2 water bottles to do fast feet around. Put them about 50cms apart.</p> <p>You are now going to do fast feet around the cones, making sure you are always leading with the outside foot; i.e. if you are doing fast feet and moving left, lead with your left 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</p>	<p>Do FIGURE 8s for 30s and then have a 15s break. And do this drill 4 times.</p>
<p>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</p>	<p>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.</p>
<p>FAST FEET WITH LATERAL MOVEMENT – You will need 3 cones or shoes or anything you can gather. You will also need a family member or neighbour. You start in the middle cone, doing fast feet. Then your partner yells out either Right or Left. You drive out to the cone, turning your hips to face the cone (no sideways or crab-like movements), and plant that outside foot. Remember your outside foot is the same foot the way you are moving. If you are moving left it is your left foot, if you are moving right it is your right. Make sure you drive back to the middle quickly and start fast feet waiting for your partner to make their next call. Video</p>	<p>Do this drill for 1 minute with a 15s break X 3</p>
<p>COOL DOWN</p>	
<p>Child's pose, wall calf stretch (both legs), standing quad stretch (both legs), cross body arm stretch (both arms)</p>	<p>Hold for 20 seconds each stretch</p>
<p>CHALLENGE</p>	
<p>The Challenge for Week 1 – how many warm up shoulder passes or flicks you can do in a row on each hand in 1 minute? To make it even harder move closer to the wall and then let me know how many you can do without dropping the ball? If you tried the more experienced drill, I want to hear. But please remember it is always about correct technique FIRST!!! So make sure you are an expert on the easier drills before you try the harder drill. Make sure you let me know how you go, I would love to hear from you!</p>	

WARM UP

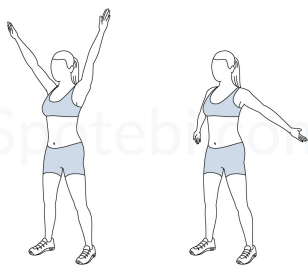
Alternating toe touches



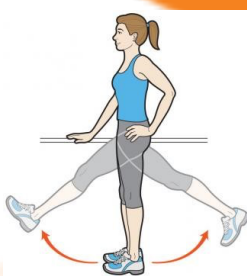
Torso Turns



Arm Circles



Leg Swings

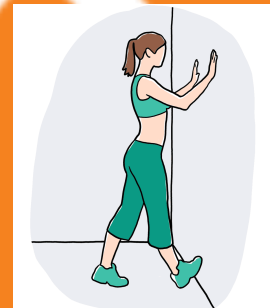


COOL DOWN

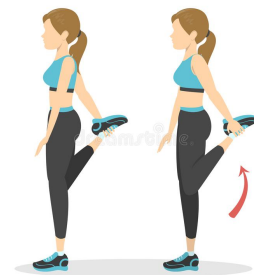
Child's Pose



Wall Calf Stretch



Standing Quad Stretch



Cross Body Arm Stretch

