

NETBALL TASMANIA

HOME PROGRAM

WEEK BEGINNING 30TH MARCH 2020

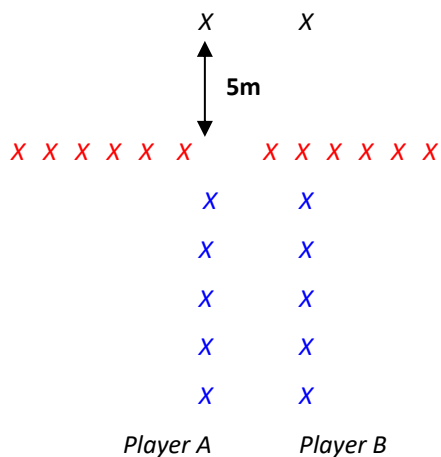
MONDAY	Skill Session + Conditioning Session #1
TUESDAY	REST
WEDNESDAY	Skill Session + Conditioning Session #2
THURSDAY	REST
FRIDAY	Skill Session + Conditioning Session #1
SATURDAY	Conditioning Session #2
SUNDAY	REST

WARM UP

This can be determined by you, but should include the following:-

- Run Throughs
- Static Stretches
- Dynamic Stretched

Foot Work 1



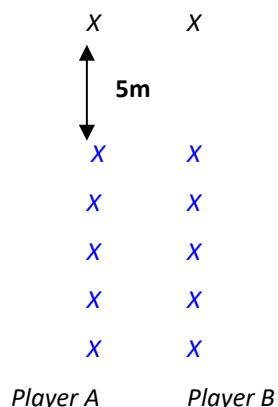
Repeat each activity x 2 (walk back recovery)

- Single stride over **Blue cones**, then sprint to far cone X
- Lateral L & Right over **Blue cones** then sprint to far cone X
- Double Jump over **Blue cones** then sprint to far cone X
- Straight run over **Blue cones**, Lateral run over **Red cones**, sprint to far cone X

Coaching Note:

- *Race against the person beside you (if appropriate)– 100% intensity*
Stride Length – Short to long (Gears 1,2,3,4)
- *Arm Movement – Bent Arms, straight movement (Don't cross over the body)*
- *Body Lean – Slightly forward*
- *Explosive take off – Drive arms through, focus on turnover.*
- *Eyes Up*

Foot Work 2



Repeat each activity x 2 (walk back recovery)

- e) Laying flat on the ground with hands under chin, get to feet quickly - Single stride over **Blue cones**, then sprint to far cone X
- f) Facing away from cones, turn quickly Lateral L & Right over **Blue cones** then sprint to far cone X

Ball Skills - warm up

- Stand 0.5m away from wall, complete 25 wall taps using your right hand only. Work in an arc from above head down to waist level. Flick ball using fingers/wrist.
- Stand 0.5m away from wall, complete 25 wall taps using your left hand only. Work in an arc from above head down to waist level. Flick ball using fingers/wrist.
- Stand 0.5m away from wall, complete 50 wall taps using your right and left hand only. Work in an arc from above head down to waist level. Swap hands at top of arc. Flick ball using fingers/wrist.
- Stand 1m away from wall, complete 25 wall taps using your right hand only. Work in an arc from above head down to waist level. Flick ball using flingers.
- Stand 1m away from wall, complete 25 wall taps using your left hand only. Work in an arc from above head down to waist level. Flick ball using flingers.
- Stand 1m away from wall, complete 50 wall taps using your right and left hand only. Work in an arc from above head down to waist level. Swap hands at top of arc. Flick ball using fingers/wrist.

Ball Skills – Development

Each drill in the following program has been designed so that you can complete them on your own (against a wall) or with a training partner if you have one.

Although the drills are very simple, they are aimed at sharpening your essential skills and footwork.

Every session complete – focus on balance, speed, power & accuracy

30 x chest passes
30 x right-handed shoulder passes
30 x left-handed shoulder passes
30 x two handed over head passes
20 x bounce passes

Hooks

Stand 3 feet from the wall. Pass ball against wall and catch one handed (meet ball early and hook ball into both hands)

Complete 20 right hand / 20 left hand

*vary height of the ball

Repeat x 2

Running on the spot

Pass ball against the wall 2 handed (quickly)

Work 30 seconds / Rest 30 seconds

Repeat x 4

Assume a sidestep position approximately 4 – 6 feet away from the wall.

Pass ball rapidly against wall whilst quickly sidestepping to receive pass in a straight line.

Complete 10 passes moving to the left / 10 passes moving to the right

Rest 30 seconds

Repeat x 3

Stand 3 feet (1metre) away from the wall. Throw the ball 1 – 2 feet to the right

Step onto right foot, catch the ball with the right hand (or 2 hands) and balance on right foot for 3 seconds

Repeat sequence throwing the ball to the left

Do 20 successful attempts to each side

*concentrate on strong/upright position when balancing

Conditioning Plan

In addition to the skills work above, we have put together a conditioning portion of the program to be completed after the skills work or as a separate session. With 2 conditioning options it would be ideal to complete 3-4 sessions per week, alternating session 1 & 2, for example:

MONDAY	Skill Session + Conditioning Session #1
TUESDAY	REST
WEDNESDAY	Skill Session + Conditioning Session #2
THURSDAY	REST
FRIDAY	Skill Session + Conditioning Session #1
SATURDAY	Conditioning Session #2
SUNDAY	REST

Conditioning Session 1 – 30 mins, 2.4km

The conditioning sessions will try and replicate the work that was being completed in the morning conditioning sessions for the initial block. Like with the morning conditioning sessions, these drills are best alternated so it breaks up the session a bit

Complete drill #1, have 60sec-90sec break
Complete drill #2, have 60sec-90sec break
Go back to drill #1 etc.

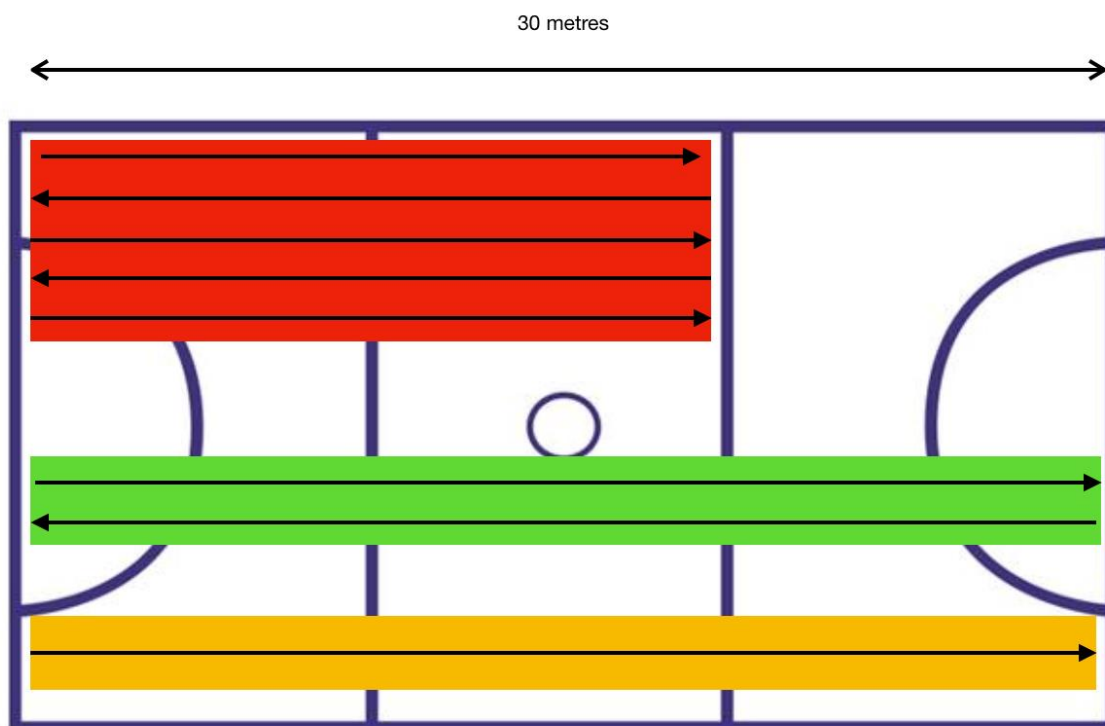
DRILL #1

The target running time is listed below along with the rest period – if you are completing the repetitions much quicker than the target time then start your rest time as soon as you finish. This drill (unlike the second drill) is a slow burn, so keep that in mind on the first couple of reps - make sure you are still hitting the targets by the 3rd time through.

IMPORTANT NOTE #1 –

If its impossible to access a court, use **BIG** steps to measure out the shuttle distances

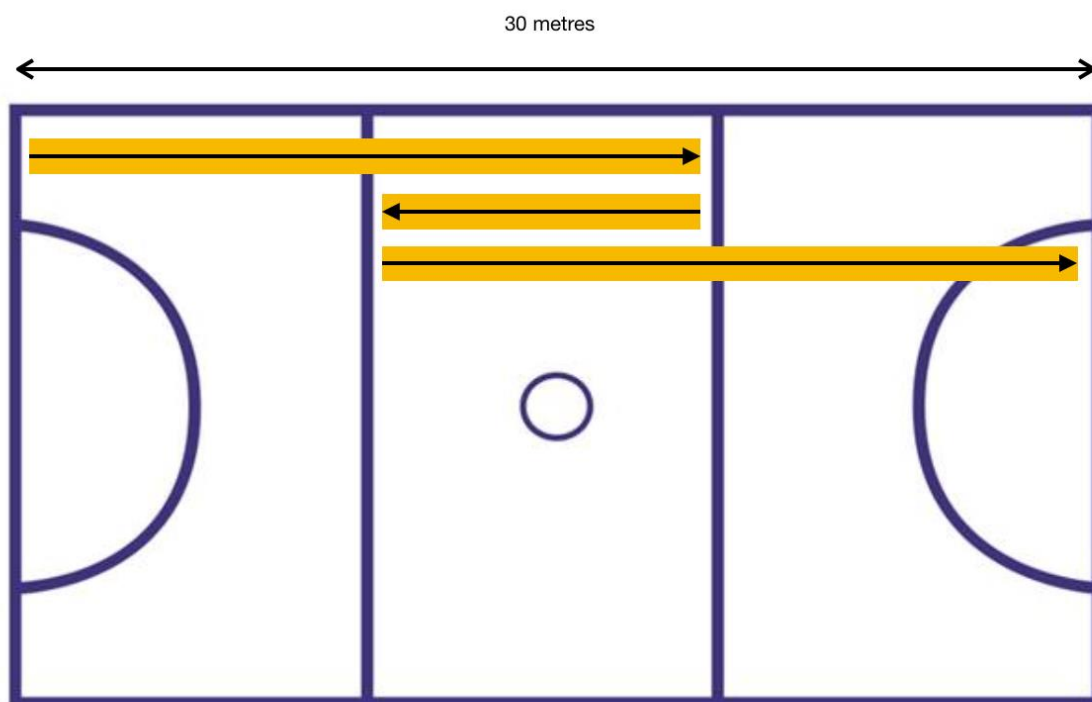
1. **Aerobic Shuttle Work** - 100m, 60m, 30m
 - a. 2x100m effort, 3x60m effort, 4x30m effort = 5.5min set x3 17min, 1.5km
- | | | |
|------|-----------------------------|---------|
| 100m | target = 30sec , 30sec rest | (60sec) |
| 60m | target = 15sec, 15sec rest | (30sec) |
| 30m | target = 7sec, 8sec rest | (15sec) |



DRILL #2

Sprint out to 2nd transverse, turn & sprint back to 1st transverse then change direction again and sprint to opposing baseline, then start the 2nd rep from that baseline. There is no set rest period with this drill and it is a much higher intensity drill. The silver lining is it finishes after a short 2 minutes!

2. **Anaerobic Shuttles** - 20m Up, 10m back, 20m Up x 6 = 2min x3
6min, 900m
 - a. Going every 20sec



Conditioning Session 2 – 30 mins

For the second conditioning session the aim will be to accumulate a longer, steady state session – ideally a road run/Fartlek style session where periods of lower intensity are interspersed with short, high intensity bursts. For example:

0-5 mins	JOG
5-10 mins	10 sec sprint every minute for 5 minutes Sprint 10 secs – Jog 50 secs (repeat 5 times)
10- 15 mins	JOG
15-16 mins	HARD RUN = Faster than a Jog
16-21 mins	JOG
21 -26 mins	10 sec sprint every minute for 5 minutes Sprint 10 secs – Jog 50 secs (repeat 5 times)
26-30 mins	JOG

The idea is to break up the session with a few higher intensity efforts but it is primarily a longer effort session to maintain an aerobic base. It can be completed as a road run or as a spin bike/cross training session if you have access to the equipment.

COOL DOWN

This is to be determined by you, but should include the following:

- Walk through
- Full Body Stretch
- Re-hydrate