

# NETBALL TASMANIA

## HOME PROGRAM

WEEK BEGINNING 13<sup>th</sup> April 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

## **Session Warm Up**

The warm up is designed to get your muscles warm and active for the session ahead and should be done prior to the skills component of the session or prior to the conditioning if done separately.

The warm up is comprised of 3 parts:

1. In-place warm up
2. Dynamic warm up
3. Speed improvement drills

Please do all components of the warm up in this order. It should only take 5-10mins to complete and builds off the conditioning sessions in the morning where we were working on speed technique. The warm up includes video walkthroughs for drills and have been loaded into your TeamBuildr for Tuesdays and Thursdays but can also be viewed below:

1. In-place warm up

<https://www.youtube.com/watch?v=OM30XU3opjg>

2. Dynamic warm up

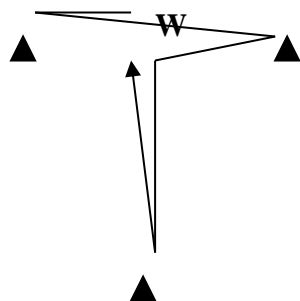
<https://www.youtube.com/watch?v=w7wfMGeX1cw&>

3. Speed improvement drills

[https://www.youtube.com/watch?v=qwvm7OY\\_n6s](https://www.youtube.com/watch?v=qwvm7OY_n6s)

## Foot Work

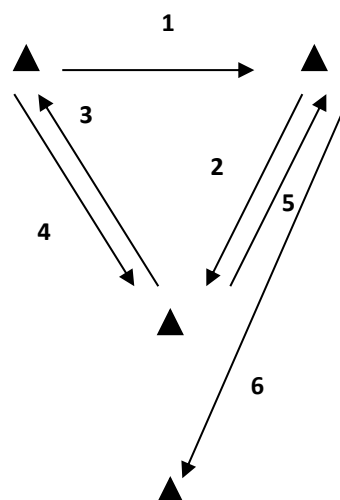
### Triangles



Cone 2- 4 metres apart

- Sidestep or crossover
- Sprint forward
- Sprint Backwards

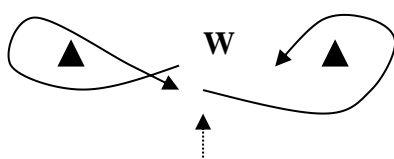
Add ball on forward lead if training with partner



1. Sidestep / crossover
2. Sprint
3. Backwards
4. Sprint
5. Backwards
6. Sprint

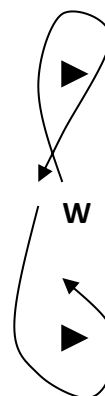
Add ball on forward lead if training with

### Figure 8's



T

- W to work around cones (and close to cones)
- T to pass ball in only on forward move if training with a partner
- Repeat x 5 each way



T

- W to work around cones (and close to cones)
- W to react to pass and come forward if training with a partner (Fwd = Flat ball / Bwd = High ball) (Circling cones only)
- Reduce to 1 metre  
Fwd = straight at ball / bwd =weave  
Work 30 secs x 5

### **Skills - warm up on wall (or with partner)**

- 30 stationary dribbles (basketball style) right hand & 30 dribbles left hand
- 50 walking / running dribbles randomly alternating right & left hand
- Stand 0.5m away from wall, complete 25 wall taps using your right hand 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 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 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand) Work each ball in an arc from above head down to waist level. Balls to hit the wall simultaneously.  
(if you only have 1 netball alternate hands on each tap – work ball above your head, arms on full stretch)
- Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand) Work ball in left hand as quickly as possible and ball in right hand slowly. Work other hand.  
(if you only have 1 netball perform as above alternating hands after 5 taps)

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

Stand facing the wall

Jump 2 feet sideways / 2 handed pass onto the wall and catch

Repeat quickly moving from side to side

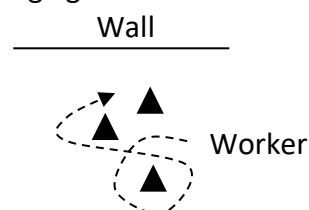
Work 30 seconds / rest 30 seconds

Repeat x 4

\*Variation – jump back and forward

Move around obstacles / cones with head up whilst passing against the wall.

Work 30 seconds / rest 30 seconds



Face away from the wall

Throw the ball up to yourself, catch, and pivot and immediately pass to hit a designated target on the wall (if working with a partner – the partner is to be on the move)

20 x chest passes

20 x Shoulder passes



Must be successful hits

\*ensure you vary pivot foot – left and right

Walk along a straight line throwing the ball up to yourself (at least 3 feet / 1 metre)

Jump, catch and land on 1 foot – hold balance for 3 seconds

Repeat and land on opposite foot

Complete 15 left foot / 15 right foot – eyes open

Complete 15 left foot / 15 right foot – eyes closed

## Conditioning Session 1 – 15mins, 1km

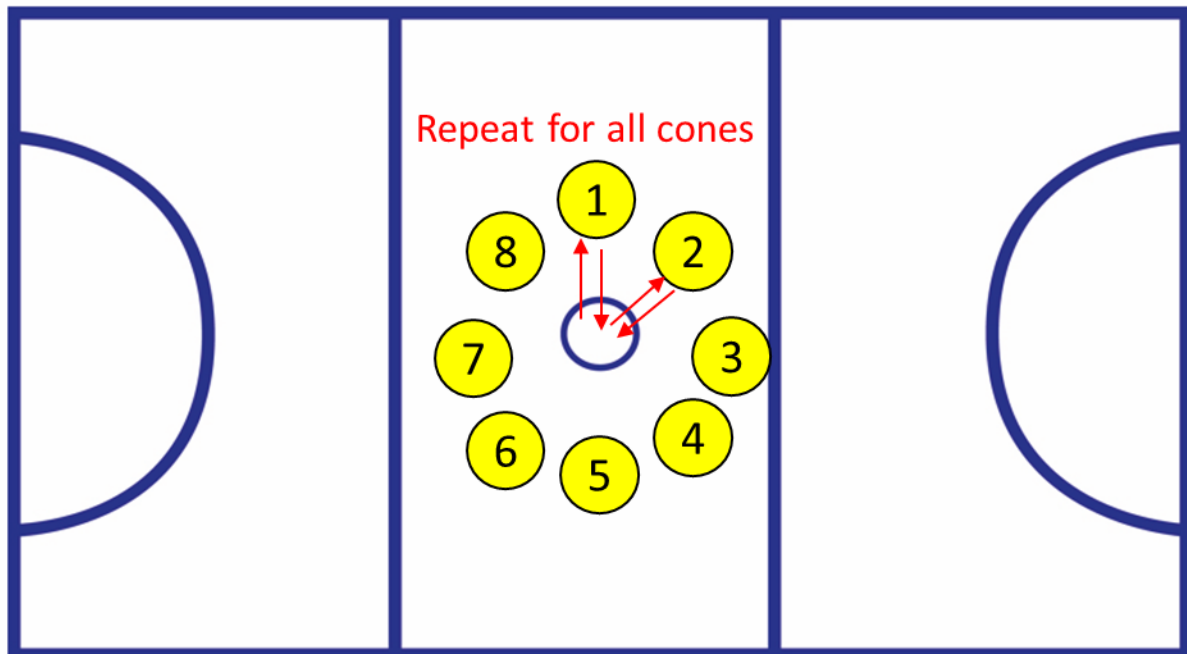
The conditioning sessions will build on the anaerobic, short-sharp work we began with last week.

### Drill #1 – Clock drill 8 points

Starting from a central point, mark out 5m to the north, east south and west of this with a cone or other object. Mark another four points 5m away from the central point so that you have 8 markers around you in a star / clock shape. Start a timer and run out and back touching each cone in order returning to the central point after each touch. Once completed your last shuttle that is one effort and you rest until the next effort begins. To make this drill more difficult have someone yell out which cone to run to each time.

- Start an effort every 60 seconds
- Whatever time is left over from end of effort until next one is rest
- Complete 2 sets of 6 efforts (6mins)
- 3mins rest between sets

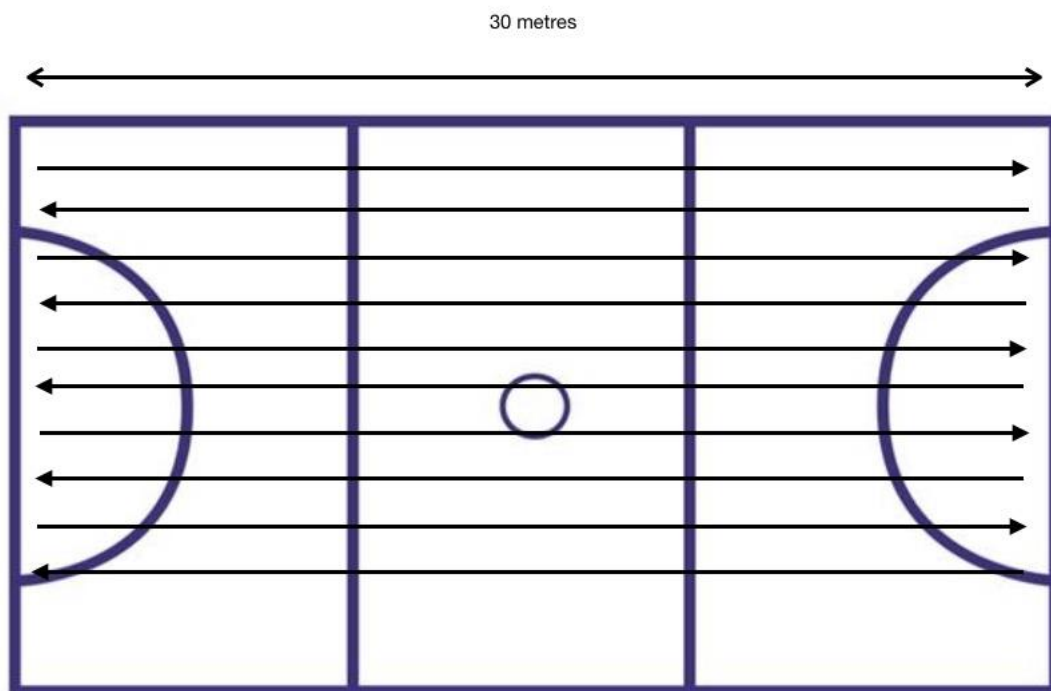
**IMPORTANT NOTE** – Use **BIG** steps to measure out the shuttle distances.



**Drill #2 – 10 in 1 – 8mins, 1.2km**

Mark out 30m distance. You have 1 minute to repeatedly cover the 30m distance a total of 10 times (i.e. 5 x up and back).

- 60 seconds (1min) to cover 30m distance 10 times
- Once completed rest for 1 min
- Repeat for a total of 4 sets resting a minute after each minute effort.



## **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