

NETBALL TASMANIA

HOME PROGRAM

WEEK BEGINNING 27th April 2020

Home Program #3

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

Foot Work

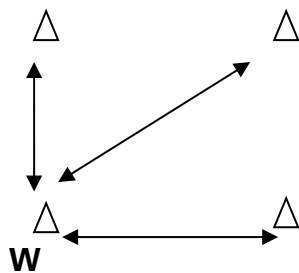
All hard sprints with different types of movement.

- 10 x 5m up, 5m back, 5m up, 5m back
- Rest 30 secs between sets
- If working in groups of 2 work 1:1

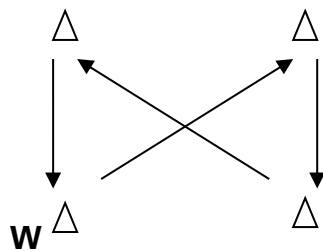
Make a square with cones of 4m x 4m. Complete each movement x 4 each side with 30 seconds rest between reps.

If working in groups of 2 work 1:1

- Sprint forwards, backwards to start, sprint diagonally to cone and back to start (face forward entire movement) then sidestep to lateral cone and back to start.



- Sprint diagonally to cone, backwards to cone behind, jump, sprint diagonally to cone, backwards to cone behind and jump



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, around your back, between your legs etc.
- 20 x roll ball along the ground pick it up and then immediately throw it up into the air, jump and catch ball at full height
- 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 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 (high) shoulder height and above and ball in right hand low (chest height and lower). Alternate sides and repeat

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

****Throw a fake before every second pass.**

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 approx. 3 feet away. Throw the ball continually against the wall at varying spots, i.e. high, low, right, left etc.

React quickly – thrusting hands out to meet the ball and snatch it in.

Complete 15 passes Rest 30 seconds

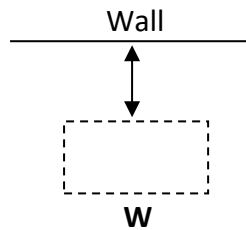
Repeat x 3

Step in a square pattern and pass the ball 1 or 2 handed quickly against the wall.

Work 30 seconds / rest 30 seconds

Repeat x 4 moving to left

Repeat x 4 moving to right



Stand with your back to the wall (approx. 4 feet or 1.3 metres away)

Throw the ball over your head, turn and jump to catch.

Work 30 seconds / rest 30 seconds

Repeat x 3

*vary angle that you throw the ball

Facing wall and standing on right leg only (left leg slightly bent)

20 successful consecutive chest passes. Change leg and repeat

20 successful consecutive shoulder passes. Change leg and repeat

Stand 6m from wall, complete 15 shoulder passes (dominant side) and 15 passes (non - dominant side) against wall. Drive forward and catch ball after each pass. Aim for speed and accuracy.

Conditioning Session 1 – 30mins

As with the last couple programs – the first conditioning session is much higher intensity work. It is best completed with shuttle type running on a court, but that doesn't mean it can't be completed on a road or oval – you will just need to be a bit creative.

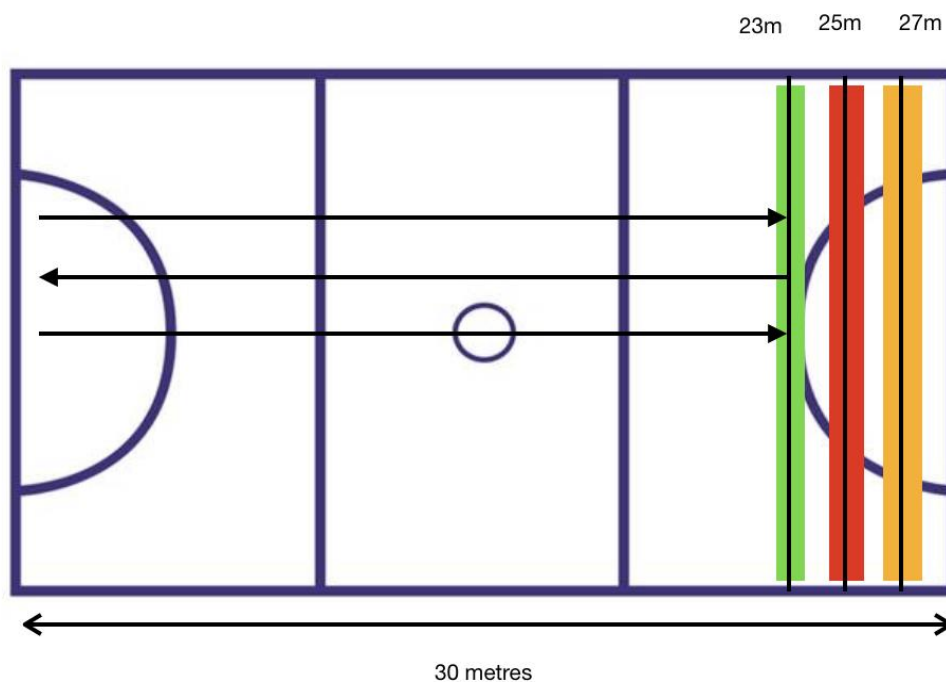
DRILL #1

The most important feature for the first drill is that we are working to the scheduled time – **20 seconds sprint: 10 seconds walk/jog x 8 efforts.** This should account for all the hills in Upper Montrose or only having an oval to run around. As long as you can time the effort, the drill can be completed.

IF you do have a good space to do the conditioning and you want to be more specific to your ability level on the Yo-Yo test, I have included some targets for shuttle distances. If you do the shuttle version, rest = standing for 10s. An example has been illustrated below...

IMPORTANT NOTE #1 – If using shuttles - Use BIG steps to measure distance

1. ***DRILL 1 – (20s work: 10s rest x 8) then 1min rest – Repeat x 3-4***
 - a. Yo-Yo Level 13-14, 3x23m:
 - b. Yo-Yo Level 15-16, 3x25m:
 - c. Yo-Yo Level 17-18, 3x27m:

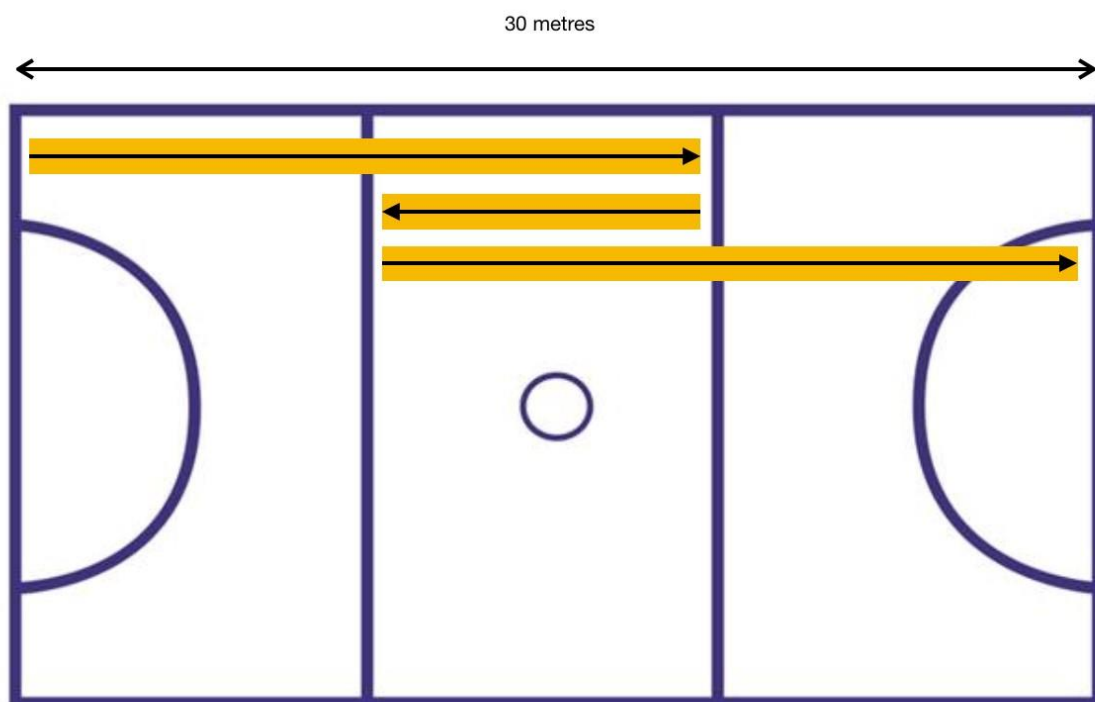


DRILL #2

We did this the 1st home program – so we will do a few more this program!!

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 3 minutes.

1. **Anaerobic Shuttles** - 20m Up, 10m back, 20m Up x 9 = 3min
 - a. Going every 20s



Conditioning Session 2 – 30 mins

This is the same as the last fortnight.

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