



NETBALL TASMANIA

HOME PROGRAM

WEEK BEGINNING 11th May 2020 Home Program #4

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

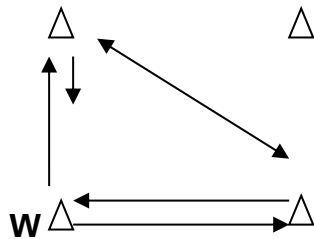
All hard sprints with different types of movement.

- 10 x 5m up, 5m backwards run, 5m up, 5m backwards run (keep weight forward when backwards running)
- Rest 20 secs between sets
- If working in groups of 2 work 1:1

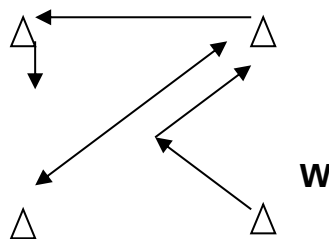
Make a square with cones of 4m x 4m. Complete each movement x 4 each side with 30 seconds rest between reps.

If working in groups of 2 work 1:1

- a. Side - step to cone beside, sprint diagonally to cone and roll off back to last cone, side step back to start cone, sprint forward and 2 back and jump.



- b. Sprint to middle of square and push off to cone in front, diagonal run back to cone, push off back to cone just left, sidestep across and 2 back and jump.



Skills - warm up on wall (or with partner)

- 30 wraps around the body – start at ankles then work up and down body as quick as possible / change direction & repeat
- 50 walking / running dribbles randomly alternating right & left hand, around your back, between your legs etc
- 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.
- 20 x roll ball along the ground pick it up and then immediately throw over your head, chase & pick up before ball bounce twice
- Stand 3m from wall, complete 20 under arm sling passes (dominant and non-dominant sides).
- Throw ball out in front randomly – take off quickly and pick ball up cleanly – repeat x 20 quickly (challenge your self by throwing ball minimum 3 - 5 meters)

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 one hand out to meet the ball and hook into two hands.

Complete 15 passes Rest 30 seconds

Repeat x 3

Stand 4 foot from wall

Bounce the ball low against the wall, catch it, and then immediately throw ball high against the wall.

Jump off two feet and catch the ball whilst in the air.

Repeat continuously Work 30 seconds / rest 30 seconds

Repeat x 3

Stand 6m from wall, complete 15 shoulder passes (dominant side) and 15 passes (non-dominant side) against wall. Face away from wall, throw ball to self, take and pivot quickly (vary pivot foot). Fake the pass then pass and hit target on the wall. Drive forward and catch ball after each pass. Aim for speed and accuracy.

Repeat above activity – replace throw the ball to yourself with pick up loose ball

Throw the ball up and minimum 3 metres out in front – land on one foot, balance and hold for 3 seconds. If doing it easily throw ball out further.

Repeat x 10 each leg

Conditioning Session 1 – 12 mins, 1km

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.

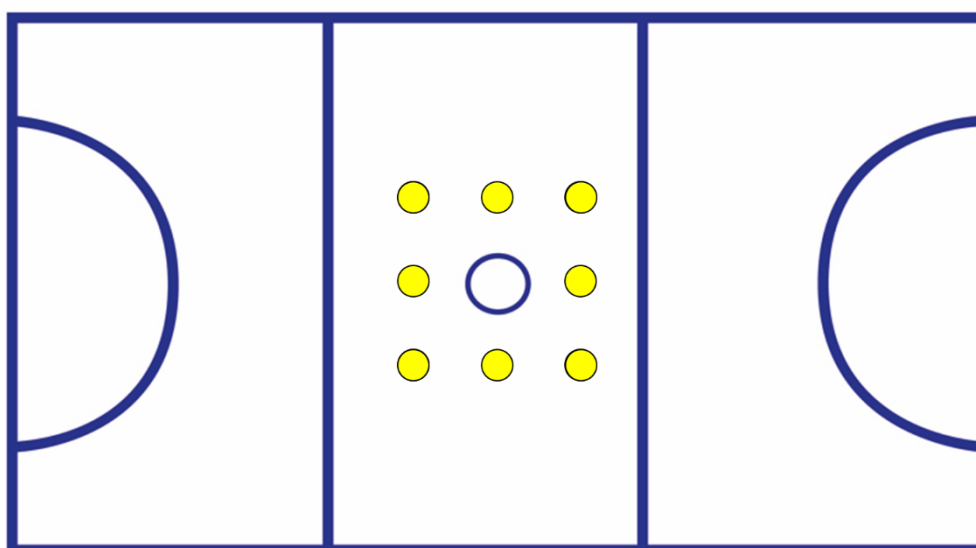
DRILL #1 – All Netballers Don't Like Canberra (ANDLC)

Mark out a grid 5m x 5m and place an additional cone at each 2.5m interval except the centre space to make an 8-cone grid. Starting at the bottom left corner on the outside of the grid you will be running 5 distinct routes shaped like the letters A-N-D-L and C. You will always start and finish in the same position.

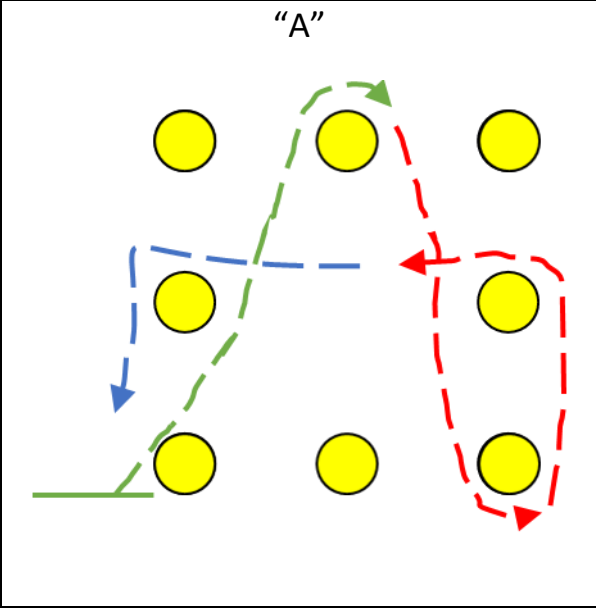
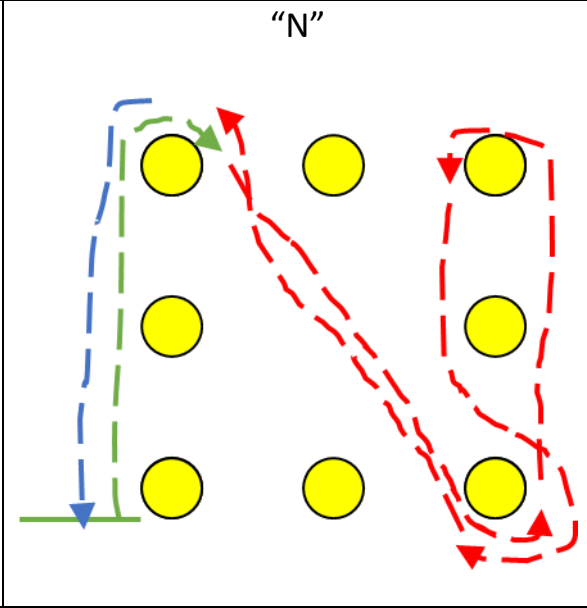
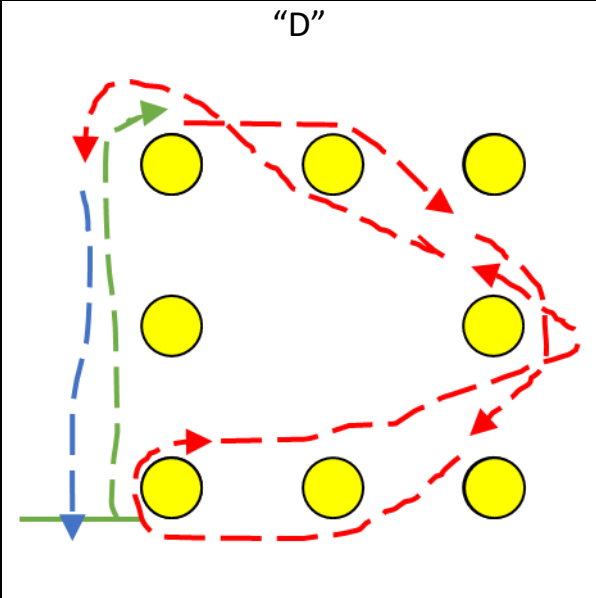
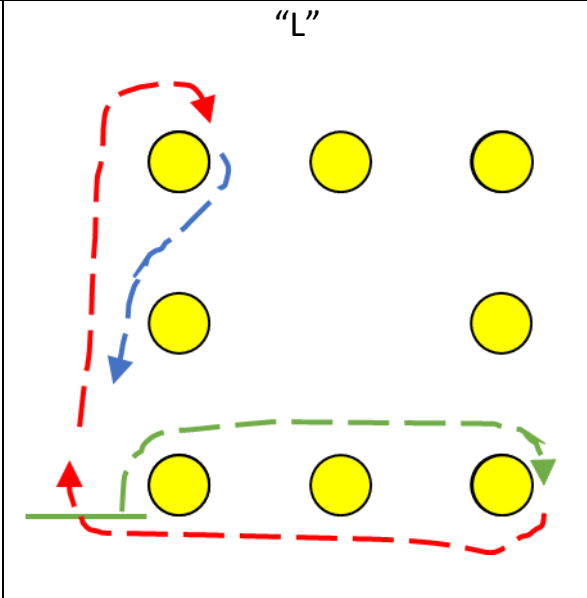
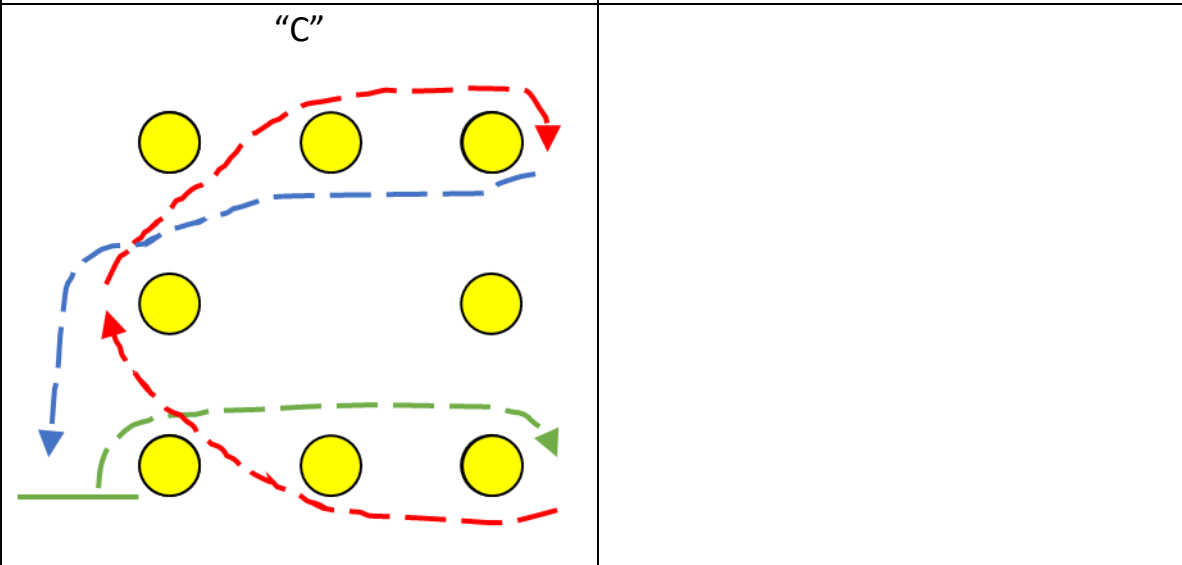
- You have 10 seconds to complete a letter route
- 10 seconds rest
- Move onto the next letter route in the order ANDLC and repeat
- Complete in this order until you have done 3 efforts of each letter route
- Rest for 2 minutes and then repeat another 3 efforts of each letter route
- Each letter route is provided below – the green line represents your start and finish position. The green path represents your first movement and the blue line represents your final movement to the finish.

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

Setup – Drill 1:



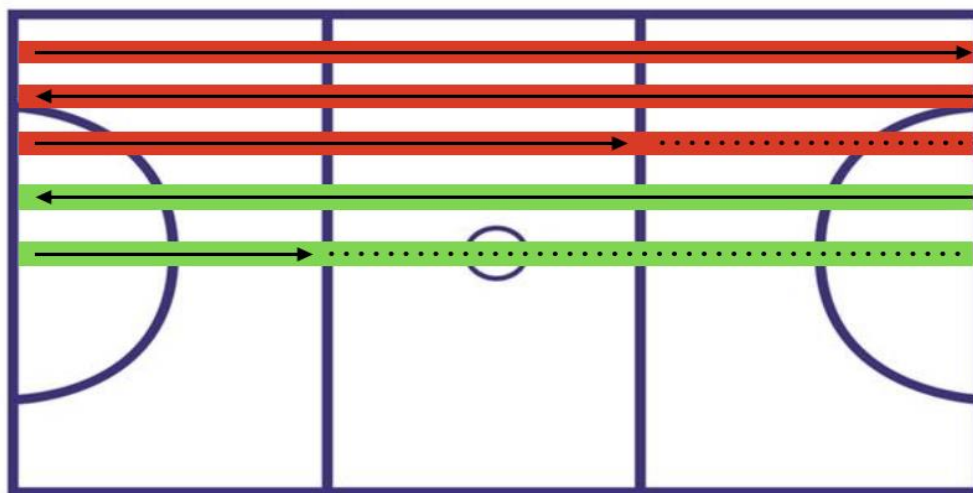
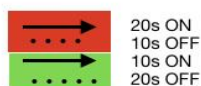
Letter Routes – Drill 1:

<p style="text-align: center;">"A"</p> 	<p style="text-align: center;">"N"</p> 
<p style="text-align: center;">"D"</p> 	<p style="text-align: center;">"L"</p> 
<p style="text-align: center;">"C"</p> 	

DRILL #2 – 2-1-1-2 – 15 mins, 1.7km

Use 4 x cones to mark out 0-10-20 and 30m marks. Use the 0 and 30m cones as your baselines and your 10 and 20m cones as your transverse lines. Starting at your favourite baseline, you have 20 seconds to cover as much ground as possible changing direction every time you hit a baseline. Rest for 10 seconds as you reset to the nearest line be it transverse or baseline. You then only have 10 seconds to cover as much ground as possible, similarly changing direction each time you reach a baseline. You then have 20 seconds rest as you reset to the nearest line be it transverse or baseline and repeat.

- 20 seconds ON, 10 seconds OFF, 10 seconds ON, 20 seconds OFF
- Aim to cover as much ground as possible change direction each baseline (30m covered) and reset to the nearest line / cone during rest.
- Repeat the whole 20-10-10-20 sequence 6 times for 1 set.
- Complete 2 sets separated by 3mins rest.



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