



NETBALL TASMANIA

HOME PROGRAM

WEEK BEGINNING 25th May 2020

Home Program #5

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

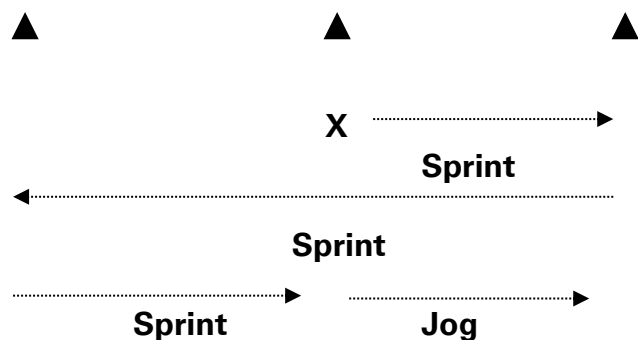
<https://www.youtube.com/watch?v=w7wfMGeX1cw&>

3. Speed improvement drills

https://www.youtube.com/watch?v=qwvm7OY_n6s

Foot Work

Individual or Groups of 2



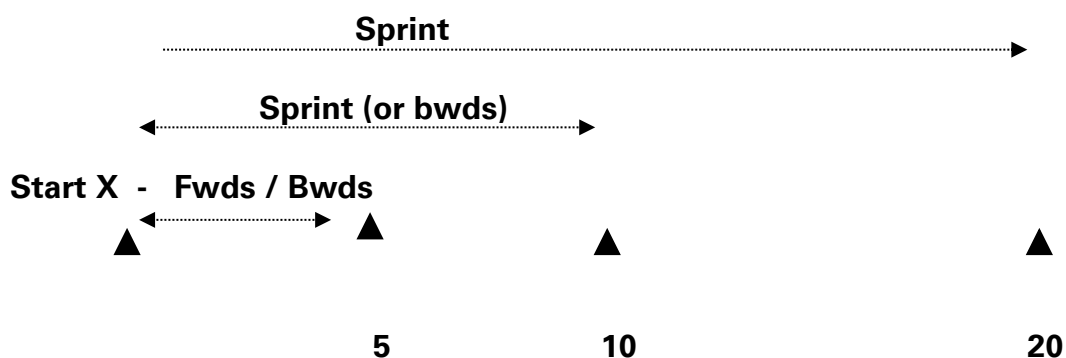
Have cones 5m apart

X completes circuit 1st then next player Y moves into middle to complete circuit

Individuals – complete 8 reps with 20 second rest between reps

Groups of 2 – Complete 8 reps each alternating between reps continuously

Individual or groups of 2



X completes circuit 1st then next player Y to start position into to complete circuit

Individuals – complete 8 reps with 20 second rest between reps

Groups of 2 – Complete 8 reps each alternating between reps continuously

Skills - warm up on wall (or with partner)

- 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.
- 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)
- Throw the ball high in the air, complete 1 full push up, get back to your feet and chase ball down before it bounces twice
Repeat x 6

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

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 4

Running on the spot

Pass ball against the wall 2 handed (quickly)

Work 30 seconds / Rest 30 seconds

Repeat x 6

Face away from the wall

Throw the ball up to yourself (or random loose balls), 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 chest passes

20 shoulder passes



Must be successful hits

*ensure you vary pivot foot – left and right

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 off mark, speed of pass and accuracy.

Place ball on ground, sprint away from ball for 5 metres, push off and sprint back to pick to pick ball up cleanly, balance and pass against to hit designated target (or pass to partner who is on the move).

Repeat continuously Work 40 seconds / Rest 20 seconds

Repeat x 3

Conditioning Session 1 – 30 mins

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. Try alternating the drills to break up the sessions a bit

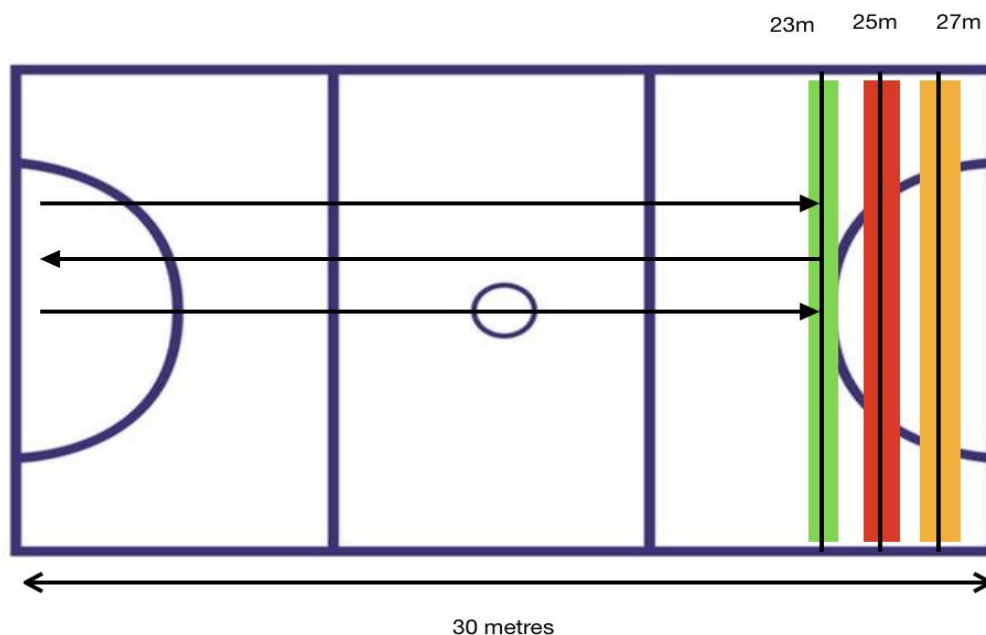
DRILL #1

The same drill we did in Home Program #3 - 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 10 efforts**. As before – the rugged terrain of Upper Montrose should be no issue, as long as we have a watch to time us.

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:

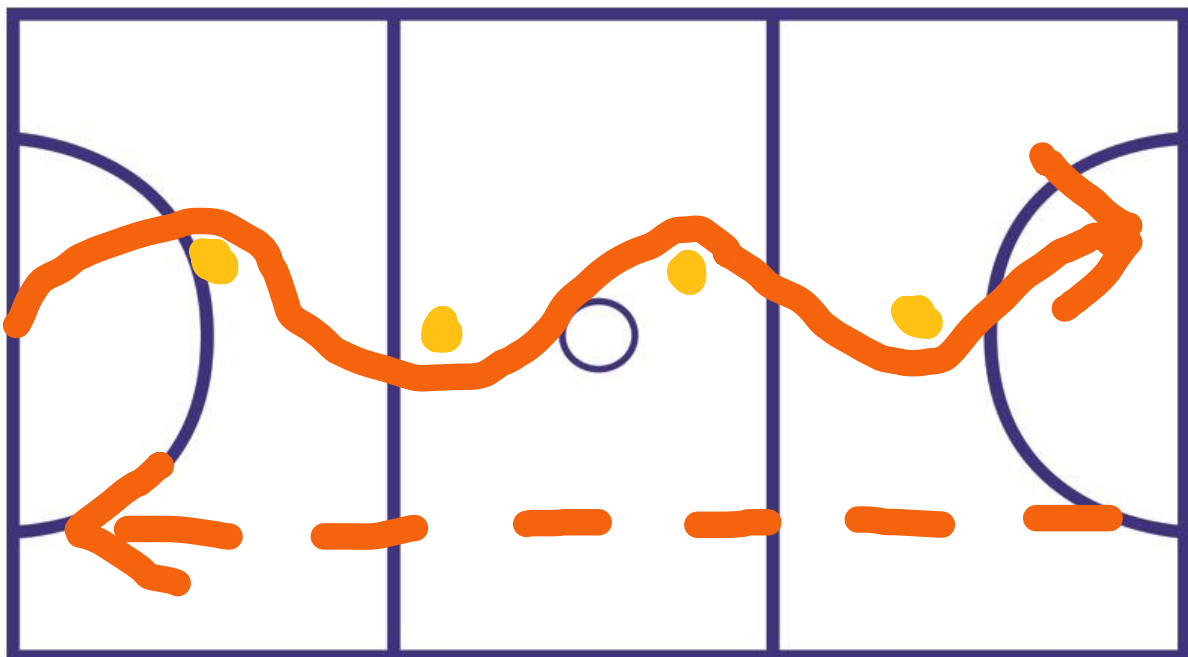


DRILL #2 – THE FIGURE “S”

This drill draws inspiration from the famous letter S – but can also be completed using different shapes if you struggle to remember what that looks like. Ideally have some markers set out to help direct the squiggles. The idea of the drill is to introduce some curved running into the repertoire in addition to all of our linear work- Sprint the solid line and then jogging the dashed line for the example illustrated below.

Due to everyone working with different running courses we are just going to work off time –

1. 60s running (Sprint the squiggles, quick jog back)
2. 15s walk back to the start) x 4 reps, repeat 2-3 sets



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