

NETBALL TASMANIA

HOME PROGRAM

WEEK BEGINNING 8th June 2020 Home Program #6

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>

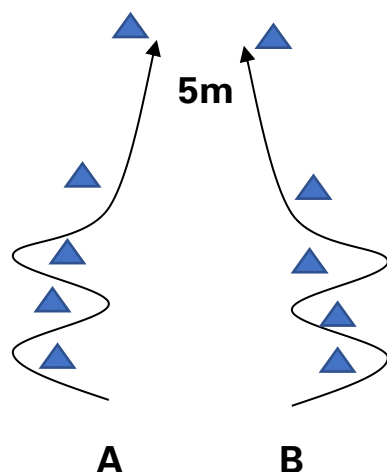
2. Dynamic warm up

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

3. Speed improvement drills

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

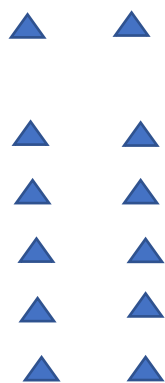
Foot Work



Coaching Note:

- Race against the girl beside you – 100% intensity
- Change of direction – Outside leg push off.
- Turn hips in the direction you want to run
- Arm Movement – Bent Arms, straight movement (Don't cross over the body). Explosive take off – Drive arms through, focus on turnover.
- Eyes Up
- Stride length going to straight sprint
Change sides & repeat x 6 reps - walk back recovery

Transverse Line



Base Line

A B

Coaching Note:

We continue to work on foot work and running technique as it is the base of all movement patterns on court. Ability to change direction, get off the mark explosively, react and beat your opponent.

- Single stride over cones, then sprint to far cone. Start standing side on.
- Lateral L & Right over cones then sprint to far cone. Start facing straight ahead.
Repeat x 6 reps each activity -walk back recovery

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 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.

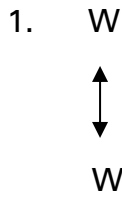
Although the drills are very simple, they are aimed at sharpening your essential skills and footwork.

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

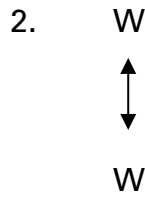
****Throw a fake before every second pass.**

- 30 chest passes
- 30 right-handed shoulder passes
- 30 left-handed shoulder passes
- 30 two handed over head passes
- 30 underarm sling passes (15 each hand)
- 20 bounce passes

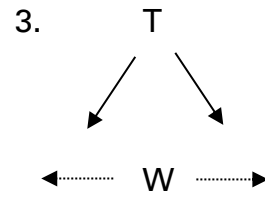
Pairs Ball Work – ball handling



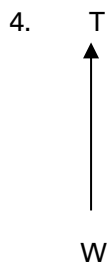
Between hands
Feet still



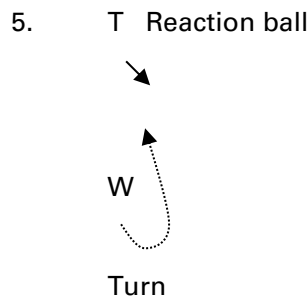
Between hands
Fast feet



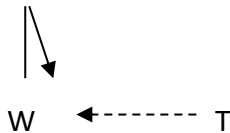
Quick feet to left and right
(Outside foot landing)



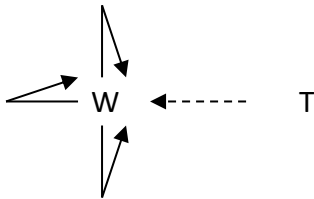
Fast feet and drive
(1/3 distance)



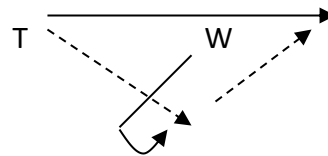
- Pairs – worker drives to side 3 steps & back to receive ball x 5 each side



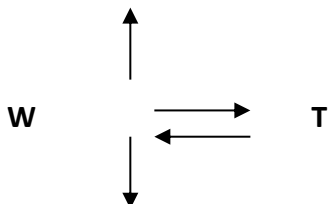
- Pairs – drive straight onto the ball x 5 each
- 3 points – take the ball on the way back to starting point x 5 repetitions



- Worker drives on angle & outside turns
T Dives for second ball
W drives again for give & go
Repeat x 5 each



- Worker left / right / low ball / high ball (take ball out on extension) Repeat x 5



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

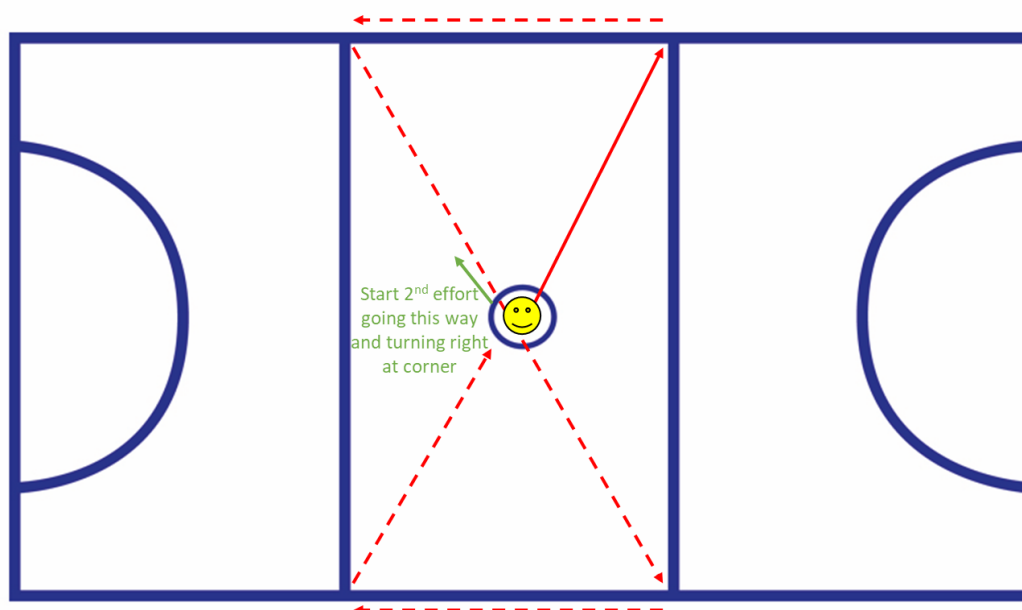
DRILL #1 – THE WASHING MACHINE

This drill is designed to work on your ability to make 45-degree change of directions. These are the most common change of direction in a game of netball.

If using a netball court start in the centre of a third or measure out a grid of cones that is 15m tall and 10m wide and start in the middle of that.

You have 15 seconds to run the route depicted below (towards right hand side) and return to your starting position. You then have 10 seconds to recover before completing the same route in the opposite direction (towards left hand side) again in 15 seconds. Continue to alternate directions between reps. If you get back before 15 seconds you get additional recovery time and if you are slower, you will have less time to recover.

Complete 3 sets of 10 efforts (5 each direction) in 15 seconds with 10 seconds recovery between efforts. Complete 2 minutes of rest between sets.



DRILL #2 –SPRINT-IMPACT-SPRINT

This drill is designed to help reintroduce some impact activities to prepare you for the return to training and competition. If using a netball court start at the baseline or place one cone at each mark of 0m-10m-20m-30m to map out the thirds.

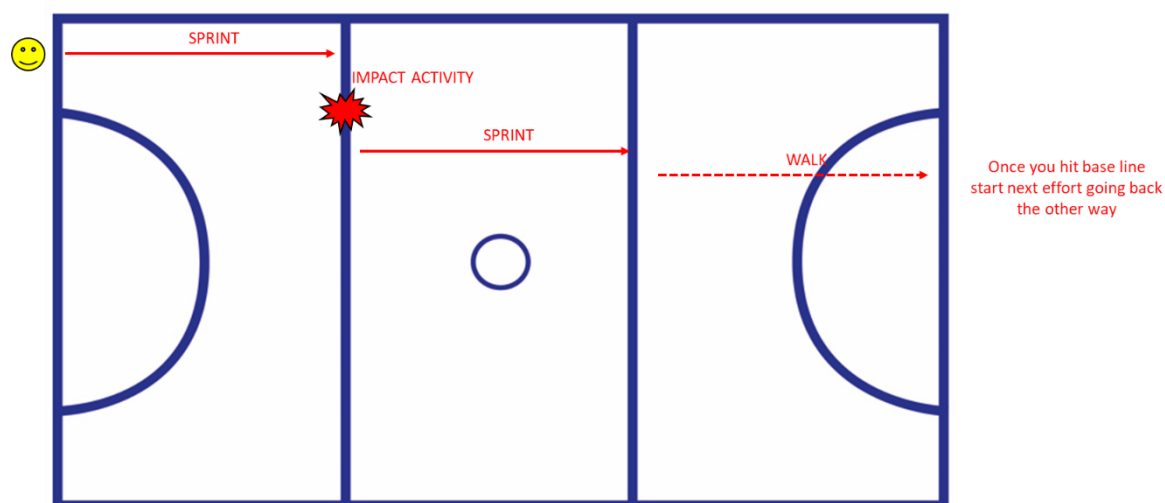
Starting at the baseline or your 0m cone – sprint maximally to the first third marking or 10m cone, perform the impact activity associated with that effort (see list below) as quickly as possible and then break straight back into a sprint to the next third marking / cone.

You determine your own rest in this drill and give yourself a walking recovery to the opposite baseline / furthest cone once you pass the second third with your sprint. As soon as you hit the opposite baseline / furthest cone, turn around and begin the next effort immediately.

Complete 3 sets of all 7 efforts back to back (walking recovery included) with 2 minutes of rest between sets.

Impact activities:

1. 10 x Tuck jumps
2. 10 x Hops RIGHT leg – as high as possible
3. 10 x Hops LEFT leg – as high as possible
4. 10 x Jumps with 180 degree turn, jump and turn to left, jump and turn to right (5 each side)
5. 10 x Side to side hops LEFT leg
6. 10 x Side to side hops RIGHT leg
7. 10 x Split squat jumps / scissor jumps – jumping from lunge position changing legs in the air (5 each side)



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