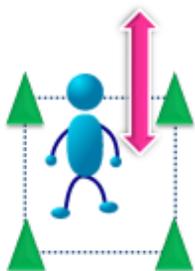


INDEPENDENT SESSION 1

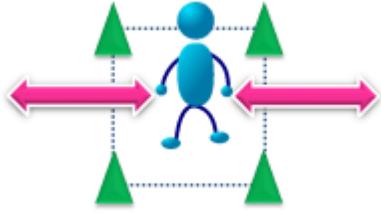
Working on:

- Sticking your landing (2 feet)
- Fast feet
- Ball control
- Shooting technique

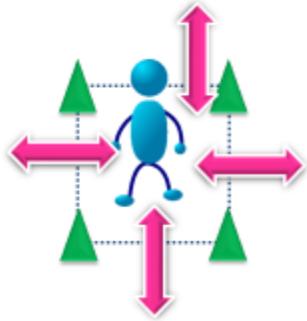
ACTIVITY & INSTRUCTIONS	COACHING POINTS	PROGRESSIONS
WARM UP		
<p>WARM-UP CIRCUIT Complete the following exercises one after the other. The aim is to get warm and raise your heartrate. Repeat the circuit twice.</p> <p>10 jumping jacks 5 burpees 10 high knees 10 mountain climbers 10 heel flicks 5 burpees 10 jumping jacks</p> <p>Stretching: Dynamic stretches to include legs, glutes, arms & shoulders</p>	<p>Ensure you complete all of the movements/exercises at pace but with quality.</p> <p>Dynamic stretches need to be worked for at least 30 seconds each.</p>	
FITNESS & CONDITIONING		
<p>STICKING A 2 FOOTED LANDING Each jump needs to be a take-off with 2 feet and landing with 2 feet.</p> <p>Create a small box using cones/markers. Complete the following exercises for 30 seconds, and repeat each round x 4.</p> <p>1. Start inside the box. Jump forwards outside of the box. Once balanced, used quick feet to move back inside the box (running backwards). Go again immediately. Repeat for 30 seconds. Have a 30 second rest in between each round. Repeat x 4 rounds.</p>	<p>Watch this video to watch an example of good landing technique and coaching points. (Landing Skills - watch from 0:24 to 1:38)</p>	<p>-Film yourself or complete in front of a mirror. Are your knees and toes pointing in the same direction? Are your knees soft upon landing? Are you landing with equal weight distributed between both feet?</p> <p>-Aim for more height once you feel confident you are landing balanced and controlled.</p>



2. Start inside the box. Jump to the right, landing outside of the box. Once balanced, use a side step to move back into the box. Go again, jumping to the left this time. Repeat, jumping to alternate sides for 30 seconds. Have a 30 second rest in between each round. Repeat x 4 rounds.



3. Start inside the box. Work your way round the box: jump forwards, return to middle, jump to right, return to middle, jump backwards, return to middle, jump left, return to middle. After completing one complete square, change direction. Repeat for 30 seconds. Have a 30 second rest in between rounds. Repeat x 4 rounds.



4. Jumping up to catch the ball. Stand 2m away from a wall. Throw the ball onto the wall and jump (taking off with 2 feet) to catch the ball. Land with 2 feet. Repeat for 30 seconds.

-Control hips and knees when landing (squeeze glutes)
-Knee and toe should be pointing in the same direction upon landing
-Soft and slightly bent knees on landing.

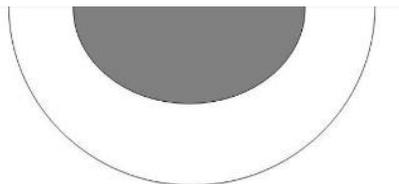
Vary the height and angle you throw the ball against the wall so you have to react to the direction it is rebounding off the wall.

Catch the ball and turn in the air, so that you land with your back facing the wall.

SHOOTING

SHOOTING TECHNIQUE

Set up a shooting area which you consider to be your 'comfort zone' where you rarely miss. It is where you feel most comfortable shooting from. The shaded area below will give you some idea. This should be approximately 2m away from the post.



Take some time to work on your shooting technique by shooting from within your comfort zone area. Break down your shot, focusing on

Take 5 shots from each position before moving to somewhere else. Ensure you work on shooting from:

- the front
- directly underneath the post
- the sides

Watch this shooting technique video:

[Jo Harten Shooting Technique](#)

Shooting action coaching points:

1. Stand in a balanced position facing the goal (both hips square to the goal)
2. Ball held high above head, with it sitting in one hand and the other hand supporting
3. Bend knees and elbows, keeping your hands high and focus on goal. Keep shoulders still
4. Power generated from gentle spring in feet (come up onto toes but don't jump)
5. Extend knees and elbows and flick the ball with fingers
6. Aim for a point above the ring so that the ball travels above it and then drops down -try to aim for the ball to drop straight through the net without hitting the ring
7. End with arms high and hands following the ball.

-Film yourself shooting and analyse your action against the coaching points.

What happens to your technique when you miss? Make this an area to focus on. i.e. when you miss are you most often hitting the front of the rim? This would indicate you need to lift your shot by bending your knees and producing more 'spring' from your toes when you push the ball. Your aim should also shift to just above the middle of the ring.

-Add movement to your pre-shot by bouncing the ball in front of you, moving onto it and catching it. The take aim and shoot.

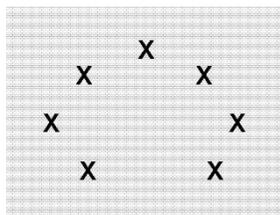
-Shoot with your eyes closed. This will help you really focus on your technique.

BALL SKILLS DEVELOPMENT

WALL TAPS

For each of these exercises, work both your right and left hand. Work for 30 seconds on each side. Complete 4 sets (1 set = 30 seconds on right hand, 30 seconds on left hand)

1. Standing a maximum 0.5m away from the wall. Complete 30 seconds of wall taps for each hand.
2. Complete an arch shape moving the ball from right hand to left.



3. Standing 0.5m away from the wall, holding the ball in both hands above your head, complete wall taps with two hands.

Watch this video for the basic wall taps technique

[Jess Shaw- Ball taps technique](#)

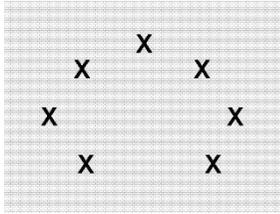
Wall taps coaching points:

1. Fingers are soft, pushing the ball onto the wall.
2. Ball rarely makes contact with the palm of the hand- all contact is made with fingers.
3. Avoid slapping the ball- you should always be in control.
4. Keep elbow high and at 90 degree angle.
5. The ball should be bouncing on an off the wall.

Can you complete wall taps without looking at the ball? Look up/down/elsewhere. Try closing your eyes!

Further progression using two balls:
Can you complete the following exercises demonstrated by Helen Housby?
[Helen Housby Ball & Wall](#)

4. Complete an arch shape moving the ball from right to left, still controlling the ball with both hands.



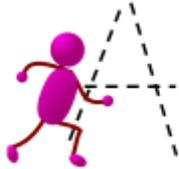
FOOTWORK & MOVEMENT

FAST FEET- ALPHABET FEET

- Spell out the letters of the alphabet using quick feet
- Add a ball by bouncing it or tapping between two hands at chest/head height

Challenges:

- how quickly can you spell your full name?
- how quickly can you get through the entire alphabet?



Quick feet coaching points

- Keep knees soft
- Head up
- Step lightly on your toes
- Bring knees up quickly and use arms for momentum and balance
- Move hips to point the way you are going

- Make your working area smaller
- Time yourself to work through the alphabet, then try to beat your time
- Set up against a wall and continuously throw the ball against the wall while working through the alphabet.

COOL DOWN

Watch this Netball specific cool down video:

It works through all the major muscles that you will have used.

Ensure you take time to stretch fully.

[Netball Cool down](#)