

## INDEPENDENT SESSION 2

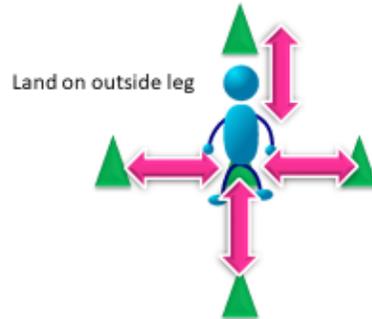
### Working on:

- Sticking your landing (1 foot)
- Fast feet & agility
- Ball control- developing power on shoulder pass
- Shooting from a distance

ACTIVITY & INSTRUCTIONS	COACHING POINTS	PROGRESSIONS
<b>WARM UP</b>		
<p><b>WARM-UP CIRCUIT</b> Complete the following exercises one after the other. The aim is to get warm and raise your heart rate. Repeat the circuit twice.</p> <p>10 high knees 5 pop-squats (jump into squat, bend to touch floor between legs, jump back up to feet together) 10 jumping jacks 10 mountain climbers 10 heel flicks 5 pop-squats 10 high knees</p> <p>Stretching: Dynamic stretches to include legs, glutes, arms &amp; 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>	
<b>FITNESS &amp; CONDITIONING</b>		
<p><b>STICKING A 1 FOOTED LANDING</b></p> <p>1. Hopping from right foot to left foot. Set up 2 markers approx. 1m apart. Stand on your right leg on the right marker. Facing forwards so that the left marker is on your left side, take a sideways hop, landing on your left foot near the left marker. 'Stick' your landing, get balanced, before hopping back to the right marker, landing on your right leg. Repeat x 10 each side (20 in total)</p> <div data-bbox="414 1300 672 1428" style="text-align: center;"> <p>Land on outside leg</p> </div>	<p><b>Key coaching points when landing on one foot:</b></p> <div data-bbox="1052 1109 1310 1412"> </div> <p><b>Safe Landing</b></p> <ol style="list-style-type: none"> <li>1. Control hip &amp; knee when (Should not swing in or out)</li> <li>2. Knee and toe pointing in same direction</li> <li>3. 'Soft' and slightly bent knee on landing</li> </ol>	

## 2. Hopping in diamond formation – work right foot, then left foot

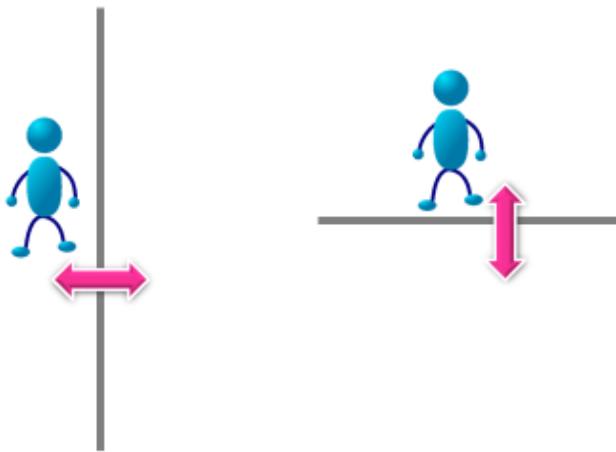
Set up a diamond using 5 cones/markers. Start in the middle of the diamond. Working your right leg first, hop: forwards - back to middle- right - back to the middle - backwards-back to the middle – left - back to the middle. Work round the diamond x 5 on the right leg, then repeat for the left leg.



## 3. Hopping quickly over a line: side to side & forward and back.

Set up next to a line. Starting on your right foot, hop side to side over the line. This should be a quick movement. Complete for 30 seconds then repeat on your left leg. Complete 2 sets of 30 seconds on each leg.

Now set up behind the line, working your right foot first Hop forwards and backwards over the line. This should be a quick movement. Complete for 30 seconds then repeat on your left leg. Complete 2 sets of 30 seconds on each leg.



Watch the video on landing with one foot for key coaching points (watch from 1:43 – 2:46).

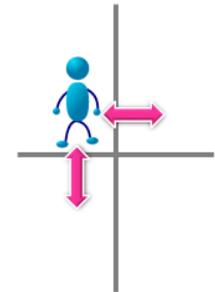
[Landing one foot coaching points](#)

## Hopping over a line:

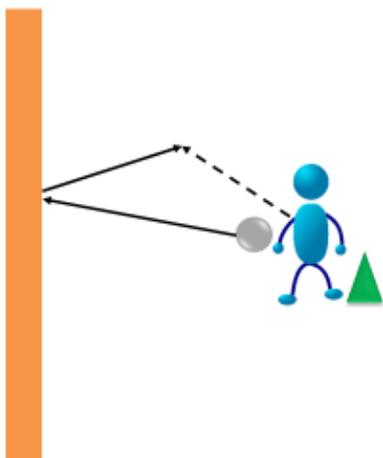
1. Knees soft
2. Head up
3. Light on your landing foot, landing toes first. Keep heel off the floor if you can.

Progressions for hopping over a line:

1. Complete against a wall throwing a ball continuously.
2. Add multi-directional hops. Set up an X using tape/cones/lines. Hop in a random pattern mixing up forwards, backwards and sideways movement. Work one leg for 30 seconds then swap.



4. Moving onto a ball using a one foot leap and landing 1-2.  
Set up approx. 4m away from the wall, with a marker or cone as your starting point. You will need 1 ball. Throw the ball against the wall and immediately drive onto it to catch it. Focus on landing on your right leg, then left leg. Complete 20 for each leg.



#### One foot leap:

1. Run at an angle to catch the ball
2. Bend at the knees, hips and ankles
3. Weight forward over toes
4. Push strongly with take-off foot
5. Use both arms to drive up for the ball
6. Land on foot away from the thrower
7. Cushion landing with bent knees, hips and ankles.
8. Bring second foot down quickly to balance.

Watch this video to see the one-foot leap: [One foot leap coaching points](#)

(watch from 4:52 to 5:51)

#### Remember:

If you are running or leading to the right, you should land on your right foot first. If you are running or leading to the left, you should land with your left foot first.

Add a pivot so that you catch the ball and turn to face the starting spot. This is called 'take, turn' and should become second nature to you when you play.

#### Coaching points for pivot:

1. Land on outside foot (if you are running to the right, this is your right foot).
2. Place your other foot down, then push with this foot to turn yourself round. Do not lift your landing foot, swivel/pivot round on it, so that you are turning the other way.

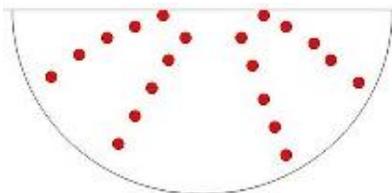
Coaching points and video demo for a pivot can be found here

[Pivot coaching points](#)

(watch from 5:51)

## SHOOTING

### SHOOTING FROM A DISTANCE



Set up 4 lines of cones fanning out from the post. For all of these exercises start at the cone nearest the post.

1. Take 3 shots from each cone working your way further away from the post in a line. Make a note of how many you score from each i.e. 2/3. On your next go, can you better your score? Once you've been through the first line twice, move onto the next line.

*Challenge: Only once you've matched or beaten your first score can you move on to the next line.*

#### 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.

Try these challenges again, but goals only count when you have put the ball through the hoop without it touching the ring-making a satisfying swooshing sound!

This is really challenging but you will soon find you miss less goals in total because you are refining and minimising your focus and aim.

#### Shooting game: Bank

Try this game by Kadeen Corbin. You have to score 1 goal- then you 'bank' it, then 2 goals in a row then 'bank it', then 3 goals in a row and 'bank it' and so on... If you miss you start that series of goals again e.g. I've just scored 3 goals in a row and 'banked' those, so I am now attempting 4 goals in a row. I've scored the first, but miss the second, so I have to start my run of 4 goals in a row again.

<p>2. Score 5 goals from each spot. You cannot move on to the next spot until you have scored 5 goals. Time yourself, how long does it take you to score 5 goals from every spot (including all the lines)? Have another go- can you beat your time?</p> <p><i>Challenge: break the exercise down so that you are timing yourself for each line i.e. how long does it take you to score a goal from every spot in a single line?</i></p> <p>3. Score a goal from every spot- but this time you are working across the lines i.e. take a shot from the front spot in each line, then move back to the second spot in each line. Do not move onto the next spot until you have scored a goal.</p> <p><i>Challenge: time yourself, how long does it take for you to score a goal from each spot?</i></p>	<p>To generate more height and power experiment with how far you bend your knee and elbow and how quickly you execute the action.</p> <p>Avoid jumping as you release the ball.</p> <p>Helpful images to think about when generating more power:</p> <ul style="list-style-type: none"> <li>- When executing the shot, in order to remember to stand tall and not fall in on the shot, imagine you are inside a long tube and only your hands and ball can come out the top.</li> <li>- When executing the shot, imagine you are standing in front of a really tall box. When you release the ball 'tap' the top of the box, which is just within your reach.</li> <li>- Imagine a witch's hat above the goal with the rim of the hat being the ring of the netball goal. You should aim for the ball to hit the top of the witch's hat then drop down through the middle of the ring.</li> </ul>	<p>How many goals can you bank before you miss?</p> <p><a href="#">Bank shooting game</a></p>
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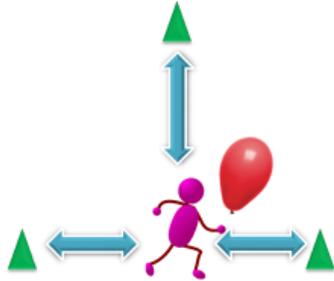
**BALL SKILLS DEVELOPMENT**

<p><b>DEVELOPING POWER &amp; CONTROL IN SHOULDER PASS</b></p> <p>For each exercise, complete on both your dominant and non-dominant hand. You will initially catch with the same passing hand to work on your one-handed control. You will need 1 ball.</p> <p>1. Start close to the wall (approx. 1m away). Start with the ball in your dominant hand. Complete 20 passes with your dominant hand, then 20 passes with your non-dominant hand. You should be aiming to catch the ball with your throwing arm.</p> <p>Once you have completed this, take a step back and repeat. How far away from the wall can you get to before your pass starts to weaken? Make a note of this- this should be the distance you should be working on the most to develop power and strength.</p>	<p><b>Throwing coaching points:</b></p> <ol style="list-style-type: none"> <li>1. Keep elbows up</li> <li>2. Back straight</li> <li>3. Hand spread behind the ball</li> <li>4. Push the ball into the wall as you step in with the opposite leg to your throwing arm.</li> </ol> <p><b>One-handed catching coaching points:</b></p> <ol style="list-style-type: none"> <li>1. Keep hand up ready to meet the ball</li> <li>2. Soft wrist and soft elbow</li> <li>3. Cushion the ball, bringing your arm back (but not down) as your hand meets the ball.</li> <li>4. Keep fingers spread, gaining control over the ball.</li> </ol>	<p><b>Passing challenges:</b></p> <p>-How many shoulder passes can you do in 1 minute with catching the ball with your throwing arm only? Try your dominant and non-dominant hand. Is there a difference?</p> <p>-Catching with two hands, how many shoulder passes can you do in one minute. Throw with your non-dominant hand and your dominant hand. Is there a difference?</p> <p>-Rather than using a netball, use a tennis ball. This will help you to hone your ball control and hand-eye coordination further.</p>
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<p>2. Alternate arms: start close to the wall (approx.. 1 m away). Start with the ball in your dominant hand. Throw it against the wall and catch with non-dominant hand. Throw the ball against the wall, and catch with your dominant hand. You should be throwing with one hand, then catching and passing with the other. Make 20 passes (10 from each hand).</p> <p>Once you are confident with your passing and catching control, step back and repeat.</p> <p>3. Start approx. 3-4m away from the wall. Using a shoulder pass technique, throw the ball against the wall and catch with both hands. Complete 30 on dominant hand, then 30 on non-dominant hand. Aim to hit the same spot on the wall each time. Once you are confident, take a step further away from the wall. Keep moving further and further away from the wall until you get to the point your passing accuracy and power decreases. This is the distance you need to spend the most time on and work on.</p>	<p><b>Two handed catching coaching points (catch and snatch):</b></p> <ol style="list-style-type: none"> <li>1. Both hands reach out to meet the ball</li> <li>2. Hands round the side of the ball</li> <li>3. Soft elbows, bring the ball into chest.</li> </ol> <p><b>Shoulder pass coaching points for when you are further away from the wall:</b>  <a href="#">Shoulder Pass</a></p>	
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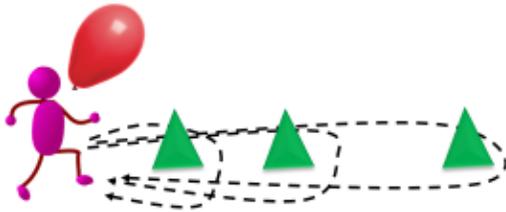
### FOOTWORK & MOVEMENT

<p><b>QUICK FEET WITH A BALLOON!</b></p> <p>You will need cones/spots/markers and up to 3 balloons. For all of these exercises you are trying to prevent the balloon from hitting the floor.</p> <p>1. Side to side.</p> <p>Set up 2 cones approx. 3-4m apart. Start on one cone with the balloon. Hit the balloon straight up into the air. Immediately side step to the other cone and back, batting the balloon before it hits the floor. Continue for 1 minute.</p> <div style="text-align: center;">  </div> <p>2. Triangle with balloon.</p> <p>Set up a triangle with 3 cones. Start at the base of the triangle with the balloon. Hit the balloon straight up into the air then immediately run round a cone and back to the base before the balloon hits the floor. Bat the balloon again, then move round another cone. Work for 1 minute, moving round each corner of the triangle in turn.</p>	<p>Video of activities: Note the pace and intensity that Sasha Corbin is working. Aim for this! <a href="#">Quick feet with balloon</a></p> <p><b>Coaching points:</b></p> <ul style="list-style-type: none"> <li>-Feet are light and quick</li> <li>-Try not to lunge to reach the balloon- take your feet with you.</li> <li>-Constant movement, keeping head up.</li> </ul>	<p>To progress:</p> <ul style="list-style-type: none"> <li>-Add more balloons</li> <li>-Make the working area bigger</li> <li>-Add more cones/markers to move round</li> </ul>
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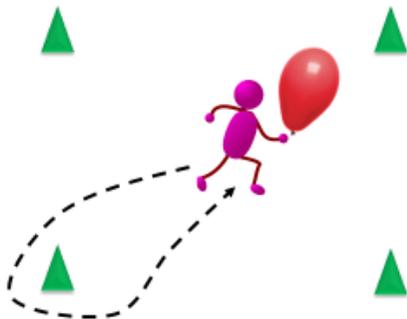
### 3. Dodge round cones.

Set up a line of cones. Start at the front of the line with the balloon. Hit the balloon straight up into the air, then run round the first cone getting back to the front of the line before the balloon hits the floor. Work round all the cones- can you get to the very last cone and back again before the balloon hits the floor. Work for 1 minute.



### 4. Mix it up.

Set up a square with cones on the corners. Start in the middle of the square with the balloon. Hit the balloon straight up then move round any of the cones, returning to the middle to hit the balloon before it reaches the floor. Repeat, moving at random round the cones. Work for 1 minute.



## COOL DOWN

### Stretches for netballers:

Spend 5 minutes working through these stretches, ensuring you hold each stretch properly for a minimum of 30 seconds.

[Cool down stretches](#)