

INDEPENDENT SESSION 5

Working on:

- Interval fitness with netball skills
- Acceleration from netball stance
- Ball skills: 2 ball challenges
- Shooting: split landing

ACTIVITY & INSTRUCTIONS	COACHING POINTS	PROGRESSIONS
WARM UP		
<p>Complete this warm-up if you are going straight into the fitness & conditioning section: Repeat x 2</p> <ol style="list-style-type: none"> 1. 30 seconds jumping jacks 2. 30 seconds high knees 3. 30 seconds side steps (quick feet side to side) 4. 30 seconds heel flicks/bum kicks 5. 30 <p>Complete your usual dynamic stretches. Here are some ideas: Dynamic stretches routine</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>NETBALL INTERVAL SKILLS CIRCUIT</p> <p>This fitness and conditioning session is designed to replicate the common output of effort and intensity for a quarter of a netball game: you work intensely for short, sharp bursts with small rest breaks in between efforts. You should aim to work as hard as you can for the full 15 minutes.</p> <p>The interval fitness session includes 15 different exercises, all specific to the skills and movement you may use in a game. Work for 40 seconds at maximum intensity, with a 20 second rest before moving onto the next exercise.</p> <p>Tip: set up your working area before you start.</p> <p>With all of the exercises, ensure you focus on the quality of the movement and skills, then ramp up the repetitions. You can skill work at intensity at a slower pace- so don't rush through the exercises.</p> <p>You will need:</p> <ul style="list-style-type: none"> -a ball -a wall -2 cones/markers <p>If you want more of a challenge, complete 2 rounds (30 exercises in total) equating to 30 minutes of work.</p>		

Exercises:

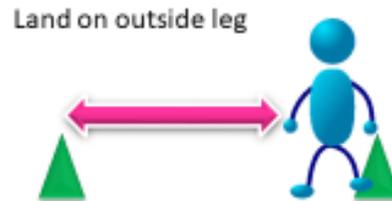
1. Squat jumps with ball throw

- Start in squat position, holding the ball
- Throw the ball high above your head
- Jump up to catch
- Land in a squat position- hold for 3 seconds
- Throw ball & repeat.



2. Alternate leg hops

- Stand on right leg, get balanced
- With a soft knee, bend ankles and knee. Spring to the left, covering approx. half a metre
- Land on left leg, with soft knee and ankle.
- Repeat, hopping from leg to leg.
- Ensure you are balanced and in control before hopping. Cushion landing with soft knees and ankles.



3. Walk out plank with shoulder tap

- Start standing up with arms raised
- Fold fully forward with fingers touching the floor in front of your toes
- Slowly walk your hands out in front of you (ideally keep your legs straight, but bend your knees if you have to)
- Keeping a flat back and engaging core muscles, finish in a plank position.
- Before walking your hands back in, tap each shoulder with the opposite hand. Try to keep your hips still.
- Return to a standing position, then repeat.



4. Calf-raises into lunge

- Start in a standing position. Come up onto your toes and into a 3ft defensing position as if you were marking a player with a ball in front of you. Hold for 3 seconds.
- Come back onto your feet then step forward into a lunge. Hold for 3 seconds.
- Come back to standing.
- Repeat the movements, alternating lunging leg each time.



5. Ball throw sit-ups

- Start in a lying position, with your knees bent, holding a netball on your chest.
- Engaging your core muscles, sit up fully
- Once you are sitting up, throw the ball above your head.
- Catch the ball and immediately lie back down, ensuring you are controlling the movement back to the floor and not just slumping!



6. 'Netball' fast feet

- Start in a standing position.
- Using quick, light steps, spell out the word 'NETBALL' as many times as you can.
- Keep your head and chest up and facing forwards.
- If you have a ball, you can set up next to a wall and continuously throw chest passes while completing this.



7. Dominant hand shoulder passes

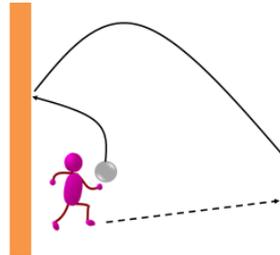
8. High ball against wall, run to retrieve

9. Back and up

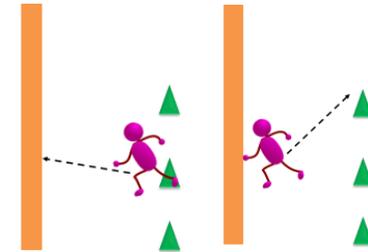
- Start approx. 5m away from the wall. Continuously shoulder pass against the wall using your dominant hand.
- Aim for as much power as possible and try to hit the same spot on the wall each time.



- Start with your back to the wall.
- Throw the ball over your head so that it rebounds off the wall over your head, landing in the space in front of you.
- Sprint to retrieve the ball.
- Catch the ball then complete chest passes against the wall, sprinting onto the ball so that you land close to the wall.
- Repeat.



- Set up 3 cones. Start on the middle cone.
- Sprint to the wall, touching it with your right hand.
- Immediately track back (still facing the wall) to the cone on the right.
- Repeat, visiting all cones in turn. Touch the wall with your left hand = track back left, touch with both hands = shuffle straight back.



10. Side steps round cones

- Set up 2 cones approx. 4m apart. Start between the cones.
- Side step to one cone, using quick feet to move completely around it.
- Immediately side step to the other cone, using quick feet to move completely around it.
- Repeat round each cone in turn.



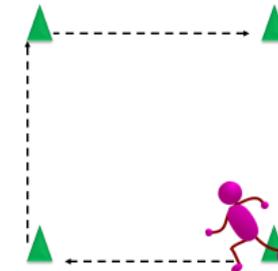
11. Non-dominant hand shoulder passes

- Start approx. 5m away from the wall. Continuously shoulder pass against the wall using your non-dominant hand.
- Aim for as much power as possible and try to hit the same spot on the wall each time.



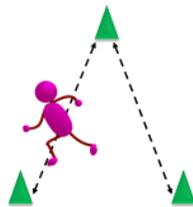
12. Square with squat jumps

- Set up a square approx. 3x3m.
- Move round the square using small, quick steps, facing forward at all times.
- At each corner, complete a squat jump before moving onto the next corner.



13. V-runs

- Set up a triangle using cones. Start at the back corner.
- Sprint out to right cone, then immediately track back to starting cone. Continue to visit each front cone in turn. Always facing forwards, using quick feet.



14. Plank with ball roll

- Get into a straight arm plank position.
- Hold the ball under your right hand.
- Roll the ball to your other hand.
- Continue to roll the ball between your hands, all the time holding a solid plank position, ensuring your hips do not tilt.



15. Side steps round cones

- Set up a small circle of cones.
- Begin by moving round the cones in a clock-wise direction.
- When you reach your starting point, change direction.
- Continue, using quick, small steps, keeping your head up and eyes forward.



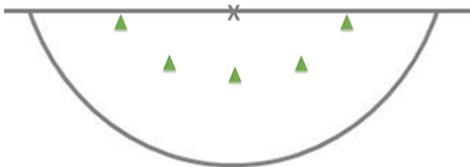
SPLIT LANDING

Shooters use a split landing to protect space, keep a defender away from the ball, and move closer to the post. These exercises will help you develop your split landing, balance and control.



1. Without a ball

- Start mid-range away from the post, with your back to it. Without a ball, practice jumping and split landing, then turning to post.
- Remember to split your legs landing with one forward and one back, and with both feet landing at exactly the same time.
- Work on making your split landing bigger so that your feet are landing further and further apart.
- Work on switching which leg lands forwards, and which one lands at the back.
- Complete 10 split landings from each marker (as shown below).



2. With a ball

- Once you are happy with your landing and you can land controlled and balanced. At a ball.
- Self-feed the ball above your head, jumping and split landing, before turning to post and shooting.
- Work your way round the circle completing 10 splits and shots from each marker.

Coaching Points:

- Start with legs shoulder width apart.
- Jump to receive the ball ensuring both feet are off the floor
- Land 2 footed with legs far apart. Aim for your feet to be at least a metre apart. You should land so that you have a back leg (nearest the post) and a front leg (nearest circle edge), and are side on to the post. If you land with legs parallel and facing the circle edge or the base line, you won't have gained any distance closer to the post.
- Both feet must land at the same time. This will give you the option to move further away or closer to the post.
- Once you have landed, turn to post, lifting your leg nearest circle edge next to your leg nearest the post.
- You should now be in an upright position with feet shoulder width apart, facing the post and ready to shoot.
- You must do this within 3 seconds.

Think about:

- getting closer to the post
- protecting space from your defender

To progress:

1. If you have a volunteer, get them to feed you the ball so that you can jump, catch and split.
2. A moving split landing- applying the same coaching points as the static split landing, but move onto the ball rather than just jumping up for it. Vary the angles at which you approach the ball.

3. With a 'defender'

- Using a large object such as a wheelie bin/box/chair, set yourself up on one side of it, with your back to it as if you are protecting space and holding the defender away.
- Self-feed the ball, landing in a split position.
- Ensure that you split and land so that your back is still to the defender and you are still protecting the space.
- If you split the other way and land with your body open to the defender, you will be inviting an interception and it is harder to receive a clean pass.
- Work your way round the circle, completing 10 splits and shots from each marker.

BALL SKILLS

2 BALL CHALLENGES

For each of these challenges you will need 2 netballs and a wall. Aim for quality and control first, then pick up the pace!

1. One hand static, one hand extends.

- Hold one ball against the wall with your left hand. At the same time, complete wall taps with the ball in your right hand. Start with balls together, then work on extending your arm outwards. Work for 1 minute, then swap hands.



2. Two balls at once.

- Tap both balls against the wall at the same time.
- Once you have got control, work on:
 - extending your arms out to the side
 - squatting up and down
 - moving along the wall

For the full coaching points, watch the video of Helen Housby demonstrating the challenges:

[Helen Housby 2 ball challenges](#)

Coaching points:

- Keep finger tips and wrists soft
- Spread fingers round the ball
- Push the ball rather than batting or slapping it
- Cushion the ball when catching it
- Keep elbows up and away from your body

To progress:

1. Move further away from the wall.

Challenge:

1. How long can you keep the balls going before you drop one?



3. Alternating hands.

-Push one ball at a time against the wall- left, right, left, right etc. Aim for control before speed! Once you have control work on:

- extending your arms out to the side
- squatting up and down
- moving along the wall



FOOTWORK & MOVEMENT

ACCELERATION FROM NETBALL STANCE

Being able to push off and accelerate quickly from a static position is an important skill in netball, especially on a centre pass.

Coaching points:

Netball stance- feet as wide as shoulders, toes in line with knees. Soft knees, balanced, engaging core and glutes.

Taking off/acceleration- lead with one leg, pushing off with the other. First step should be forward with all momentum and

To progress:

1. If you have a volunteer, get them to pass you the ball as you accelerate onto it.

2. Accelerate at angles, working your leading legs. Alternate between driving right and left.

<p>1. This is a very simple exercise to get you thinking about where your initial momentum and energy comes from. It will help you focus on sprinting and taking off in a forwards motion and avoid you rocking your weight back before going forwards.</p> <p>-Set up behind a line in a netball stance. (See coaching points). Work on sprinting forward, alternating your leading leg e.g. lead with your right leg then your left leg. You may find you have a preference, but try to work on both so that you can accelerate strong from both sides.</p> <p>-Take 5 steps forward before slowing down.</p> <p>-Repeat x20, alternating leading legs each time.</p>	<p>energy driving forward. Use arm to drive forward. Head up, eyes forward.</p> <p>If you think you have a tendency to step backwards before stepping forwards, place a balled up sock (or an egg if you dare!) behind your feet. If you step back onto the sock (or egg!) before driving forwards this will highlight that your momentum is backwards initially. You should avoid stepping on the sock/egg.</p>	<p>If you are going right, your first step should be with your right leg forwards.</p>
COOL DOWN		
<p>A lovely deep stretch yoga routine which is perfect for after exercise- enjoy! Deep Stretch yoga routine</p>		