

INDEPENDENT SESSION 7

Working on:

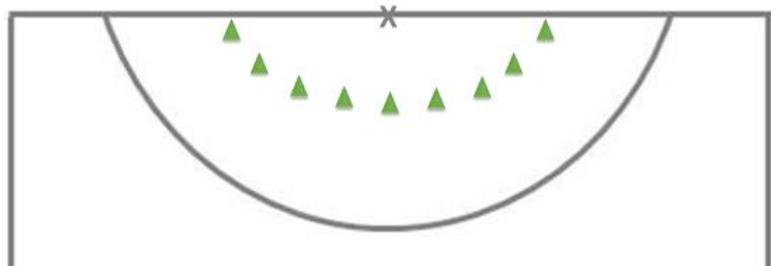
- 20 minute HIIT session- cardio
- Turning in the air
- Taking a pass in the back space
- Shooting Challenge #1

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 seconds jumping jacks <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>20 MINUTE HIIT WORKOUT</p> <p>Format: 20 different exercises. Work for 40 seconds with a 20 second rest between exercises.</p> <p>Here is the link to the workout. 20 Minute HIIT Workout with The Body Coach</p> <table border="1" data-bbox="414 1027 1359 1337"> <tbody> <tr> <td>1. High knees</td> <td>2. Press-ups</td> </tr> <tr> <td>3. Squat jumps</td> <td>4. Leg raises</td> </tr> <tr> <td>5. Burpees</td> <td>6. Lunge jumps</td> </tr> <tr> <td>7. Slow mountain climbers</td> <td>8. Quick feet with punches</td> </tr> <tr> <td>9. Sit ups with 4 punches</td> <td>10. Squat into high knee</td> </tr> <tr> <td>11. Triceps press-ups</td> <td>12. Power squat</td> </tr> <tr> <td>13. Bicycle crunches</td> <td>14. Fast Mountain climbers</td> </tr> <tr> <td>15. Downward dog into chest stretch</td> <td>16. Rope climbers</td> </tr> <tr> <td>17. Side plank</td> <td>18. Tuck jumps</td> </tr> <tr> <td>19. Burpee press-up</td> <td>20. Up-down plank</td> </tr> </tbody> </table>		1. High knees	2. Press-ups	3. Squat jumps	4. Leg raises	5. Burpees	6. Lunge jumps	7. Slow mountain climbers	8. Quick feet with punches	9. Sit ups with 4 punches	10. Squat into high knee	11. Triceps press-ups	12. Power squat	13. Bicycle crunches	14. Fast Mountain climbers	15. Downward dog into chest stretch	16. Rope climbers	17. Side plank	18. Tuck jumps	19. Burpee press-up	20. Up-down plank	<p>To make this harder, work for the full 60 seconds for each exercise with no rest in between.</p> <p>To replicate a netball quarter, pick 15 of the exercises and work for 60 seconds per exercise with no rest in between.</p>
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SHOOTING

Shooting Challenge #1

These shooting exercises will test your consistency under pressure and taking a quick (1 second) shot. You will need 9 spots/markers placed at mid-range in a semi-circle round the post.



- a) Take a shot from each spot, only moving onto the next spot once you have scored a goal. How long does it take to score from every spot?
- b) If you have a volunteer, get them to feed you the ball at every marker. You should start at the edge of the circle and drive in. If you don't have a circle, use separate markers to drive out to. This will of course make your time longer, but it is working you harder and making the exercise more game like.
- c) Get your volunteer to mark you taking each shot. Does this affect your time?

1. Set your shot, making sure you're in a balanced position and you are looking at the post.
2. If you are finding this difficult and becoming stressed- a BIG DEEP breath will help resettle and focus.

To progress each shooting challenge exercise do the following:

1. Add more markers
2. Shots only count as goals if they go straight through the goal without hitting the ring.
3. Move the markers further away from the post.
4. Time yourself for 2 minutes- how many times can you get round the cones? Aim for at least 3!

EXTRA CHALLENGE: complete the exercise with your eyes shut! How successful are you? How long does it take now? Are your shots still going cleanly through the ring?

BALL SKILLS

YOU WILL NEED A VOLUNTEER TO FEED THE BALL

TAKING A PASS IN THE BACK SPACE

In a game, the front space may not always be the best place for you to receive the ball, especially if you are wanting to make quick progress down the court. You will need to work on opening up your body angle in relation to where you want to go, where your teammates are and where your defender is. For this exercise, you need to imagine you have your defender on your back.

1. Set up with a feeder (F) with the ball. They remain static at all times. You (A) starts approx. 3m away from F. Sprint towards F, and with your right hand tap the ball which F is holding. After tapping the ball, immediately turn (still keeping your eyes on F) and with an open body, run at a backward angle to your right. Your body (chest and hips) should be open to the right. F sends you a high ball into the back right space you are driving in to. Catch the ball, return it to F then repeat. Alternate which hand you tap the ball with and which side you drive back into.

Repeat 10 times on each side.

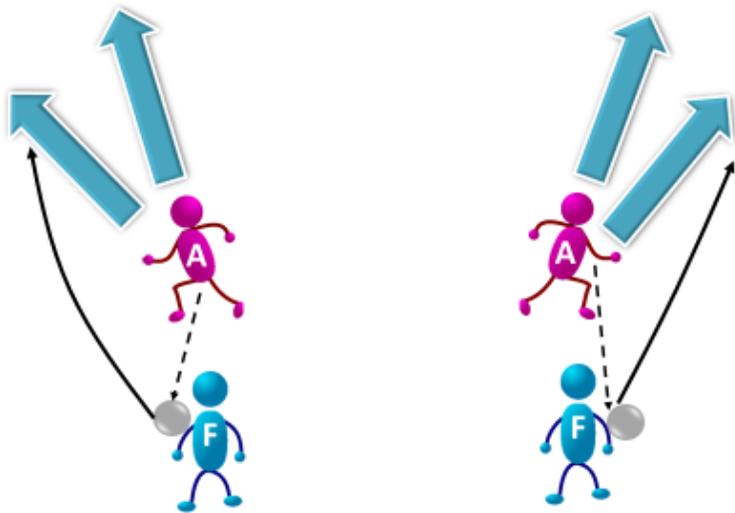
Taking a safe ball into the back space is reliant on you having a clear open body and angled away from a defender.

Open body position:

- back to the defender: they are behind or to the side of you
- chest and hips 'open' and facing the way you are going
- ball needs to be placed in your open side (the way your chest and hips are facing)
- you need to be running on an angle and not flat or straight back, making it easy for the ball carrier to pass you the ball (arrow depicts the way the A is running):

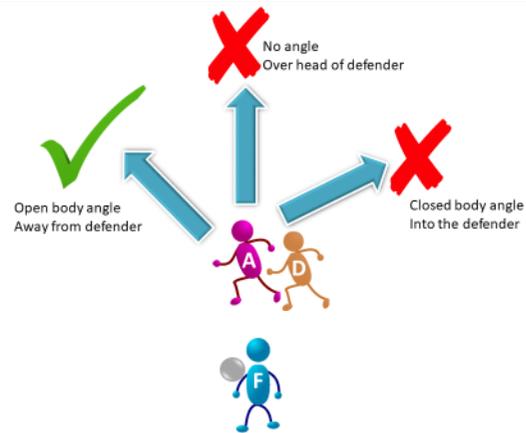
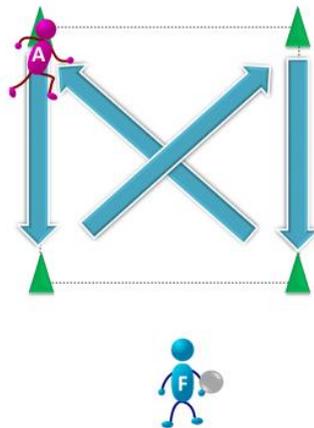
To progress:

Work on 'flicking out' and changing your angle mid-drive:

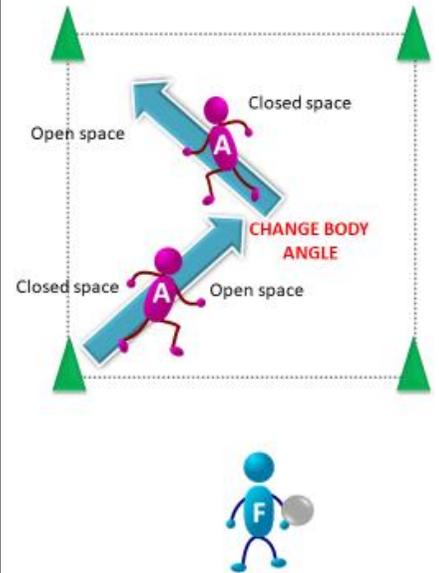
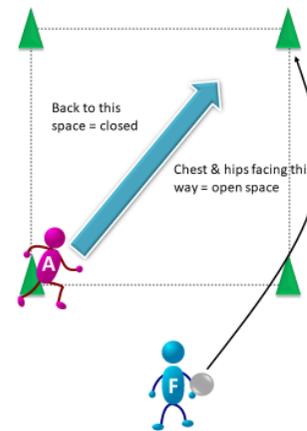


2. Working the square: forward straight, back on angle.

Set up a square using markers. Aim for 4m x4m. The F stands at the front of the square with the ball. A starts at one of the back corners of the square. She drives forward to the front square, hitting the corner. Upon reaching the front she immediately turns and drives diagonally to the opposite back corner of the square to receive a ball into the back space. The attacker should make her way round the square running forward on a straight, and back on the diagonal at an angle, receiving the ball at the back markers. Receive 10 passes.



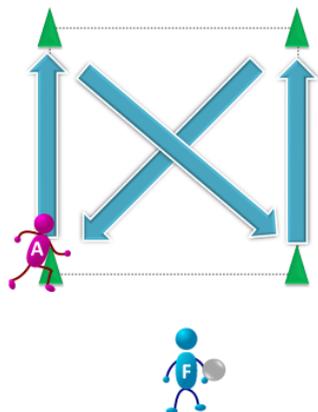
2. When driving backwards on the diagonal for the ball, the attacker's body should be open to the outside of the square, and her back to the middle of it. This is the easiest angle to drive on for the ball.



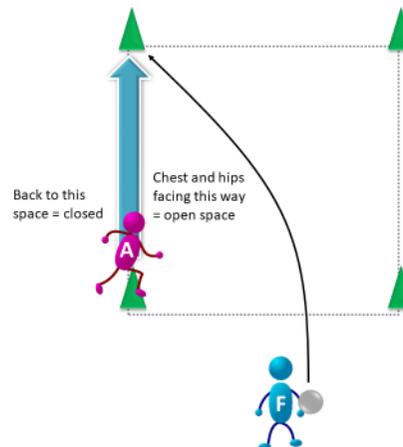
Have a go at doing this by turning (but never having your back to the feeder) and facing the other way so that you shut down the space you were driving into and opening up the new space by turning your hips and chest to it.

The feeder should be able to read easily which new space they can put the ball into.

3. Working the square: forward on diagonal, back on the straight.
Repeat the first exercise, but mix up the forward and diagonal drives so that the attacker is driving towards the front of the square at an angle and turning and driving to the back of the square straight. Receive 10 passes at the back markers.



3. When driving backwards on the straight, the attacker's body should be open to the inside of the square:



FOOTWORK & MOVEMENT

TURNING IN THE AIR

These activities are an extension of the 'take, turn' exercises from Session 3. These activities are focusing on getting some airtime on the ball and elevating onto it, controlling your body and turning to face the way you want to pass the ball. It needs to be a fluid, controlled movement where you land balanced and ready to offload the ball quickly.

With all of these activities, go for quality- especially in the turning and landing, before adding a ball.

1. Side to side:

Set up between 2 markers, facing forwards so that the markers are on your left and right. Work on jumping in the air and turning to land facing the right cone. Jump and turn back to face the middle before repeating but on the left side. Aim for height, control and speed.

Once you are confident, self-pass a ball immediately up in the air above your head to catch, turn and land with.

Watch this video for detailed coaching points for jumping, turning and landing safely.

[Vertical jump with turn in the air](#)

1. Immediately after catching the ball, turn your head and hips in the direction you want to face when landing.
2. Practice turning both ways (to your left and right).
3. Land with your feet hip-width apart and your knees soft. Your feet should be pointing the way you want to pass the ball.
4. Keep the ball, your chest and head up so that you can see what is going on and assess your options.

To progress these exercises try the following:

1. Increasing the height of your jump
2. Increasing the range of your turn- can you get 260 degrees round? Can you get all the way round and still land with control?
3. If you have a volunteer, get them to throw you the ball and vary the type of pass they give so that you have to react.



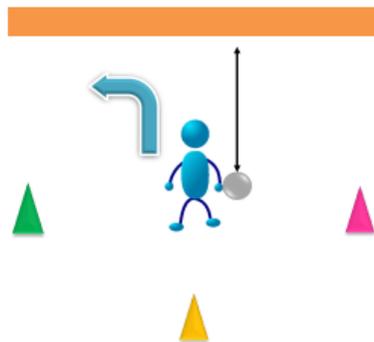
2. Front to back:

Set up between 2 markers, with one in front of you and one behind you. Jump and turn 180 degrees to face the back marker. Repeat, jumping and turning to face the front marker. Make sure you work on turning both ways (to your left and your right). Once you are confident add a ball as above.



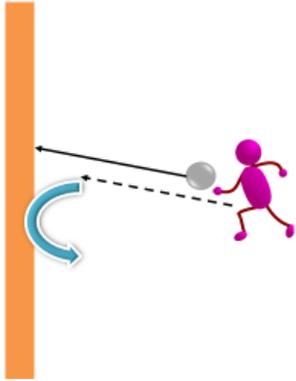
3. Using a ball and wall:

Set up against a wall with 3 markers (1 behind and 2 either side of you). Throw the ball against the wall, ensuring it has some height on it when it rebounds off so that you have to jump to receive it. Practice turning to face each marker. Ensure that you work on turning both ways. Vary the way you pass the ball so that it is slightly less predictable when it comes off the wall- that way, you will have to react to where the balls travels and turn accordingly.



4. Driving onto the ball:

As above, but now start further away from the wall. Throw the ball against the wall and sprint to receive it before it bounces. Ensure your throw is hard and high enough so that the ball comes off the wall with enough height for you to jump onto it. Turn in the air, working on your 90 and 180 degree turns both ways!



COOL DOWN

Cool down with The Body Coach:

[Body Coach Cool Down](#)