

INDEPENDENT SESSION 9

Working on:

- 15 minute combination blast!
- Getting free / out for a centre pass
- Shooting- Fake shot
- Ball skills: floor skills

| ACTIVITY & INSTRUCTIONS | COACHING POINTS | PROGRESSIONS | | | | | | | | | | | | | | | | | | | | |
|---|--|--------------|----------|---|---------------------|---|--|---|---|---|---------------------|---|--|---|--------------------------------------|---|---------------------|---|--|---|---------------------|--|
| WARM UP | | | | | | | | | | | | | | | | | | | | | | |
| <p>Complete this quick warm-up if you are going straight into the fitness & conditioning section of the session. (If not, repeat the below x 3).</p> <p>Warm-up: 30 seconds each of:</p> <ul style="list-style-type: none"> • Jumping jacks • Twists • High knees • Bum kicks • Side steps with touch <p>Include some dynamic stretches. This video has some great examples. Dynamic stretches</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>15 MINUTE COMBINATION BLAST</p> <p>You will work constantly for 15 minutes. This fitness blast will include some movement and footwork drills, ball handling and conditioning exercises. Work on each exercise for 1 minute and move straight on to the next one.</p> <p>For the quick feet exercises, use your feet to make the prescribed letter. Go large so that you can pick up speed and work on changes of angle.</p> <table border="1" data-bbox="286 1114 1487 1485"> <thead> <tr> <th>MINUTE</th> <th>ACTIVITY</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Quick feet letter N</td> </tr> <tr> <td>2</td> <td>Recovery- ball handling (wall taps or between fingers)</td> </tr> <tr> <td>3</td> <td>Slow squats with a ball (pass against wall, or around waist on up movement)</td> </tr> <tr> <td>4</td> <td>Quick feet letter E</td> </tr> <tr> <td>5</td> <td>Recovery- ball handling (figure of 8 between legs)</td> </tr> <tr> <td>6</td> <td>Lunges with ball passed between legs</td> </tr> <tr> <td>7</td> <td>Quick feet letter T</td> </tr> <tr> <td>8</td> <td>Recovery- ball handling (pass ball from hand to hand over head with straight arms)</td> </tr> <tr> <td>9</td> <td>Quick feet letter B</td> </tr> </tbody> </table> | | MINUTE | ACTIVITY | 1 | Quick feet letter N | 2 | Recovery- ball handling (wall taps or between fingers) | 3 | Slow squats with a ball (pass against wall, or around waist on up movement) | 4 | Quick feet letter E | 5 | Recovery- ball handling (figure of 8 between legs) | 6 | Lunges with ball passed between legs | 7 | Quick feet letter T | 8 | Recovery- ball handling (pass ball from hand to hand over head with straight arms) | 9 | Quick feet letter B | <p>To progress, repeat the circuit. Have a 2 minute break between each round. This helps to replicate a game of netball.</p> |
| MINUTE | ACTIVITY | | | | | | | | | | | | | | | | | | | | | |
| 1 | Quick feet letter N | | | | | | | | | | | | | | | | | | | | | |
| 2 | Recovery- ball handling (wall taps or between fingers) | | | | | | | | | | | | | | | | | | | | | |
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| 6 | Lunges with ball passed between legs | | | | | | | | | | | | | | | | | | | | | |
| 7 | Quick feet letter T | | | | | | | | | | | | | | | | | | | | | |
| 8 | Recovery- ball handling (pass ball from hand to hand over head with straight arms) | | | | | | | | | | | | | | | | | | | | | |
| 9 | Quick feet letter B | | | | | | | | | | | | | | | | | | | | | |

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|----|--|
| 10 | Walk out plank |
| 11 | Quick feet letter A with vertical jump at start & finish |
| 12 | Recovery- ball handling (move ball round waist) |
| 13 | Quick feet letter L |
| 14 | Sit ups with netball to toes (ball starts over head when lying down- bring up to toes on the up) |
| 15 | Quick feet letter L |

SHOOTING

FAKE SHOT

The fake shot is used to fool a defender into thinking you are about to shoot, luring them into jumping to mark the ball. Once they have jumped, you then make your shot. Practice your fake shot from all around the shooting circle.

1. Set your shot and bring the ball down as if you are about to execute your shot. At this point the defender should *hopefully* jump to mark the ball.



2. Stop your shooting action suddenly (before you have released the ball) when the defender is committed to her jump.

This video will give you a demonstration and key coaching points for the fake shot.

[How fake shot](#)

Key coaching points:

1. Your fake shot needs to be realistic to convince the defender. It should mirror your normal shooting action.
2. When using in a game, try not to do this every time you shoot otherwise the defender will get wise to it and won't fall for it!

Try your fake shot with a defender. Are you able to fool them?

Film yourself executing the fake shot. Analyse your action and timing in relation to the elite video. Are there any differences between your 'fake' shot and your 'normal' shot?



3. When the defender is on her way down to the ground, quickly resume your shooting action and execute the shot.





BALL SKILLS

FLOOR SKILLS
 Although we rarely bounce the ball in netball (it's not allowed!), using the floor is a great alternative to using the wall and gives you an extra dimension. Work on each exercise for 1-2 minutes. Make sure you work both your dominant and non-dominant hand.

1. Ball at your side. Using your fingertips, push the ball forward and back (think heel to toe). Push the ball from the front and the back, not bouncing it from the top. You will need to change your hand position each time.
2. As above, but pushing the ball from side to side in front of you (foot to foot). Push the ball, bringing your hand over it so you are pushing it from the side and not on top.
3. Little taps, alternate hands. Getting into a squat or bent knee position for this is best.
4. Pass the ball from hand to hand around your body as fast as you can. Change direction.
5. Sitting on a chair, bounce the ball under alternate knees. Either lift one leg up or straighten it in front of you.
6. Standing, bounce the ball between alternate legs. Step forward with knee bent- bounce under this leg.
7. Bounce the ball while attempting to lie down on your front. Swap hands on the way back up.
8. Alternating hands lying down and standing up.
9. Two balls- bounce the balls at the same time.

This video will take you through elite demonstrations of all the exercises:

[Netball floor skills](#)

Key coaching points:
 -Keep eyes on the ball
 -keep fingers, hands and wrists soft and flexible
 -avoid slapping at the ball, push it with your fingertips instead.

To progress:

1. Challenge yourself to complete X amount of bounces/catches.
2. Speed up the exercise
3. Can you do any with your eyes closed?!

10. Two balls- bounce the balls alternately.

11. Bounce the ball between your legs, alternating your hands.

12. Little taps, figure of 8 around and between legs.

FOOTWORK & MOVEMENT

GETTING FREE / COMING OUT FOR A CENTRE PASS

These exercises will help you develop the ability to offer for the ball on a centre pass and get free from a defender. Initially, aim for quality over speed.

Work each technique for 1 minute at high intensity.

1. Double dodge

-Start behind the chair. Drive out to side of chair on forward angle

-Change direction and cut back to behind chair.

-Sprint out again on forward angle

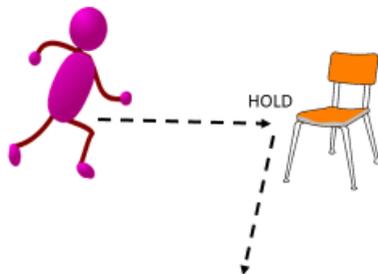


2. The 'seal'

-Start to one side of the chair

-Sprint to chair and hold (body facing chair) for 1 seconds

-Open hips and sprint at forward angle.



Watch this video (from: 19m33sec) for demonstrations from an elite player and for key coaching points.

[Getting free/out for a CP](#)

Key coaching points:

-Use quick feet at all times

-Make every move purposeful and definite

-Head and eyes up at all times

-Use hips to change direction

-Drive arms to aid with speed and change of direction.

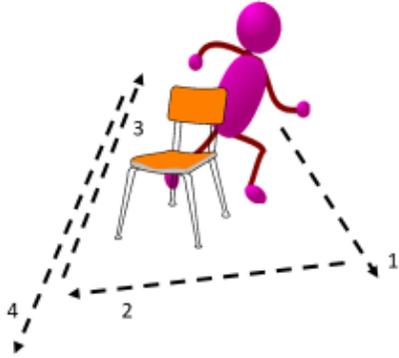
To progress:

-If you have access to a volunteer, get them to mark you.

-If you have access to a volunteer, get them to pass you the ball, giving you something to drive on to.

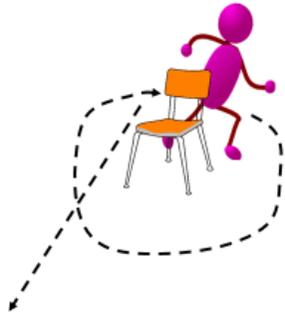
3. Multi-options

- Start behind the chair and sprint out at forward angle (1)
- Clear round front of chair (2)
- Drive back behind chair as if going for an overhead ball (3)
- Pop back out on a forward drive (4)



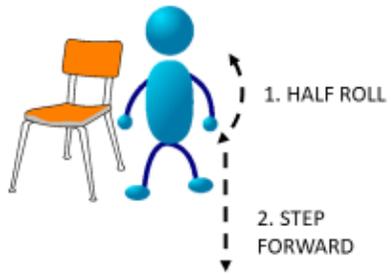
4. Clear and pop

- Start behind the chair
- Make a clearing run all the way round the chair, still facing forwards the whole time
- Once behind the chair again, make a sprint on a forward angle.



5. Half roll and pop

- Start by holding next to the chair (side by side facing forwards)
- Half roll back then pop forward.



COOL DOWN

Follow this simple yoga-based cool down to finish the session.

[Yoga Cool down](#)