
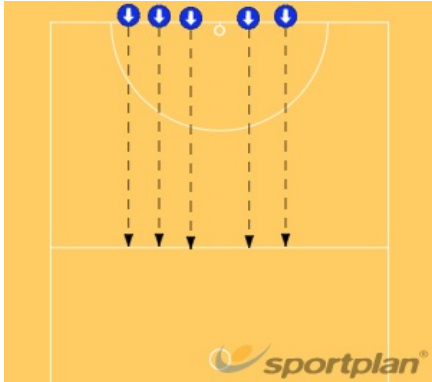

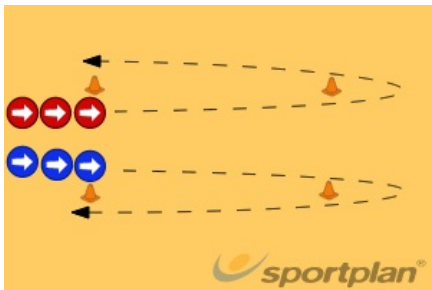


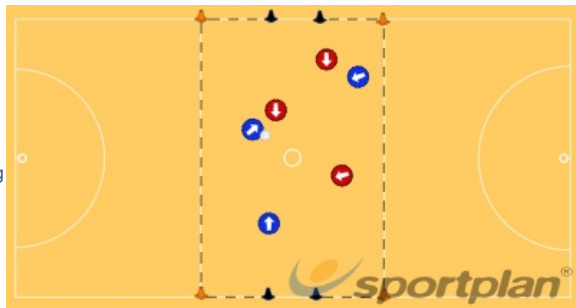


Title: Fun All-Round Fitness Session				Produced using Sportplan Session Planner www.sportplan.net/planner 	
Date:	Venue: Netball Court	Duration: 1 Hour	No of Players:	Ability / Level: All Ages and Abilities	Equipment: Benches, bibs, cones, indoor football and a netball
Session Goals: To work on a variety of fitness systems, using a wide range of different drills and activities to keep your players engaged as they work on: Flexibility, speed, plyometrics and endurance.				Personal Coaching Goals: To improve players' fitness levels, getting them to work up a sweat and push themselves a little bit harder than they might usually by getting them to work in teams.	
Time	Task / Activity / Session Content			Coaching Points	
Crab Warm Up					
All Fours Race					
<p>It's a straight race, from the baseline to the half-way line. The only difference is that players must race on their hands and feet, on all fours with their backs facing the sky.</p>				 Coaching Points <p>This is a fun warm-up and deceptively tiring. Even older players will enjoy competing in this race and it is a great way to break the ice and get everyone warmed-up. To make this harder, challenge players to get their chest as low to the ground as possible without it touching the floor.</p>	
Crab Relay Race					
<p>Players are once again on their hands and feet, only this time with their stomachs facing the sky. In two teams players race in this crab position around a cone and back - scurrying along as fast as possible! Which team will get all their crabs around the cone and back first?</p>				 Notes <p>A fun flexibility drill, with an element of competition to get teams moving.</p>	
				 Progression	
				<p>Crab Football! If you have an indoor ball at hand why not play a quick game of crab football - it's a lot harder than it looks! Players must try to score through by kicking the ball through their opponents goal. Play first to two goals wins.</p> 	

Jog and Jump!

Face forward!

Working in small groups players run once around the outer sides of the grid at speed. Players must face the same direction the whole way round though - to achieve this they should:

- Sprint along the first side facing forward.
- Side step along the second edge.
- Jog backward along the penultimate side and then
- Side step along the final edge of the grid.

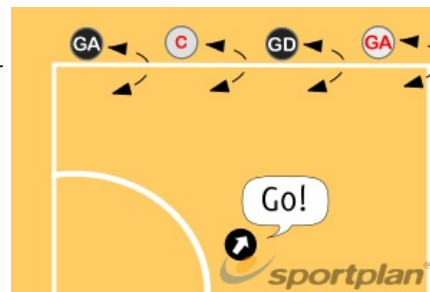


Coaching Tips

Fast feet, moving at speed under control (especially when running backwards). When side-stepping, ensure that players don't knock their feet together.

Jump the Line

Picking any line on the court, get players to stand to one side of the line, with their feet together. When you shout "GO", players must work continuously for 30 seconds, jumping with feet together from one side of the line to the other. At the end of the 30 seconds give players 30 seconds before repeating a further two times.



Progression

Where available get your players to jump over a bench or aerobics bench. If you have no access to these objects then you can make the drill harder by getting players to bend down and touch the floor after every single jump - before jumping up with their hands in the air and repeating on the other side of the line.

Shoot to Finish!

Fartlek Challenge

In this drill all players start inside the *safe house* (the white area). On the coach's call, players must sprint around the entire perimeter of the court, and they can only stop running once they are back inside the safe house. Players are given 10 seconds resting time (increase resting time with younger players) before having to repeat the run.



Notes

Fartlek training is a fantastic way for you to test your players' anaerobic endurance.



Progression

One way for you to liven up this drill is to have the coach stand in the middle with the ball. At the end of each run the coach calls out a players' name. This player must then run into the D to receive a pass from the coach. After catching the ball the player must try and score. If players score a set amount of shots (eg 3 in a row) then the training is over. So how much your players have to run depends on their shooting ability!

Other Comments:

"If you train hard, you'll not only be hard, you'll be hard to beat."
Herschel Walker

Evaluation: