

Training Session 14th November 2018

Warm Up – 5 min – Run and Follow

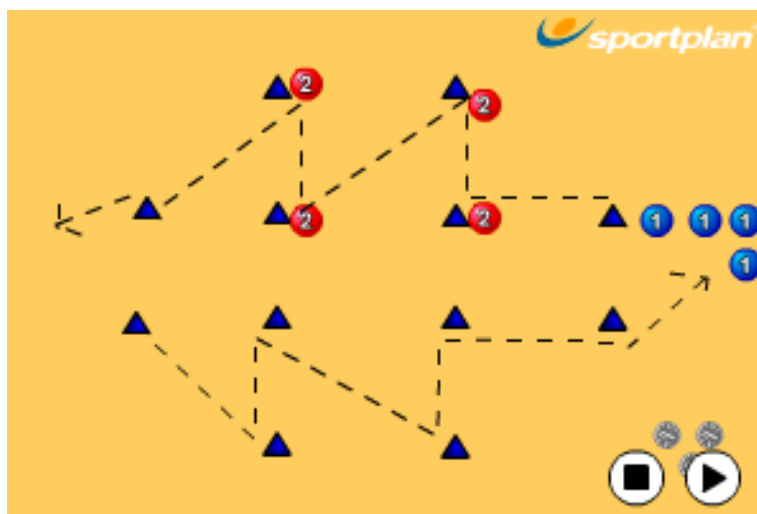
Position 4 players on the first 4 cones of the tree and the rest of the players in a queue at the base of the tree.

Like a pendulum, players from the queue run to the person in front of them and stop.

Like in a relay the person who was standing on the cone runs to the next cone and then stops as the person who was previously on the cone runs the next one.

Once the players reach the top of the tree they then run all the way back to the start, sprinting along the diagonals and side-stepping along the horizontals.

Repeat this until the 4 first cones are now occupied by the back 4 players and the players who started on the cones are now at the front of the queue.



Main Activity – 20 min – Circuits

Working clockwise around the hall in pairs, 30 seconds on each station

Stations

1. Shooting at the netball post
2. Sprinting across the width of the hall (within the two marked cones)
3. Rebounder – start one behind the other facing the rebounder. Player one throws ball at the rebounder and player two has to receive it and then throw at the rebounder for player one to receive it. Continue for the 30 sec.
4. Plank – full plank on hands and toes, elbows and toes or knees and elbows. Hold for the 30 sec.
5. Each player has a ball. Practice throwing and catching the ball one handed against the wall. 10 with the right hand then swap to the left hand. Keep changing until the 30 sec is up.
6. Shooting at the netball post
7. Drop and Run – The pairs face each other (cones to set distance) each with a ball. Each player drops the ball and then must run to pick up the ball the other player has dropped before it bounces for the second time. Reset and continue.

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8. Rope wave – Pairs to face each other with one end of each rope in each hand and wave the ropes between each other for the 30 sec.
9. Rebounder – start one behind the other facing the rebounder. Player one throws ball at the rebounder and player two has to receive it and then throw at the rebounder for player one to receive it. Continue for the 30 sec.

Game – 15 min

Looking for holding the space and using the whole court; ball carrier should have the option of a forward pass, lateral pass and back pass, every time, except on a back line pass (will work on this more with some drills 21st Nov session)

Cool down – 3-5 min

Jog up and down court 2 times, walk up and down court 2 times.