NETS Netball
Get ahead of the game!

NETS Netball Holiday Academy Schedule

2 Day Program - 9yrs

Time	Activity - Day 1		Time	
8.30	Coaches arrive and set-up		8.30	Coaches arrive and set-up
9.00	**Welcome and Introduction** **Roll Call**		9.00	**Welcome and Introduction** **Roll Call**
9.10 - 10.00	**Warm-Up & Fitness**		9.00 10.00	Junior Knee Program
10.00 11.00	**Session One**		10.00 11.00	Footwork & Movement Ballwork & Passing Attacking & Timing
11 - 11.30	**MORNING TEA**		11- 11.30	**MORNING TEA**
12.00 1.00	**Session Two**		11.30 1.00	Shooting Defence Midcourt
1.00 1.30	**LUNCH**		1.00 1.30	**LUNCH**
1.30	**Strategies & Match Play**		1.30	**Strategies & Match Play**
2.30	Warm down & Stretch		2.45	Warm down & Stretch
2.45	Presentation of Awards & Certificates (single day participants)		2.50	Presentation of Awards & Certificates (single day participants)
3.00	Conclusion		3.00	Conclusion

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2 Day Program - 9yrs

Time	Activity - Day 2		Time	
8.30	Coaches arrive and set-up		8.30	Coaches arrive and set-up
9.00	**Welcome and Introduction** **Roll Call**		9.00	**Welcome and Introduction** **Roll Call**
9.10 - 10.00	**Warm-Up & Fitness**		9.00 10.00	Junior Knee Program
10.00 11.00	**Session One**		10.00 11.00	Footwork & Movement Ballwork & Passing Attacking & Timing
11 - 11.30	**MORNING TEA**		11- 11.30	**MORNING TEA**
12.00 1.00	**Session Two**		11.30 1.00	Shooting Defence Midcourt
1.00 1.30	**LUNCH**		1.00 1.30	**LUNCH**
1.30	**Strategies & Match Play**		1.30	**Strategies & Match Play**
2.30	Warm down & Stretch		2.45	Warm down & Stretch
2.45	Presentation of Awards & Certificates (single day participants)		2.50	Presentation of Awards & Certificates (single day participants)
3.00	Conclusion		3.00	Conclusion