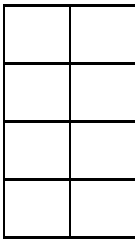
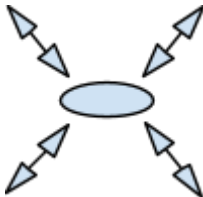

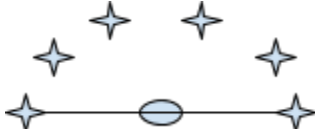

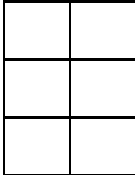




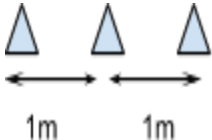



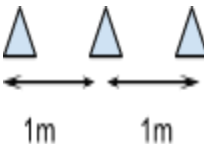
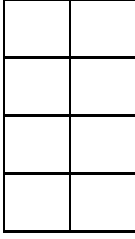
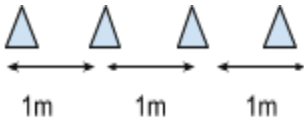

# NETS Netball - Advanced Program - Home Program - Essential Skills 11-13yrs



The sessions are designed to be completed once a week over an eight week time frame, at the completion return to the beginning and repeat. Eg Each NETS session we will demonstrate the home session and then you repeat before you return the following week

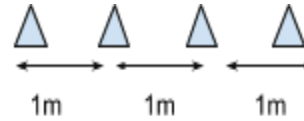
Session	Balance	Footwork	Ball Work
<p><b>1</b></p> 	<ul style="list-style-type: none"> <li>Stand on your left leg and close your eyes for 30 seconds. Aim to maintain your balance. Try not to put the other foot down!</li> <li>Repeat on your right leg with your eyes closed and maintain your balance for 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Start with 2 feet positioned shoulder width apart and eyes up</li> <li>Step to the 4 corners of a 50cm box with fast feet, coming back to the middle each time.</li> </ul>  <ul style="list-style-type: none"> <li><b>Repeat in the opposite direction</b></li> <li><b>Repeat 5 times</b></li> </ul>	<ul style="list-style-type: none"> <li>Wraps - stand with weight evenly on both feet that are shoulder width apart, and tall through the trunk.</li> <li>Pass the ball around your body at different heights to the left 10 times</li> <li>Repeat to the Right</li> <li>Tap the ball with one hand against the wall at shoulder height 10 times</li> <li><b>Repeat with the other hand</b></li> </ul>
<p><b>2</b></p> 	<ul style="list-style-type: none"> <li>Standing on both feet jump to land on both feet and hold/balance your landing for 3 seconds</li> <li><b>Repeat 5 times</b></li> <li>Standing on both feet jump to land on your left foot and hold your landing/balance for 3 seconds</li> <li>Standing on both feet jump to land on your right foot and hold your landing/balance for 3 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Start with 2 feet positioned shoulder width apart and eyes up</li> <li>Run to the 6 points of a 2 metre semi circle with fast feet, coming back to the middle each time</li> </ul>  <ul style="list-style-type: none"> <li><b>Repeat in the opposite direction</b></li> <li><b>Repeat 5 times</b></li> </ul>	<ul style="list-style-type: none"> <li>Blur-stand with weight evenly on both feet</li> <li>Hold the ball between your legs with one hand in front of your legs and one hand behind your legs</li> <li>Switch hand position on the ball</li> <li>Aim for the ball not to hit the ground, at first you may need to let the ball bounce once before the catch</li> <li><b>Repeat 10 times</b></li> <li>Tap the ball with right hand against the wall aiming to move from position 12 o'clock to 3 o'clock 10 times</li> <li><b>Repeat with the left hand from position 12 o'clock to 9 o'clock 10 times</b></li> </ul>
<p><b>3</b></p> 	<ul style="list-style-type: none"> <li>Standing on your left foot jump (or hop) onto your same foot and hold the landing/balance for 3 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Start with 2 feet positioned shoulder width apart, facing forward and eyes up</li> <li>Step over the line with both feet, step</li> </ul>	<ul style="list-style-type: none"> <li>Lie on your back with knees bent</li> <li>Chest pass the ball with two hands into the air and catch</li> </ul>

	<ul style="list-style-type: none"> <li>• Standing on your right foot jump (or hop) onto your same foot and hold the landing/balance for 3 seconds</li> <li>• <b>Repeat 5 times and try to increase the distance and height of your jumps each time</b></li> </ul>	<p>across line with both feet, step back with both feet - VERY QUICK FEET in a small space</p>  <ul style="list-style-type: none"> <li>• Repeat in the opposite direction</li> <li>• <b>Repeat 5 times</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Repeat 10 times</b></li> <li>• Tap the ball with right hand against the wall aiming to move from position 3 o'clock to 12 o'clock then swap to the left hand and move the ball from position 12 o'clock to 9 o'clock. Tap the ball back to the start</li> <li>• <b>Repeat 4 times</b></li> </ul>
<p><b>4</b></p> 	<ul style="list-style-type: none"> <li>• Standing on both feet jump onto both feet two times and hold the landing/balance on the last jump for 3 seconds</li> <li>• Repeat 5 times and try to increase your distance and height of your jumps each time</li> </ul>	<ul style="list-style-type: none"> <li>• Start with 2 feet positioned shoulder width apart, facing forward and eyes up</li> </ul>  <ul style="list-style-type: none"> <li>• Run over the line with both feet, step across line with both feet, run back with both feet - VERY QUICK FEET over a bigger space</li> <li>• Repeat in the opposite direction</li> <li>• <b>Repeat 5 times</b></li> </ul>	<ul style="list-style-type: none"> <li>• Stand with weight evenly on both feet that are shoulder width apart, and tall through the trunk</li> <li>• Hold the ball behind the body and throw the ball with 2 hands over your head to catch it behind your back</li> <li>• <b>Repeat 10 times</b></li> <li>• Tap the ball with right hand against the wall from above the shoulder down to the hip and back again 10 times</li> <li>• <b>Repeat pattern on other hand</b></li> </ul>
<p><b>5</b></p> 	<ul style="list-style-type: none"> <li>• Standing on your left foot jump (or hop) onto your same foot two times and hold your landing on the last jump for 3 seconds</li> <li>• Repeat for the right foot 5 times</li> <li>• Try to increase the distance and height of your jumps each time</li> </ul>	<ul style="list-style-type: none"> <li>• Start with 2 feet positioned shoulder width apart, facing forward and eyes up</li> </ul>  <ul style="list-style-type: none"> <li>• Pattern of Sprinting <ul style="list-style-type: none"> <li>- 1st cone to 2nd cone - back to start on an angle facing forward</li> <li>- 1st cone to 2nd cone - back to start on an angle facing forward</li> </ul> </li> <li>• <b>Repeat 5 times with a break between each</b></li> </ul>	<ul style="list-style-type: none"> <li>• Ball taps - stand with weight evenly on both feet that are shoulder width apart, and tall through the trunk</li> <li>• Pass the ball from one hand to the other hand above the head 10 times</li> <li>• <b>Repeat the pattern</b></li> <li>• Chest pass the ball as fast as you can against the wall</li> <li>• <b>Repeat 20 times</b></li> </ul>
<p><b>6</b></p>	<ul style="list-style-type: none"> <li>• Standing on both feet jump and turn 90 degrees to your left and hold the landing</li> </ul>	<ul style="list-style-type: none"> <li>• Start with 2 feet positioned shoulder width apart, facing forward and eyes up</li> </ul>	<ul style="list-style-type: none"> <li>• Stand with weight evenly on both feet that are shoulder width apart, and tall through</li> </ul>

	<p>for 3 seconds before jumping back to the start position</p> <ul style="list-style-type: none"> <li>Repeat to the right direction</li> <li><b>Repeat pattern 5 times</b></li> <li>Try to increase the height of your jump each time with control</li> </ul>	 <ul style="list-style-type: none"> <li>Pattern of Sprinting <ul style="list-style-type: none"> <li>1st cone to 2nd cone - back to start on an angle facing forward</li> <li>1st cone to 3rd cone - back to start on an angle facing forward</li> </ul> </li> <li><b>Repeat 5 times with a break between each</b></li> </ul>	<p>the trunk</p> <ul style="list-style-type: none"> <li>Toss the ball from waist height above the head and snatch the catch and bring the ball into the chest as fast as you can</li> <li><b>Repeat 10 times</b></li> <li>Shoulder pass the ball as fast as you can against the wall</li> <li><b>Repeat 20 times with each hand</b></li> </ul>
<p style="text-align: center;"><b>7</b></p> 	<ul style="list-style-type: none"> <li>Standing on both feet jump and turn 180 degrees to your left and hold the landing for 3 seconds before jumping back to the start position</li> <li><b>Repeat to the right direction</b></li> <li><b>Repeat pattern 5 times</b></li> <li>Try to increase the height of your jump each time with control</li> </ul>	<ul style="list-style-type: none"> <li>Start with 2 feet positioned shoulder width apart, facing forward and eyes up</li> </ul>  <ul style="list-style-type: none"> <li>Pattern of Sprinting <ul style="list-style-type: none"> <li>1st cone to 2nd cone - back to start on an angle facing forward</li> <li>1st cone to 3rd cone - back to start on an angle facing forward</li> <li>2nd cone to 4th cone - back to start</li> </ul> </li> <li><b>Repeat 5 times with a break between each</b></li> </ul>	<ul style="list-style-type: none"> <li>Stand with weight evenly on both feet with one foot in front of the other in a lunge position</li> <li>Bounce the ball from one hand to the other hand between the legs 10 times</li> <li><b>Repeat the pattern with the other leg in front</b></li> <li>Ball Toss - stand with weight evenly on both feet that are shoulder width apart</li> <li>Toss the ball in the air and spin around on the spot before you re-catch the ball</li> <li><b>Repeat 5 times</b></li> </ul>
<p style="text-align: center;"><b>8</b></p> 	<ul style="list-style-type: none"> <li>Standing on both feet jump and turn 90 degrees to your left and quickly jump 90 degrees again to your left and hold the landing for 3 seconds before jumping back to the start position</li> <li>Repeat to the right direction</li> </ul>	<ul style="list-style-type: none"> <li>Start with 2 feet positioned shoulder width apart, facing forward and eyes up</li> </ul>	<ul style="list-style-type: none"> <li>Stand with weight evenly on both feet with one foot in front of the other in a lunge position</li> <li>Pass the ball from one hand to the other hand over the head 10 times</li> <li>Repeat the pattern with other leg in front</li> </ul>



- Repeat pattern 5 times
- Try to increase the height of your ump each time with control



- Pattern of Sprinting
  - 1st cone to 2nd cone - back to start on an angle facing forward
  - 1st cone to 3rd cone - back to start on an angle facing forward
  - 2nd cone to 4th cone - back to start on an angle facing forward
  - 2nd cone to 4th cone - back to start
- **Repeat 5 times with a break between each**

- Chest pass the ball against the wall. Aim to hit the target you have placed on the wall
- Hit the target 20 times