

## NETS Netball Holiday Academy Schedule



**2 Day Program - 12+yrs**

Time	Activity - Day 1	Time	Activity - Day 2
8.30	Coaches arrive and set-up	8.30	Coaches arrive and set-up
9.00	<b>Welcome and Introduction</b> Roll Call	9.00	<b>Welcome and Introduction</b> Roll Call
9.00 10.00	<b>Session One</b> Netball Australia Knee Program	9.10 10.00	<b>Session One</b> Netball Australia Knee Program
10.00 11.00	<b>Session Two</b> Passing - Types, Wall Passing, The Clock, 1 hand control	10.00 11.00	<b>Session Two</b> Defence - Phase 1 -1st Ball Contest, Phase 2 - Hands Over, Phase 3 - Delay Deny & Control
11 - 11.30	<b>MORNING TEA</b>	11- 11.30	<b>MORNING TEA</b>
11.30 1.00	<b>Session Three</b> Attacking - Dodge, COD, Straight Leads Golden Drill with & without Defence	11.30 - 1.00	<b>Session Three</b> Long Court - Width & Depth Transition through Midcourt Backline Structure
1.00 1.30	<b>LUNCH</b>	12.45 1.30	<b>LUNCH</b>
1.30	<b>MATCH PLAY</b> Four Corners, Centre Pass Structure	1.30	<b>MATCH PLAY</b>
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