


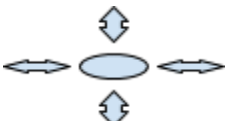

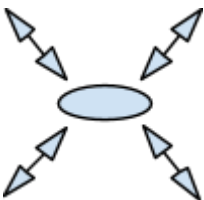

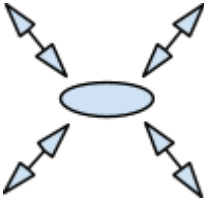


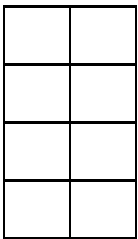
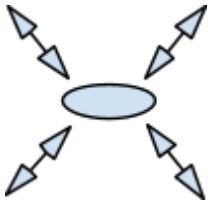
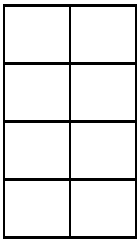
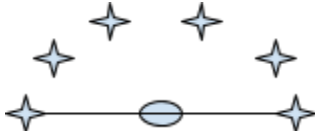
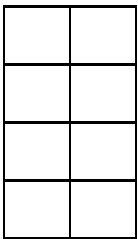
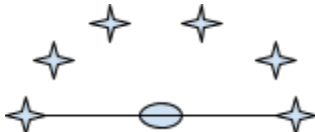


NETS Netball - Regular Program - Home Program - Essential Skills 11-14yrs

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>1</p> 	<ul style="list-style-type: none"> 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! Repeat on your right leg with your eyes closed and maintain your balance for 30 seconds 	<ul style="list-style-type: none"> Start with 2 feet positioned shoulder width apart and eyes up Step forward with both feet moving very fast Return to start position very fast Repeat 10 times Do the same stepping backwards and return to start with both feet moving very fast Repeat 10 times 	<ul style="list-style-type: none"> Wraps - stand with weight evenly on both feet that are shoulder width apart, and tall through the trunk. Pass the ball around your waist to the left 10 times Repeat to the Right Pass the ball around your body at different heights to the left 10 times Repeat to the Right
<p>2</p> 	<ul style="list-style-type: none"> Stand on your left leg with your eyes open. Maintain your balance whilst moving your arms away from your body in all different directions Repeat the activity standing on your right leg 	<ul style="list-style-type: none"> Start with 2 feet positioned shoulder width apart and eyes up Step to the left with both feet moving very fast Return to start position very fast Repeat 10 times Do the same stepping to the right and return to start with both feet moving very fast Repeat 10 times 	<ul style="list-style-type: none"> Blur-stand with weight evenly on both feet Hold the ball between your legs with one hand in front of your legs and one hand behind your legs Switch hand position on the ball Aim for the ball not to hit the ground, at first you may need to let the ball bounce once before the catch Repeat 10 times Repeat pattern again Chest pass the ball against a wall so you can catch the ball on the full Repeat 20 times
<p>3</p> 	<ul style="list-style-type: none"> Stand on your left leg with your eyes open. Maintain your balance whilst moving your arms and right leg away from your body in all different directions Repeat the activity standing on your right leg 	<ul style="list-style-type: none"> Start with 2 feet positioned shoulder width apart, facing forward and eyes up Step the 12,3,6 and 9 points of a clock face with fast feet, coming back to the middle each time 	<ul style="list-style-type: none"> Figures of 8's - stand with weight evenly on both feet Pass the ball between your legs, around the outside of one leg, back to the centre and repeat around the outside of the other leg Repeat 5 times Repeat pattern again in the opposite direction

		 <ul style="list-style-type: none"> • Repeat in the opposite direction • Repeat 5 times 	<ul style="list-style-type: none"> • Shoulder pass the ball against a wall so you can catch the ball on the full • Repeat 20 times with each hand
<p>4</p> 	<ul style="list-style-type: none"> • Standing on both feet jump to land on both feet and hold/balance your landing for 3 seconds • Repeat 5 times and try to increase your distance each time 	<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Step the 4 corners of a 50cm box with fast feet, coming back to the middle each time  <ul style="list-style-type: none"> • Repeat in the opposite direction • Repeat 5 times 	<ul style="list-style-type: none"> • Stand with weight evenly on both feet that are shoulder width apart, and tall through the trunk • Hold the ball in front of the body and throw the ball with 2 hands over your head to catch it behind your back • Repeat 10 times • Bounce pass the ball against a wall so you can catch the ball on the full after it hits the wall • Repeat 20 times with each hand
<p>5</p> 	<ul style="list-style-type: none"> • Standing on both feet jump to land on your left foot and hold your landing/balance for 3 seconds • Standing on both feet jump to land on your right foot and hold your landing/balance for 3 seconds • Repeat 5 times and try to increase the distance and height of the jumps each time 	<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Run to the 4 corners of a 1 metre box with fast feet, coming back to the middle each time  <ul style="list-style-type: none"> • Repeat in the opposite direction • Repeat 5 times 	<ul style="list-style-type: none"> • Ball taps - stand with weight evenly on both feet that are shoulder width apart, and tall through the trunk • Pass the ball from one hand to the other hand in front of the body 10 times • Repeat the pattern • Chest pass the ball against a wall, clap your hands together before catching the ball on the full • Repeat 20 times
<p>6</p>	<ul style="list-style-type: none"> • Standing on your left foot jump (or hop) onto your same foot and hold the 	<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up 	<ul style="list-style-type: none"> • Ball flicks - stand with weight evenly on both feet that are shoulder width apart,

	<p>landing/balance for 3 seconds</p> <ul style="list-style-type: none"> • Standing on your right foot jump (or hop) onto your same foot and hold the landing/balance for 3 seconds • Repeat 5 times and try to increase the distance and height of your jumps each time 	<ul style="list-style-type: none"> • Run to the 4 corners of a 2 metre box with fast feet, coming back to the middle each time  <ul style="list-style-type: none"> • Repeat in the opposite direction • Repeat 5 times 	<p>and tall through the trunk</p> <ul style="list-style-type: none"> • Flick the ball so it leaves the hand approximately 10cm and then re-catch in the same hand 10 times • Repeat with the other hand • Chest pass the ball against a wall, touch your thighs with both hand before catching the ball on the full • Repeat 20 times
<p style="text-align: center;">7</p> 	<ul style="list-style-type: none"> • As for Session 5 but now aim to hold your landing/balance for 3 seconds with the following <ul style="list-style-type: none"> - Increase the distance - Increase the height - Change of direction of take off to go in all different directions (use a clock face and aim to 12, 3, 6 and 9) 	<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Step to the 6 points of a 50cm semi circle with fast feet, coming back to the middle each time  <ul style="list-style-type: none"> • Repeat in the opposite direction • Repeat 5 times 	<ul style="list-style-type: none"> • Stand with weight evenly on both feet that are shoulder width apart • Bounce the ball from one hand to the other hand 10 times • Repeat the pattern • Ball Toss - stand with weight evenly on both feet that are shoulder width apart • Toss the ball in the air and clap your hands as many times as you can before you re-catch the ball, repeat 10 times
<p style="text-align: center;">8</p> 	<ul style="list-style-type: none"> • As for session 6 but now aim to hold your landing/balance for 3 seconds with the following <ul style="list-style-type: none"> - Increase the distance - Increase the height - Change direction of take off to go in all different directions (use a clock face and aim for 12, 3, 6 and 9) 	<ul style="list-style-type: none"> • Start with 2 feet positioned shoulder width apart, facing forward and eyes up • Run to the 6 points of a 2 metre semi circle with fast feet, coming back to the middle each time  <ul style="list-style-type: none"> • Repeat in the opposite direction • Repeat 5 times 	<ul style="list-style-type: none"> • Stand with weight evenly on both feet that are shoulder width apart • Bounce the ball around the body 10 times • Repeat in the other direction • Passing combinations - pass the ball against the wall and catch it on the full in the following pattern; <ul style="list-style-type: none"> - Chest Pass - Shoulder pass - right - Chest Pass - Shoulder Pass - left • Repeat full combination 5 times (20 passes in total)

