



SLAMMIN SATURDAY

WK 1 - Novice

STRENGTH AND CONDITIONING PROGRAM

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Calf & Hamstring (count 20) x2 reps
- Bridge 2 x 10reps
- Plank 2 x 30sec
- Side Plank 30sec R/L
- Partner Squat x10reps
- Prone Lie - double (count 5) x5reps
- Standing - arm swings x10ea R/L
- Lunge Technique x5ea R/L

BALANCE & LANDING

- Partner Push 10x2 Foot/5x R/L
- Slalom F&B ½ court
- Tuck jumps x5reps +rest

AGILITY

- Sliding Shuffle x2 ½ court
- Zig Zag Run x2 ½ court
- Forward Run on 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 1 (Home Program)

- Balance 30sec R/L
Stand on L/R leg with eyes closed
- Footwork x10reps R/L
Fast feet F&B
- Ballwork x10 R/L ea
Ball wraps, waist and body

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
10 sec WALK
45 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
2 min 30 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
45 sec RUN
10 sec WALK
30 sec RUN
RECOVERY 1 MIN WALK

CIRCUIT

Wall Passing and Partner Suicides

- In pairs partner runs suicides while partner passes the ball into the wall, when partner completes suicide - swap roles and repeat
- Pass Types (focus on technique & placement)
Chest
Shoulder
- Running (focus on technique and intensity)

10mins

STRETCH

- PSOAS Stretch hold 30s x 2 R/L
- Quadriceps Stretch hold 30s x 2 R/L



WICKED WEDNESDAY

WK 2 - Novice

STRENGTH AND CONDITIONING PROGRAM

- Ballwork x10 reps x 2
Blur stand with the ball between your legs with one hand in front and one hand behind. Now switch position of your hands

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Glutes x2 reps (20s) R&L
- Push Ups off the Wall 2 x 10reps
- Bridge 2 x 12reps
- Plank 2 x 30sec
- Side Plank 3 x 15sec R&L
(1 arm on ground 1 resting on body 2 feet)
- Box Squat x10reps
- Wall Angel - hands linked - upper body rotation 2 x 5 reps (5s)
- 3 sidestep in semi squat x3 reps R&L

BALANCE & LANDING

- Ball Roll 30sec R&L
- Forwards & Backwards + ball x10reps
- Rotate 90 + ball x5 reps R&L
- Side Step + ball x5 reps R&L

AGILITY

- Sliding Shuffle x2 ½ court
- Lateral Shuffle x2 ½ court
- Forward Run on 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 2 (Home Program)

- Balance 30sec R/L
Stand on L/R leg with eyes open whilst moving your arms away from your body
- Footwork x10reps R/L
Fast feet left & right

Aim: for the ball not to hit the ground

- Chest pass the ball into a wall 20 times making sure you catch it on the full

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
10 sec WALK
45 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
2 min 30 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
45 sec RUN
10 sec WALK
30 sec RUN
RECOVERY 1 MIN WALK

CIRCUIT

Burpees, Lunges, Squats, Star Jumps Wall push ups and Partner Suicides

- In pairs partner runs suicides while partner completes strength exercise, when partner completes suicide - swap roles and repeat
- Running (focus on technique and intensity)

10mins

STRETCH

- Calf Stretch hold 30s x 2 R/L
- Gluteal Stretch hold 30s x 2 R/L



WICKED WEDNESDAY
WK 3 - Novice
STRENGTH AND
CONDITIONING PROGRAM

- Ballwork x10 reps x 2
Figure of 8's

Aim: for the ball not to hit the ground

- Shoulder pass the ball into a wall 20 times with each hand making sure you catch it on the full

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
10 sec WALK
45 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
2 min 30 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
45 sec RUN
10 sec WALK
30 sec RUN
RECOVERY 1 MIN WALK

CIRCUIT

Burpees, Lunges, Squats, Star Jumps Wall push ups V's Group runs

- Divide group into 2
- One group will run the outside of a netball court, sprinting in the middle 1/3 and jogging the rest while, when partner completes suicide - swap roles and repeat
- Running (focus on technique and intensity)

10mins

STRETCH

- Hamstring Stretch hold 30s x 2 R/L
- Lower & Upper Back hold 30s x 2 R/L

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Partner Squats 2 x 12reps
- Bridge 2 x 12reps
- Side Plank 30sec R&L
- Lower & Upper Back x5reps R&L
- Step Ups (alternate legs) 1 min
- Plank 2 x 30sec
- Standing forward Jump 5 reps
- Wall Angel hands linked behind back and lift back 2 x 5reps

BALANCE & LANDING

- Single leg & arms 30sec R&L
- Jump & Land Doub & Sing x10reps
- Crosses - ball x2reps
- Slalom jumps F&B 1/2 court

AGILITY

- Sliding Shuffle x2 1/2 court
- Defensive Shuffle x2 1/2 court
- Forward Run on 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 3 (Home Program)

- Balance 30sec R/L
Stand on L/R leg with eyes open whilst moving your arms and R Leg away from your body in all different directions
- Footwork x5reps R/L
Fast feet coming back to the centre of a clock (12, 9, 6, 3)



WICKED WEDNESDAY
WK 4 - Novice
STRENGTH AND
CONDITIONING PROGRAM

- Ballwork x10 reps
Hold the ball in front of the body and throw the ball with 2 hands over your head to catch it behind your back

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Back & Leg x5 reps R&L
- Single Leg Stand - monkey grip arm wrestle 1min alt legs
- Side Plank 30sec R&L
- Sit Ups + weighted ball 2 x 12reps
- V Sits + weighted ball 2 x 12reps
- Jump from foot to foot stick landing x5reps R&L
- Seated Push Ups 2 x 5mins
- Plank 2 x 30sec
- Calf Skips whole court up & back

BALANCE & LANDING

- Partner Ball Pushes x10 passes R&L
- Repeated Crosses +/-ball x2reps
- Repeated side step +/-ball x2reps

AGILITY

- Lateral Shuffle x2 ½ court
- Defensive Shuffle x2 ½ court
- Push Step Shuffle 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 4 (Home Program)

- Balance x5 increase dist
Standing on both feet jump to land on both feet and hold/balance your landing for 3sec
- Footwork x5reps R/L
Step the 4 corners of a 50cm box with fast feet coming back to the middle each time

Aim: for the ball not to hit the ground

- Bounce pass the ball into a wall 20 times with each hand making sure you catch it on the full

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
 10 sec WALK
 45 sec RUN
 10 sec WALK
 1 min RUN
 10 sec WALK
 2 min 30 sec RUN
 10 sec WALK
 1 min RUN
 10 sec WALK
 45 sec RUN
 10 sec WALK
 30 sec RUN
 RECOVERY 1 MIN WALK

CIRCUIT

- 4 cone shuttle run
- 4 point Square
- 6 cone COD
- Hurdles
- Dodging in pairs
- Ladders

10mins

STRETCH

- Mid Back Stretch hold 30s x 2 R/L
- Back Stretch hold 30s x 2 R/L



WICKED WEDNESDAY

WK 5 - Novice

STRENGTH AND CONDITIONING PROGRAM

the other hand in front of the body 10 times and repeat

Aim: for the ball not to hit the ground

- Chest pass the ball into a wall 20 times clap your hands before catching the ball on the full Repeat x20

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Calf & Hamstring (count 20) x2 reps
- Bridge 2 x 10reps
- Plank 2 x 30sec
- Side Plank 30sec R/L
- Partner Squat x10reps
- Prone Lie - double (count 5) x5reps
- Standing - arm swings x10ea R/L
- Lunge Technique x5ea R/L

BALANCE & LANDING

- Partner Push 10x2 Foot/5x R/L
- Slalom F&B ½ court
- Tuck jumps x5reps +rest

AGILITY

- Sliding Shuffle x2 ½ court
- Zig Zag Run x2 ½ court
- Forward Run on 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 5 (Home Program)

- Balance x5rep R/L
Standing on both feet jump to land on your left foot and hold your balance/landing for 3 sec repeat on your right foot
- Footwork x5rep R/L
Run the 4 corners of a 1m box with fast feet coming back to the middle each time
- Ballwork x2reps R/L
Ball taps - pass the ball from one hand to

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
10 sec WALK
45 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
2 min 30 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
45 sec RUN
10 sec WALK
30 sec RUN
RECOVERY 1 MIN WALK

CIRCUIT

Wall Passing and Partner Suicides

- In pairs partner runs suicides while partner passes the ball into the wall, when partner completes suicide - swap roles and repeat
- Pass Types (focus on technique & placement)
Chest
Shoulder
- Running (focus on technique and intensity)

10mins

STRETCH

- PSOAS Stretch hold 30s x 2 R/L
- Quadriceps Stretch hold 30s x 2 R/L



WICKED WEDNESDAY

WK 6 - Novice

STRENGTH AND CONDITIONING PROGRAM

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Glutes x2 reps (20s) R&L
- Push Ups off the Wall 2 x 10reps
- Bridge 2 x 12reps
- Plank 2 x 30sec
- Side Plank 3 x 15sec R&L
(1 arm on ground 1 resting on body 2 feet)
- Box Squat x10reps
- Wall Angel - hands linked - upper body rotation 2 x 5 reps (5s)
- 3 sidestep in semi squat x3 reps R&L

BALANCE & LANDING

- Ball Roll 30sec R&L
- Forwards & Backwards + ball x10reps
- Rotate 90 + ball x5 reps R&L
- Side Step + ball x5 reps R&L

AGILITY

- Sliding Shuffle x2 ½ court
- Lateral Shuffle x2 ½ court
- Forward Run on 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 6 (Home Program)

- Balance x5reps
Standing on your left foot jump (or hop) onto your same foot and hold landing/balance for 3sec repeat on right
- Footwork x5reps

Run the 4 corners of a 2m box with fast feet coming back to the middle each time

- Ballwork x10 rep R&L
Ball flicks - flick the ball so it leaves the hand approx 10cm and then re-catch in the same hand 10 times repeat with other hand

Aim: for the ball not to hit the ground

- Chest pass the ball into a wall 20 times making sure you touch your thighs with both hands before catching the ball on the full

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
10 sec WALK
45 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
2 min 30 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
45 sec RUN
10 sec WALK
30 sec RUN
RECOVERY 1 MIN WALK

CIRCUIT

Burpees, Lunges, Squats, Star Jumps Wall push ups and Partner Suicides

- In pairs partner runs suicides while partner completes strength exercise, when partner completes suicide - swap roles and repeat
- Running (focus on technique and intensity)

10mins

STRETCH

- Calf Stretch hold 30s x 2 R/L
- Gluteal Stretch hold 30s x 2 R/L



WICKED WEDNESDAY

WK 7 - Novice

STRENGTH AND CONDITIONING PROGRAM

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Partner Squats 2 x 12reps
- Bridge 2 x 12reps
- Side Plank 30sec R&L
- Lower & Upper Back x5reps R&L
- Step Ups (alternate legs) 1 min
- Plank 2 x 30sec
- Standing forward Jump 5 reps
- Wall Angel hands linked behind back and lift back 2 x 5reps

BALANCE & LANDING

- Single leg & arms 30sec R&L
- Jump & Land Doub & Sing x10reps
- Crosses - ball x2reps
- Slalom jumps F&B ½ court

AGILITY

- Sliding Shuffle x2 ½ court
- Defensive Shuffle x2 ½ court
- Forward Run on 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 7 (Home Program)

- Balance
Standing on both feet jump to land on your left foot and hold your balance/landing for 3 sec repeat on your right foot
- NOW try and increase **distance & height**
- NOW go in all different directions while sticking the landing (clock face)

- Footwork x5reps R/L
Step the 6 points of a 50cm semi circle with fast feet coming back to the middle each time
- Ballwork x10 reps x 2
 - Bounce the ball from one hand to the other hand
 - Ball Toss - toss the ball in the air and clap your hands as many times as you can before you re-catch the ball

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
10 sec WALK
45 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
2 min 30 sec RUN
10 sec WALK
1 min RUN
10 sec WALK
45 sec RUN
10 sec WALK
30 sec RUN
RECOVERY 1 MIN WALK

CIRCUIT

Burpees, Lunges, Squats, Star Jumps Wall push ups V's Group runs

- Divide group into 2
- One group will run the outside of a netball court, sprinting in the middle ⅓ and jogging the rest while, when partner completes suicide - swap roles and repeat
- Running (focus on technique and intensity)

10mins

STRETCH

- Hamstring Stretch hold 30s x 2 R/L
- Lower & Upper Back hold 30s x 2 R/L



WICKED WEDNESDAY
WK 8 - Novice
STRENGTH AND
CONDITIONING PROGRAM

- Footwork x5reps R/L
Step the 6 points of a 50cm semi circle with fast feet coming back to the middle each time
- Ballwork x10 reps
Stand on both feet and bounce the ball around the body repeat

WARM-UP

- Sidelines Job F&B x2 reps
- Butt flicks F&B x2 reps
- High Knee March x2 reps
- High Knee Skip x2 reps
- Side Skipping x2 reps
- F&B shuffle x10 reps R/L

STRENGTH

- Back & Leg x5 reps R&L
- Single Leg Stand - monkey grip arm wrestle 1min alt legs
- Side Plank 30sec R&L
- Sit Ups + weighted ball 2 x 12reps
- V Sits + weighted ball 2 x 12reps
- Jump from foot to foot stick landing x5reps R&L
- Seated Push Ups 2 x 5mins
- Plank 2 x 30sec
- Calf Skips whole court up & back

BALANCE & LANDING

- Partner Ball Pushes x10 passes R&L
- Repeated Crosses +/-ball x2reps
- Repeated side step +/-ball x2reps

AGILITY

- Lateral Shuffle x2 ½ court
- Defensive Shuffle x2 ½ court
- Push Step Shuffle 10 x 2 R/L
- Netball Plane (Decel & COD) x2reps R/L

DADA - WEEK 8 (Home Program)

- Balance x5rep R&L
Standing on both feet jump to land on your left foot and hold your balance/landing for 3 sec repeat on your right foot
- NOW try and increase **distance & height**
- NOW go in all different directions while sticking the landing (clock face)

Aim: for the ball not to hit the ground
 Pass the ball into the wall and catch on the full in the following combinations;

- Chest Pass
 - Shoulder Pass - right
 - Chest Pass
 - Shoulder Pass - left
- Repeat full combination 5 times (20 passes in total)

FARTLEK

Use your phone to time the runs. Players line up on the baseline and on coaches command commence running.

30 sec RUN
 10 sec WALK
 45 sec RUN
 10 sec WALK
 1 min RUN
 10 sec WALK
 2 min 30 sec RUN
 10 sec WALK
 1 min RUN
 10 sec WALK
 45 sec RUN
 10 sec WALK
 30 sec RUN
 RECOVERY 1 MIN WALK

CIRCUIT

- 4 cone shuttle run
- 4 point Square
- 6 cone COD
- Hurdles
- Dodging in pairs
- Ladders

10mins

STRETCH

- Mid Back Stretch hold 30s x 2 R/L
- Back Stretch hold 30s x 2 R/L

