

WARM-UP/FOOTWORK

Sidelines Jog Forward and Backward	x 2 reps
5	
	Sidelines Jog Forward and Backward

- Butt Flicks Forwards and Backwards
- High Knee March and High Knee Skip
- Side Skipping
- Forward and Backward Shuffle

x 2 reps x 10 reps R/L

x 2 reps

x 2 reps

STRENGTH + DADA Cycle 1

BALANCE & LANDING

- Partner Push
- Slalom Forwards & Backwards
- Tuck Jumps

AGILITY

- Sliding Shuffle (Deceleration)
- Change of Direction (Zig Zag Run)
- Forward Run On
- Netball Plane (Decel & COD)

NN Conditioning Program - Jun KP - 4wk cycle Wicked Wednesday 10 x 2 Foot/ 5 x R/L ¹/₂ court x 5 reps



AGILITY

• Sliding Shuffle (Deceleration) • Defensive Shuffle (COD)

• Netball Plane (Decel & COD)

• Forward Run On

WEEK 2

WARM-UP/FOOTWORK

•	Sidelines Jog Forward and Backward	x 2 reps		
٠	Butt Flicks Forwards and Backwards	x 2 reps		
٠	High Knee March and High Knee Skip	x 2 reps		
٠	Side Skipping	x 2 reps		
•	Forward and Backward Shuffle	x 10 reps R/L		
STRE	STRENGTH + DADA Cycle 2			
•	Bridge	2 x 12 reps		
BALANCE & LANDING				
•	Single Leg Arms and Legs	30 sec R & L		
•	Jump & Land Double & Single Leg	10 reps		
•	Crosses -ball	x 2 reps		
•	Slalom Jumps forwards & backwards	1/2 court		



WARM-UP/FOOTWORK

_	Sidelines, log Ferward and Deelsword	v O rono
•	Sidelines Jog Forward and Backward	x 2 reps
•	Butt Flicks Forwards and Backwards	x 2 reps
•	High Knee March and High Knee Skip	x 2 reps
•	Side Skipping	x 2 reps

• Forward and Backward Shuffle x 10 reps R/L

STRENGTH + DADA Cycle 3

•	Partner Squats	2 x 12 reps
•	Bridge	2 x 12 reps
•	Side Plank through knees	30 sec R/L

BALANCE & LANDING

•	Ball Roll	30 sec R&L
•	Forwards & backwards + ball	x 10 reps F/B
•	Rotate 90 deg +ball	x 5 reps L&R
•	Side Step +ball	x 5 reps L&R

AGILITY

- Sliding Shuffle (Deceleration)
- Lateral Shuffle
- Forward Run On
- Netball Plane (Decel & COD)

NSNA 15YRS CONDITIONING PROGRAM



WARM-UP/FOOTWORK

•	Sidelines Jog Forward and Backward	x 2 reps
---	------------------------------------	----------

x 2 reps

x 2 reps

x5 L/R

x 10 reps R/L

- Butt Flicks Forwards and Backwards
- High Knee March and High Knee Skip x 2 reps
- Side Skipping
- Forward and Backward Shuffle

STRENGTH + DADA Cycle 4

•	Partner Sit Ups + Weighted Ball	2 x 12 reps
•	V Sits + Weighted Ball	2 x 12 reps

BALANCE & LANDING

•	Partner Ball Passes	x10 Passes R/L
•	Repeated Crosses +/- Ball	x2 Reps

- Repeated Crosses +/- Ball
- Repeated Side Step +/- Ball

AGILITY

- Defensive Shuffle
- Lateral Shuffle
- Push Step Shuffle
- Netball Plane (Decel & COD)