

# Home Training Program

## Warm Up

Jog

Stretch - Dynamic stretches ie squats, lunges, leg swings

Agility footwork warm up

- Buttflicks
- Skip (high knees)
- Side step (slide)
- Grapevine
- Sprint forward, stop jog backwards, then sprint forward
- Jog backwards, turn sprint and go
- Sidestep (slide) turn 180 degrees and then slide again

## Balance Program

- Both feet on a line, one foot in front of the other, extend onto toes - hold 15 seconds. Bring other leg forward & repeat exercise X 3 sets
- On one leg flex knee to about 30 degrees - hold 15 seconds. Repeat on other leg. X 3 sets
- Balance on one leg, jump up and land on the same leg, ensure kneecap is over outside toes, balance for 15 seconds. Repeat on other leg. X 3 sets
- Lunge Walks  
Lunge walk for 1 third of court, Lunge forwards 4 steps lunge backwards 2 steps for 1 third of court, Angle lunge walk - 1 to right, 1 to left for 1 third of court. Walk back

## Fitness and Agility

### Stationary skip & pitter patter

Skip on the spot for 10 seconds using a high knee lift. Immediately follow this with fast pitter patter on the spot for 10 seconds. Pump the arms during pitter patter. Allow 30 seconds rest before next repetition X 3 sets.

- **Line Jumps**  
2 feet jump forwards and backwards over line (small jumps) 20 times  
2 feet jumps forwards and backwards over line (long jumps) 20 times  
2 feet jumps side to side over line (small jumps) 20 times  
2 feet jumps side to side over line (small jumps) 20 times
- **Leap frog**  
4 jumps in a row. REST. Repeat 5 times
- **Tuck jumps**  
Knees to chest. Repeat 20 times

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## Ball Work

Using a wall (if you don't have a wall get a parent or sibling to help you)

Coaching points -

- Keep wrists strong
  - Spread fingers on the catch
  - Work off the pads of the fingers, not palm of hand
  - Attack ball, taking it as early as possible
  - Pull the ball into your body as quickly and efficiently as possible
  - Keep eyes on the ball and watch it into the hand
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- Control Ball: Standing 3-5m away from the wall, throw and catch using one hand only. Use an L shape elbow, firm wrist action. Work 20 passes each hand.
  - Underarm control ball - repeat the above task, but now the hand is pointing down, below the waist to control passes and catches. Work 20 passes each hand.
  - Chest passes - 3-5m from wall, using 2 hands with the W position, puch and receive-ball. Work with left foot forward for 10 passes and then right foot forward for 10

## Passes

- Shoulder passes - 3-5m from wall, throw the ball onto the wall. Extend arms out to catch the ball. Work 20 passes each arm.
- Overhead passes - pass 2 handed high pass above head. Work 10 passes.
- Working ball down the wall - Start close to the wall, ball above head in one hand. Work the ball (patting ball against the wall) down the wall as far as you can go. Then work the other side
- Reflexes - standing 3-4m away from the wall, throw the ball onto the wall, then drive forward to catch ball strongly. From this position quickly throw the ball onto the wall again, and move forward onto the ball again (for reflexes). On the 3Rd pass you throw the ball well above head height, so you will have to turn and drive back to catch ball. Attempt to catch ball on the full or after first bounce. Repeat 5 times rest 30 seconds in between
- Catch, pivot and throw - working 3m from the wall, stand with your back to the wall, throw the into the air at least 1m, then catch the ball using a two foot take off, land, pivot and throw a shoulder pass at a target on the wall. Make sure you use both right and left foot pivot. Work 10 passes each hand

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NOTE : when drills require cones you can use any object as a cone ie. Water bottle

## Elevation

Coaching points - Elevation

- Two foot take off
- Step strongly onto one foot
- Lower centre of gravity onto one foot
- Bring the 2nd foot to the first foot quickly (shoulder width)
- Swing both arms as you step forward
- Swing both arms into the air to take the ball strongly

## Drills

These drills are to aid you with developing elevation. Try and set 3 times a weeks to work on them.

- Jump as high as possible to touch a wall. Two foot take off. 5 times without shifting landing spot. Rest 15 seconds Repeat drill 5 times
- Using 2 cones, sprint from cone A to cone B. Jump as high as possible and return to cone A. Repeat this 5 times. Rest for 45 seconds/ repeat 5 times. (So 5 sets of 5).
- Hop up a set of stairs - walk down - repeat with other leg. Rest 50 seconds/ repeat 3 Times.
- **Toe raises** - on edge of step - slowly for 30 seconds - rest for 30 seconds/ repeat 5 Times
- **Step and Elevate** - two feet together, shoulder width apart, step forward onto the right foot, then quickly bring the left foot forward, lowering the centre of gravity, swinging arms back, then jump high into the air. Cushion the landing by bending knees and landing on both feet equally. On landing quickly gain balance, then step the left foot forward, bring the right foot forward and jump.- Continue this for 10 steps, rest 1 minute repeat 4 times.
- **High Ball onto wall** - Starting 3-5m away from the wall, throw the ball high onto the wall, so that is well above your head on the rebound. Step forward and jump high to pull the ball in strongly from the air (attack the ball don't wait for it to come to you). Complete task 10 times successfully.

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