

BLUE MOUNTAINS GRAMMAR SCHOOL

NETBALL CO-CURRICULAR CHALLENGE



Not long now until you will be back training and playing with your friends. Until then, it is important that you begin preparing for the season ahead by remaining active to keep up your fitness, and practicing important skills so you are ready when the season kicks off again.

Miss Wade and Miss Hall have put together this program for you to follow at home until training recommences later this term.

Completion of this program 2-3 times a week will be highly beneficial to your ongoing development as a player. To provide a further incentive, it will also contribute to house points!!

You will need to fill out your Netball Activity Diary for each session you complete to receive house points.

The session should take you about an hour. It consists of:

- Warm Up (Approx. 10 Minutes)
- Fitness (Approx. 15-20 Minutes)
- Agility Drills (Approx. 10-15 minutes)
- Ball Skills (Approx. 10-15 minutes)
- Cool Down (Approx. 5 minutes)

All you will need is:

- Workout gear
- Sneakers
- An area where you can run approx. 15-20m for Warm Up and Fitness Drills
(One fitness activity requires you to have a 100m running area)
- A netball
(You can purchase one from Big W for between \$5-\$20 if you do not have one at home.
Make sure you buy a Size 5)
- A wall

Warm Up

Find an area either in your backyard or near your house where you have approximately 15m to complete a dynamic warm up.

This Warm Up incorporates exercises from the Netball Australia KNEE Program which has been specially created to help prevent injuries.

Complete this Warm Up before **EVERY** session.







1. Jog 15m, jog backwards 15m (to starting point) REPEAT X3
<https://knee.netball.com.au/vimeo-video/jog-forwards-backwards/>
2. Walking As 15m, jog backwards 15m (to starting point) REPEAT X2
<https://knee.netball.com.au/vimeo-video/walking-as/>
Progression:
Perform Skipping As, pushing strongly off the stance leg to lift your body off of the ground
3. Butt Flicks 15m, Butt Flicks 15m (to starting point) REPEAT X2
<https://knee.netball.com.au/vimeo-video/butt-flicks-forwards-backwards/>
4. Side Skip and Squat 15m, Side Skip and Squat 15m (to starting point) REPEAT X2
Stay facing the same direction the whole time
<https://knee.netball.com.au/vimeo-video/side-skip-squat/>
5. Forward and Backward Shuffle (20 seconds on 10 seconds off) REPEAT X3
<https://knee.netball.com.au/vimeo-video/forward-backward-shuffle/>
6. Walking Lunges 15m, Walking Lunges 15m (to starting point) REPEAT X2
<https://knee.netball.com.au/vimeo-video/walking-lunge/>
7. Walking Hamstring Stretch 15m, Walking Gluteal Stretch 15m (to starting point)
REPEAT X2
<https://knee.netball.com.au/vimeo-video/walking-hamstrings-gluteals/>
8. Hip Rotation Walk 15m, Hip Rotation Walk 15m (back to starting point) REPEAT X2
<https://knee.netball.com.au/vimeo-video/hip-rotation-walk/>
9. Walking Quadriceps Stretch 15m, Walking Quadriceps Stretch 15m (back to starting point)
REPEAT X2
<https://knee.netball.com.au/vimeo-video/walking-quadriceps/>

Fitness







Choose one of the following activities to incorporate into your training session.

Fitness Activity #1	Fitness Activity #2	Fitness Activity #3	Fitness Activity #4
Set a timer for 8 minutes.	50m Sprint	Follow this YouTube Video for a 20 minute High Intensity Workout https://www.youtube.com/watch?v=Kyv9iJf0gT8	Mr Hoffmann's Fitness Challenges
Run from your house on a safe route until the time goes off.	50m Jog		Have a go at either the Strength (pg 4) or Cardio (pg 5) Challenge
	50m Sprint		
Rest for 2 minutes.	50m Jog		
	100m Sprint		
Run back the same route. Try and get back to your house.	100m Jog		
	100m Sprint		
Walk back from wherever you get up to.	100m Jog		
	<i>Repeat x 2</i>		
Next time you do it, see if you can get further!			

MR HOFFMANN'S STRENGTH CIRCUIT

Full body strength circuit at home				
Exercise	Sets	Reps	Rest	Instructions/notes
Body weight squats	3-4	15	60 seconds between exercises/sets	
Push ups	3-4	15		
Glute bridges	3-4	15		
Chair dips	3-4	15		
Mountain climbers	3-4	25		
Reverse crunch	3-4	20		

MR HOFFMANN'S CARDIO CIRCUIT

Cardio circuit at home				
Exercise	Sets	Reps	Rest	Instructions/notes
Burpees	3	30 secs	60 seconds between exercises/sets	
Jumping jacks	3	60 secs		
High knees	3	60 secs		
Mountain climbers	3	45 secs		
Crab toe touches	3	45 secs		
Tuck jumps	3	30 secs		

Agility (The power of moving quickly and easily)

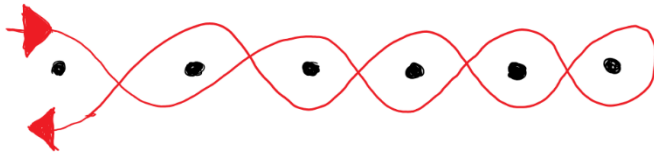
Choose 2 of the following activities. Work on each for 5 minutes.

You will need cones for this part of the session. If you do not have cones, find some things from your pantry as a replacement!

Activity 1

Weaving between cones:

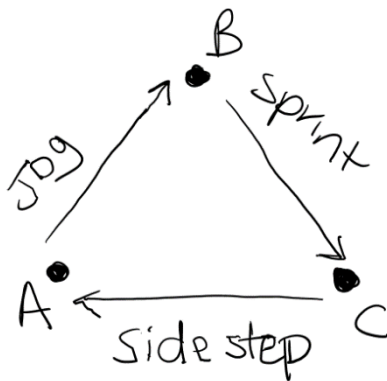
Place 6 cones in a straight line 1 metre apart. Weave through the cones, going around the last one with a fast, sharp direction change and back to the start.



Activity 2

Agility cones:

Place cones in a triangle or L shape about 3 metres apart. Jog A to B, Sprint B to C, Side step C to A. Use small, fast steps and change direction with the outside foot when you get to the cone.

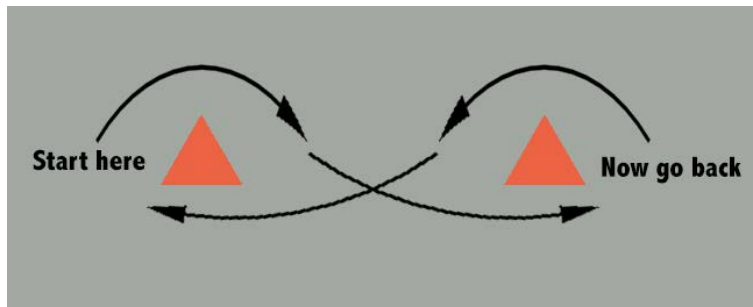


Progression: Change up the movement between each cone - high knees, heel flicks, grapevine

Activity 3

Figure of 8:

Place 2 cones 1m apart. Face forward while you step around the cones in a figure 8 motion. Steps should be short and sharp. Don't forget to change direction.



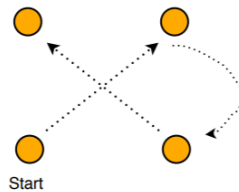
Progression: Ask someone to stand out the front and hold up a number of fingers. You need to yell out the number of fingers you see. It will make you keep your head up while you figure 8

Activity 4

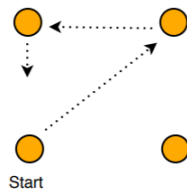
Grid works

You will need 4 cones or markers on the ground. There are different combos you can choose. Alternate between each.

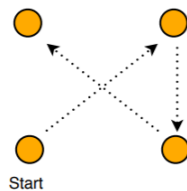
- Angle drive, clear, angle drive. (Repeat x 6, 3 each side)



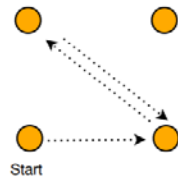
- Angle drive, side-step and step back with both feet and jump. (Repeat x 6, 3 each side)



- Angle drive, backwards, angle drive. (Repeat x 6, 3 each side)



- Side-step, angle drive, angle drive backwards. (Repeat x 6, 3 each side)



- Own combination. (Repeat x 6, 3 each side)

Ball Work

Choose 2 of the following activities. Work on each for 5 minutes.

You will need a ball and a wall for this part of the session.

Activity 1

Tap the ball across your body from one hand to the other. Try for 30 without dropping

Progression - Tap the ball above your head

Activity 2

Throw the ball above your head and clap while it is in the air. Clap to the left, right and behind you.

Progression - See how many claps you can make and still catch it.

Activity 3

Susan Pettit ball challenges -

- a) Rebounders - stand with legs apart, bounce the ball through your legs and catch behind you. Repeat forward and back. Try even with eyes closed
- b) Legs apart, 1 hand in front, 1 hand behind. Toss the ball up in the air, switch your hands over and catch the ball.

Activity 4

Mark a brick wall outside. Aim to throw the ball at the mark and catch it on the rebound. You will need to throw it hard enough for it to rebound.

Vary your passes - chest, shoulder, bounce, lobs as appropriate.

Progression - throw it and run towards to catch it.

Progression - try these activities with your non-dominant hand

Activity 5

If you have access to a goal post and you like to shoot, set yourself a target. Eg 10 shots in from different positions; 10 shots in balancing on one foot;

Activity 6

Watch this video of different ball skills and have a go at couple!

https://www.youtube.com/watch?v=V5BAfPDD_Wc&feature=youtu.be&t=4

Get creative! There is heaps of ideas online.

We would love to see what new ball skills drills you learn 😊

Cool Down

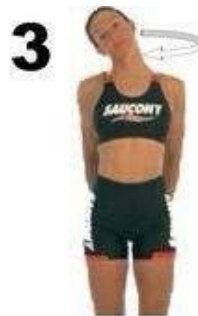
Spend 5 minutes rotating through the stretches below.



1
Sky reach
Reach as high as possible.



2
Toe touch
First to relax the back, then to touch the floor.



3
Neck roll
Roll to the sides and forward, don't roll back.



4
Shoulder roll
Roll the shoulders forward and back.



5
Shoulder stretch
Pull the elbows.



6
Side reach
Stretch to the side, keep the shoulders in-line with the hips.



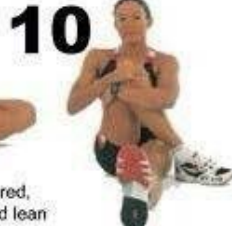
7
Quadriceps
Balance by thinking "up".



8
Gastrocnemius
Find a wall, stretch the back heel and calf.



9
Runner's stretch
Keep the hips squared, tuck one foot in, and lean forward.



10
Cross-thigh hug
Pull the leg up and hug it.



11
Lower back
Cross leg, and twist lower back with elbow.



12
Piriformis stretch
Thigh up, or variant thigh against the floor.



13
Ankle roll
Rotate and loosen the ankle.



14
Thigh hug
Stretch the glutes.



15
Resistance leg
Grasp behind knee and pull back, meanwhile straightening leg. Variant, point toe down.



16
Indifferent Frog
Feet together, get the thighs to the floor.