

Netball

- **Wall sit** (using any wall/bedroom door) – holding an object with straight arms, out in front of you hold for 1minute. Keeping feet flat on the floor, hips in line with knees, 90 degree angle. (football, rugby, netball, water bottle)



Progression 2 - moving the ball/object in a circular motion around legs, still in the 'wall sit' position.



Progression 3 – Still in 'wall sit' position. Gently throw the ball up, quickly touch your knees then catch, keeping arms outstretched. Try with your eyes closed. Try with someone passing you the ball.



Using **ROLLED UP SOCKS** – hold one in each hand. Start with you right hand, gently throw the sock up into the air, quickly lift left leg and tap left knee, before catching the sock. Repeat on right side. Try and complete 20 of each.



Still using the rolled-up socks – holding one in each hand, throw both up, quickly cross arms keeping them outstretched in front of you and catch with opposite hands, throw again and uncross arms (back to how you started).

Progress by adding in a squat as you throw the socks up!



If you have a **netball and a wall** (preferably outside - side of the house/garage)

Passing against the wall to improve your accuracy and control of the ball:

- 50 chest
- 50 strong, flat shoulder
- 25 High ball, jump to catch and release high.
- 20 right hand only
- 20 left hand only
- 10 moving the ball from right hand, up and over to left hand (3 to 9 on a clock face)

Skipping is great for fitness as are shuttle runs up and down the garden – 30 seconds on, 15 seconds rest.

Shooting

If you have a netball post – 100 shots! Time yourself – how many can you get in 30 seconds, 60 seconds, 10 seconds! Challenge your brother or sister! Try from different distances and angles from the post. (Y6/5 – 10 ft (as high as it can go) Y4 – 9ft and Y3 – 8ft)

Netball Shooting

1. Stand in a balanced position facing the goal
2. Ball held high above head (away from defenders arms)
3. Ball sits on one hand (fingers) with other hand supporting
4. Bend your knees and elbows keeping your hands high and focus on the goal. Keep your shoulder still
5. Extend knees and elbows and flick the ball off your fingers - push the ball high to allow it to fall into the net
6. End the shot with arms high and hands following the ball



Ask your brother, sister, mum, dad, to pass the ball with you in the garden – start with two hands passing back and forth, then Right hand only, Left hand only, alternate hands (R-L-R-L) introduce a second ball (if available) Start close together, then slowly move further away to practice your longer distance passing. Play a 'Piggy in the middle' games, 2v2, 2v1 create your own scoring system!