



**NETBALL VICTORIA**

**ORIGIN ASSOCIATION  
CHAMPIONSHIPS**

**AT HOME TRAINING GUIDE**



## Association Championships Preparation Guide

### Weekly Training Schedule

Please note that this schedule can be altered at any time and is a guide prior to the resumption of formal netball training.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Week 1 (10/10)</b>	<b>Skill Session 1 Conditioning Program</b> (run or bike)	<b>Active Recovery</b>	<b>Strength Program</b>	<b>Active Recovery</b>	<b>Skill Session 2 Conditioning Program</b>	<b>Strength Program</b>	<b>Active Recovery</b>
<b>Week 2 (17/10)</b>	<b>Skill Session 1 Conditioning Program</b>	<b>Active Recovery</b>	<b>Strength Program</b>	<b>Active Recovery</b>	<b>Skill Session 2 Conditioning Program</b>	<b>Strength Program</b>	<b>Active Recovery</b>
<b>Week 3 (24/10)</b>	<b>Skill Session 3 Conditioning Program</b>	<b>Active Recovery</b>	<b>Strength Program</b>	<b>Active Recovery</b>	<b>Skill Session 4 Conditioning Program</b>	<b>Strength Program</b>	<b>Active Recovery</b>
<b>Week 4 (31/10)</b>	<b>Skill Session 3 Conditioning Program</b>	<b>Active Recovery</b>	<b>Strength Program</b>	<b>Active Recovery</b>	<b>Skill Session 4 Conditioning Program</b>	<b>Strength Program</b>	<b>Active Recovery</b>
<b>Week 5 (7/11)</b>	<b>Skill Session 1 Conditioning Program</b>	<b>Active Recovery</b>	<b>Strength Program</b>	<b>Active Recovery</b>	<b>Skill Session 2 Conditioning Program</b>	<b>Active Recovery</b>	<b>Netball Matches</b>
<b>Week 6 (14/11)</b>	<b>Skill Session 3 Conditioning Program</b>	<b>Active Recovery</b>	<b>Strength Program</b>	<b>Active Recovery</b>	<b>Skill Session 4 Conditioning Program</b>	<b>Active Recovery</b>	<b>Netball Matches</b>

## Skill and Specialist Session 1

### Warm Up – NV Warm Up Guide

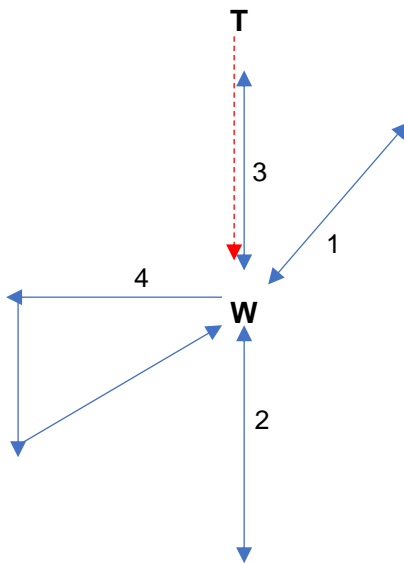
**Equipment:** Ball and optional to have a thrower (T). If you don't have a thrower, complete the footwork pattern.

### Footwork/Agility

#### Coaching Cues

- Work at match intensity.
- Drive onto the ball, don't leap.
- Head and eyes up and forward, particularly when driving back.
- If you have a thrower, quick release and use shoulder passes.

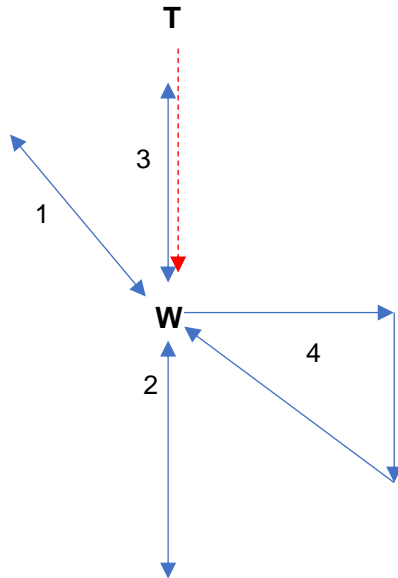
#### Activity 1



#### Instructions:

- Complete 2 times in a row. Rest and repeat twice.
  - Worker to receive the ball at the same spot each time. If you have a thrower, passer to release the ball on change of direction.
  - Each lead should be 3-4 metres.
1. Drive to right, 45°, push off outside foot to drive and receive ball at starting point.
  2. Drive away down same line push off to receive ball driving back at point.
  3. Drive hard at thrower, push off to go back to receive at point (T to read shoulder angle to place ball).
  4. Clear hard with width and depth to create angle to drive to receive ball at point.

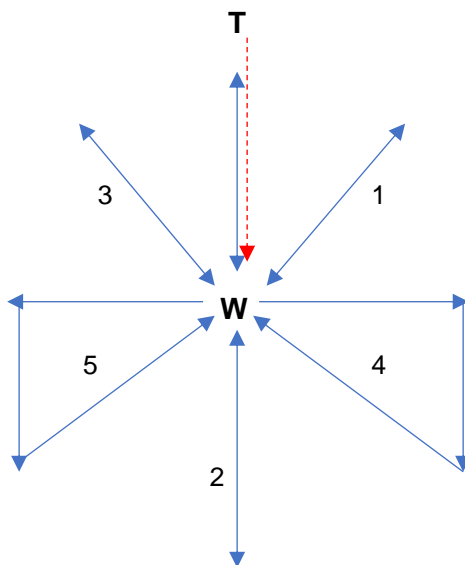
### Activity 2



#### Instructions:

- Repeat as above in opposite direction.
- Complete 2 times in a row. Rest and repeat twice.
- Worker to receive the ball at the same spot each time. If you have a thrower, passer to release the ball on change of direction.
- Each lead should be 3-4 metres.

### Activity 3



### Instructions:

- Work both sides.
- Complete 2 times in a row. Rest and repeat twice.
- Worker to receive the ball at the same spot each time. If you have a thrower, passer to release the ball on change of direction.
- Each lead should be 3-4 metres.

### Cool Down – NV Warm Up Guide

## Skill Session 2

### Warm Up – NV Warm Up Guide

**Equipment:** cones (can replace with other household items if needed e.g. water bottles)  
Optional to have a thrower (T).

#### Coaching Cues

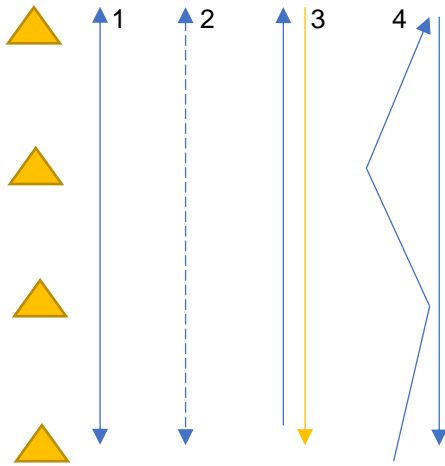
- Work at match intensity.
- Head and eyes up and forward, particularly when driving back.
- Push hard off your outside foot.
- If you have a thrower, quick release and use shoulder passes.
- Be efficient onto the ball, run onto it, don't leap onto the ball.

#### Activity 1

Start the session with some quick hands ball work. Release the ball as hard and as fast as possible.

1	Right hand shoulder pass	20
2	Left hand shoulder pass	20
3	Chest pass	20
4	Overhead pass	20
5	Bounce pass	20
6	Surprises	20
7	Get 3 feet distance with hands over thrower, defensive shuffle back 4 steps and come forward for a reaction ball.	10
8	Go back 3 metres, drive forward for a ball, pass back (shoulder pass), then jog straight back on an angle to starting point looking at thrower, come forward again for another pass (mix up passes i.e. Straight, High etc.)	10
9	Surprises (short & sharp).	20
10	Go back 3 metres. Double dodge, drive forward for a ball, pass back (shoulder pass), go back to start.	10
11	Reaction balls, all arms, keep feet still (short & sharp).	20

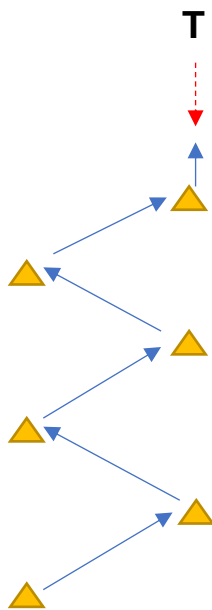
## Activity 2



**Instructions:** Repeat 5 times

1. Sprint up to top cone and back.
2. Sidestep up to top cone and back – both sides.
3. Sprint to top cone and defensive shuffle back.
4. Weave in and out to top cone and sprint back.

## Activity 3



**Instructions:** Complete 4 times

- 2 with a straight ball
- 2 with a high ball
- Repeat on other side.

**Cool Down – NV Warm Up Guide**



## Skill Session 3

### Warm Up – NV Warm Up Guide

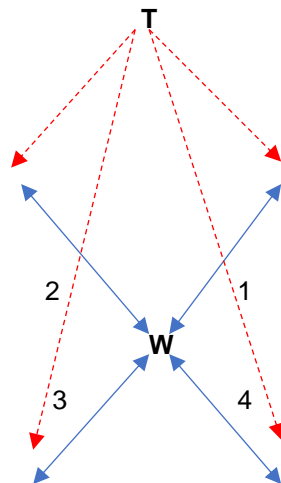
**Equipment:** Ball and optional to have a thrower (T). If you don't have a thrower, complete the footwork pattern.

### Footwork/Agility

#### Coaching Cues

- Work at match intensity.
- Head and eyes up and forward, particularly when driving back.
- If you have a thrower, quick release and use shoulder passes.
- Each lead should be 3-4 metres.

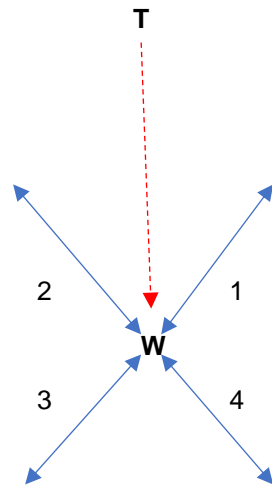
#### Activity 1



#### Instructions:

1. Start in the middle.
2. Angle drive to each corner and receive a ball. Return to the middle between each lead.
3. Ensure the leads are 3-4 metres.
4. Keep eyes on the thrower.
5. Repeat twice.

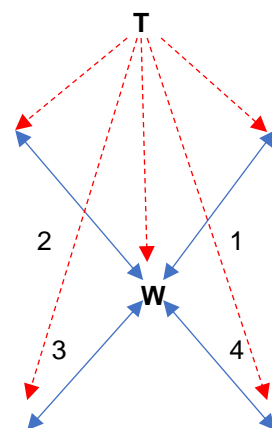
## Activity 2



### Instructions:

1. Start in the middle.
2. Angle drive to each corner, turn and push off to drive back to the middle and receive a ball.
3. Ensure the leads are 3-4 metres.
4. Keep eyes on the thrower.
5. Repeat twice.

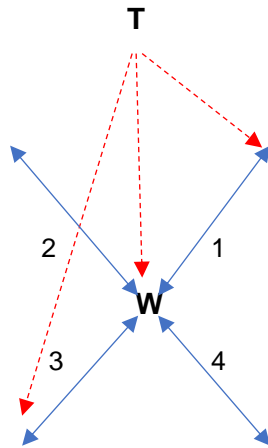
## Activity 3



### Instructions:

1. Repeat previous drills but receive a ball at each corner and in the middle.
2. Repeat twice.

#### Activity 4



#### Instructions:

1. Repeat previous drill but thrower can release the ball at **either in or out**.
2. Repeat twice.

#### Cool Down – NV Warm Up Guide

## Skill Session 4

### Warm Up – NV Warm Up Guide

**Equipment:** Ball and optional to have a thrower (T). If you don't have a thrower, complete the footwork pattern.

### Footwork/Agility

#### Coaching Cues

- Work at match intensity.
- Head and eyes up and forward, particularly when driving back.
- If you have a thrower, quick release and use shoulder passes.

#### Activity 1

Start the session with some quick hands ball work. Release the ball as hard and as fast as possible.

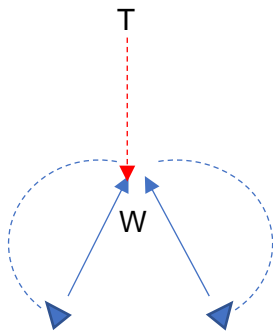
1	Right hand shoulder pass	20
2	Left hand shoulder pass	20
3	Chest pass	20
4	Overhead pass	20
5	Bounce pass	20
6	Surprises	20
7	Get 3 feet distance with hands over thrower, defensive shuffle back 4 steps and come forward for a reaction ball.	10
8	Go back 3 metres, drive forward for a ball, pass back (shoulder pass), then jog straight back on an angle to starting point looking at thrower, come forward again for another pass (mix up passes i.e. Straight, High etc.)	10
9	Surprises (short & sharp).	20
10	Go back 3 metres. Double dodge, drive forward for a ball, pass back (shoulder pass), go back to start.	10
11	Reaction balls, all arms, keep feet still (short & sharp).	20

### Activity 2



1. Drive away (eyes to ball), change of direction and drive to thrower.
2. Alternate the side you turn on.
3. Ball released as soon as worker changes direction.
4. Worker must run onto the ball (don't leap).
5. Complete 2 sets of 4

### Activity 3



1. Strong clear, with width and depth to drive an angle to thrower.
2. Thrower to release ball as soon as worker changes direction.
3. Complete 2 sets of 4

#### Activity 4



1. Drive towards thrower, change of direction to drive away.
2. Thrower to read shoulder angle and pass the ball into space.
3. Worker to change direction of shoulder angle on the back move.
4. Complete 2 sets of 4

#### Cool Down – NV Warm Up Guide

## Goaling Program

### Program 1

Every shot to be rebounded before ball touches the ground.

	Activity	Number	Sets
1	25 as fast as possible within the ½ way mark.	25	1
2	25 shots at ½ way.	25	1
3	25 under the ring. If you miss two in a row start 25 again.	25	1
4	25 at 2/3 distance.	25	1
5	5 lines of 5 out to 2/3 distance. If you miss, then start again.	25	1
6	4 out and 4 in, if you miss one you start again. Complete 3 lines all in a row.	24	1
7	Shoot 25 straight from the ½ way mark.	25	1
8	Take turn and shoot from the 2/3 distance mark, ensure you get the rebounds.	25	1

## Program 2

Every shot to be rebounded before ball touches the ground.

	Activity	Number	Sets
1	25 from ½way mark concentrating on the arc of the shot.	25	1
2	Take, turn in the air at ½ way, step diagonally across and shoot. Mix right and left steps	6	4
3	Step ladder of 6 from the post. Go back to 1 <sup>st</sup> rung if you miss a shot.	6	10
4	Skipping x 50 then shoot 5 in a row- repeat until 5 sets of 5 in a row	25	1
5	Shoot 25 one arm shooting within halfway	25	1
6	At the ¾ get into position to shoot, throw ball up and use split leg to get closer to post. Steady and shoot.	5	3
7	Grand final last 3 second shot. Mentally put yourself under pressure, focus, shoot and make the shot. Repeat for 10	10	1
8	Shoot 40 - must finish with 10 in a row.	40	1



## Conditioning

### Program 1: Aerobic Power

Exercise	Intensity	Rest	Week 1	Week 2	Week 3	Week 4
A1. Fartlek Run- One Full Size Netball Court	100% sprint short sides of court. 70% run long sides of the court	2 minutes rest in between sets	Reps: 4 Sets: 4	Reps: 5 Sets: 4	Reps: 5 Sets: 4	Reps: 5 Sets: 4
Sprint the short sides of a netball court (100%) and jog the long sides of a netball court (70%) Reps: Sprint and jog the sides x 4 non-stop before resting Sets: Rest 2 minutes and then repeat the sprint/jog for prescribed sets						

### Program 2: Anaerobic Power

Exercise	Distance	Intensity	Rest	Week 1	Week 2	Week 3	Week 4
A1. Running	20m	100%	15 seconds between each 20m sprint. 2 mins between each set	Reps: 4 mins Sets: 2	Reps: 5 mins Sets: 2	Reps: 6 mins Sets: 2	Reps: 7 mins Sets: 2
Mark out 20m, set a timer for prescribed time e.g. 6 mins and sprint 20m. Allow yourself 15 seconds rest and sprint back, rest 15 seconds. Repeat sprinting until the timer goes off. Rest 2 minutes between each set and repeat							

### Bike Program 1:

Exercise	Reps and Intensity	Rest	Week 1	Week 2	Week 3	Week 4
A1. Bike	30s @ 60% 20s @ 80% 10s @ 100%	30 seconds rest between each rep. 2 minutes rest between each set	Reps: 4 Sets: 4	Reps: 5 Sets: 4	Reps: 6 Sets: 4	Reps: 4 Sets: 4
30s at 60% 20s at 80% and 10s at 100%. Have 30 seconds rest and repeat for 4 reps. Rest 2 minutes between each set <b>Please warm up with a low intensity ride for 5 minutes before starting</b>						

## Bike Program 2:

Exercise	Reps	Intensity	Rest	Week 1	Week 2	Week 3	Week 4
A1. Running	20s on	100 % Sprint 60% Recovery	20s off	Reps: 4 mins Sets: 2	Reps: 4 mins Sets: 3	Reps: 5 mins Sets: 4	Reps: 5 mins Sets: 2
Sprint for 20 seconds (100%), recover at 60% for 20 seconds and repeat until the 5 minutes has ended. Repeat for number of sets e.g. 2 <b>Please warm up with a low intensity ride for 5 minutes before starting</b>							

## Strength

### Program 1: Body Weight Strength Program

**Reps:** The number of times you do the exercise

**Tempo:** How quickly you complete each exercise.

First number = how long to lower the weight.

Second number=how long to hold the weight.

Third number= how many seconds to return to the weight to starting position.

Instruction	Exercise	Reps	Tempo	Rest	Sets
Alternate both exercises e.g. perform 10 Split Squats and then 6 Push ups	A1. Bulgarian Split Squat	10-15	4210	20 seconds	X 4
	A2. Push up to T (knees or toes)	6-10 R/L	3010	60 seconds	
Alternate three exercises	B1. Hip Extension (elevate feet)	10-12	5210	20 seconds	X 4
	B2. Isometrics Holds (Y, W, T' s)	20-25 seconds	20-25 seconds	20 seconds	
	B3. Reverse Lunge	10-15 each leg	301	60 seconds	
Alternate both exercises	C1. Side Plank	15-30 seconds R/L	No Tempo	20 seconds	X 3
	C2. Reverse Crunch	12-20	Controlled	45 seconds	

## Program 2: Body Weight Circuit Program

Equipment: None required

Try to complete as many rounds as you can in 30 minutes. Try to beat this every week.

Exercise	Work	Rest
A1. Jump Squats	45 seconds	15 seconds
A2. Walk Outs	45 seconds	15 seconds
A3. Ice Skater	45 seconds	15 seconds
A4. Push up (knees or toes)	45 seconds	15 seconds
A5. Star Jumps	45 seconds	15 seconds
A6. Commandos (knees or toes)	45 seconds	15 seconds