THETFORD NETBALL CLUB

PRE-TRAINING IDEAS

We are so nearly back to training, YAY!!! We have therefore decided to put together a 'Back to court' edition instead of a newsletter which is full of ideas for you to get ready for when we get back to playing. It is not long to go now, so we must make sure that we are all strong and ready to play to prevent chances of injury and ensure our skills are still there! It is essential that we make sure our bodies are flexible, strong and able to move for the netball court.

ZOOM SESSIONS

Zoom sessions ran by Sue and Gill have all been a success. With players attending senior, junior and development sessions this has allowed many players to work on their fitness and ball skills. Take a look at some of these!

With only a few breakages throughout the weeks, these sessions were great fun! Don't forget those fun finishers each week!

With all exercises only needing a ball, these were a great way of building fitness and our skills whilst we were at home.
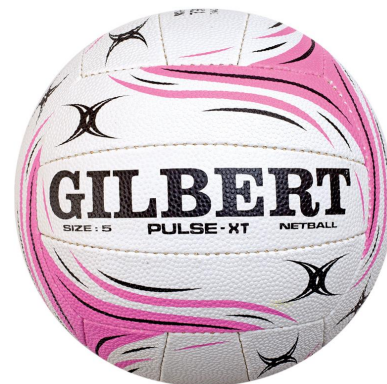
Thank you Sue and Gill!

Will I need equipment?

You don't always need equipment for training, using your body weight can be perfect for strength; unless you want to add some resistance, where you could use a rucksack or fill up water bottles!
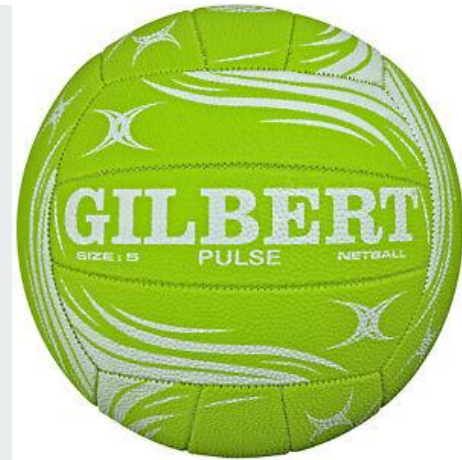
A netball will be really useful if you have one too, but if not any sort of ball can help improve coordination.

Try these substitutions!
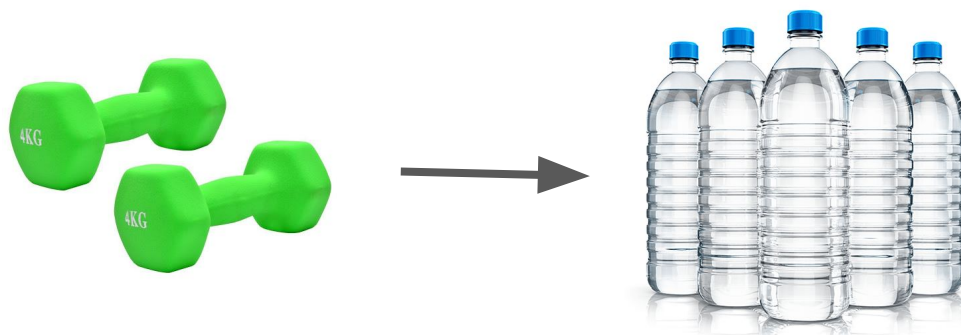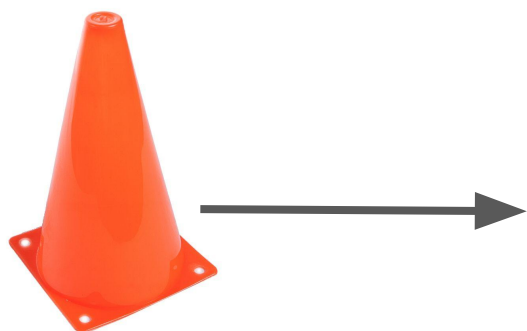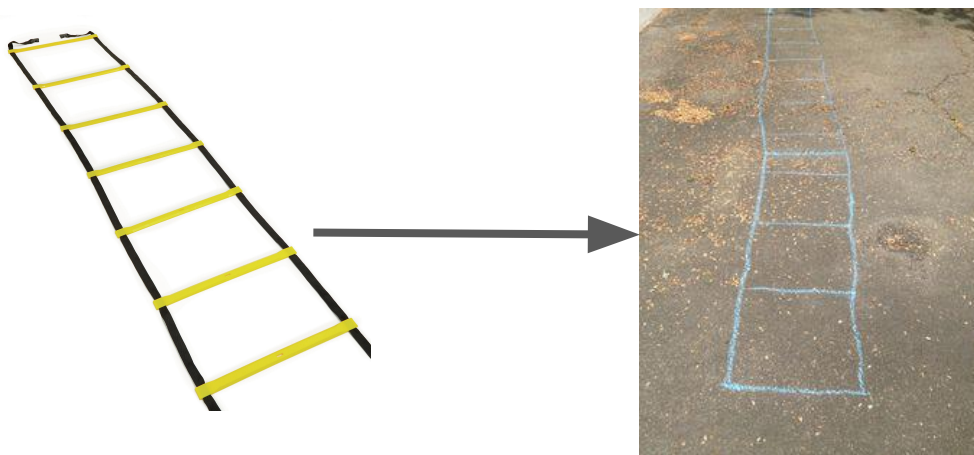
Ball Work...

Why not try these fun ball work ideas…

Using a wall or partner- try to hit the same point on the wall each time for accuracy, challenge yourself to see how far away from the wall you can start

- 20 chest passes
- 20 right handed shoulder passes
- 20 left handed shoulder passes
- 20 over head passes

Ball handling and coordination …

How many of these can you complete in 30 seconds…

- Making a figure of 8 through your legs with the ball
- Tapping ball hand to hand whilst standing then sit down then lay down and get back up again
- In a high plank on one arm throwing the ball hand to hand
- Throwing the ball in the air and clapping your hands twice

Strength Work...

These strength exercises could be progressed using any weights or just your body weight...

Session 1...

- 10 press ups
- 12 squats
- 12 russian twists
- 30 second glute bridge
- 20 double leg calf raises
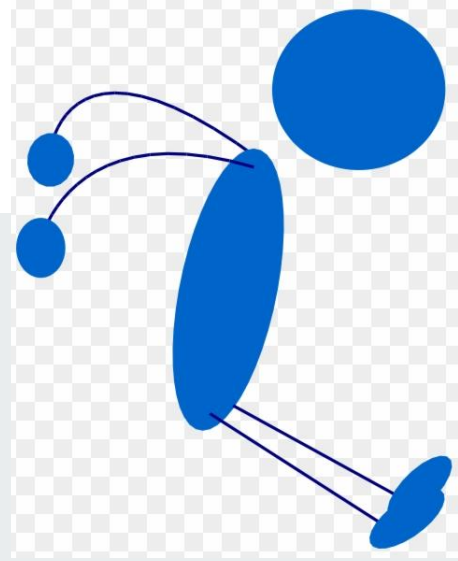- 30 second tricep dip hold
- 45 second plank

Session 2...

- 10 decline press ups
- 8 single leg squats on each side
- 12 sit ups
- 40 second glute bridge
- 15 single leg calf raises each side
- 15 tricep dips
- 1 minute plank
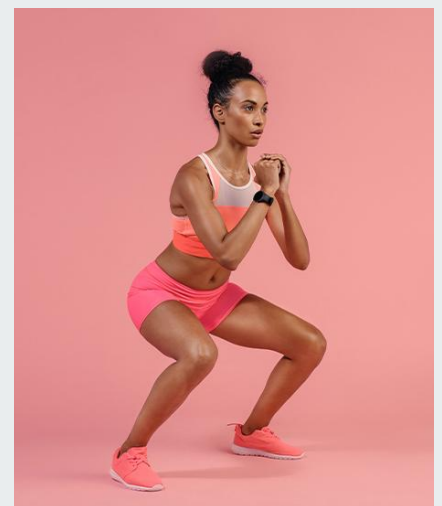
If you are unsure what some of these exercises are, look them up on YouTube; there are plenty of videos!

Landing Skills...

It is really important that ankles and knee joints are stable and strong when we return back to netball in order to prevent injuries. Basic skills such as landing skills can help improve strength of your ligaments around the ankle and knee.

Landing Skills...

Hopping from one leg the other and holding for 3 seconds
Hopping onto the same leg and holding for 3 seconds
Leaping from side to side and holding each for 3 seconds
Jumping from two legs to one and holding for 3 seconds
Jumping from one leg to two and land into a squat
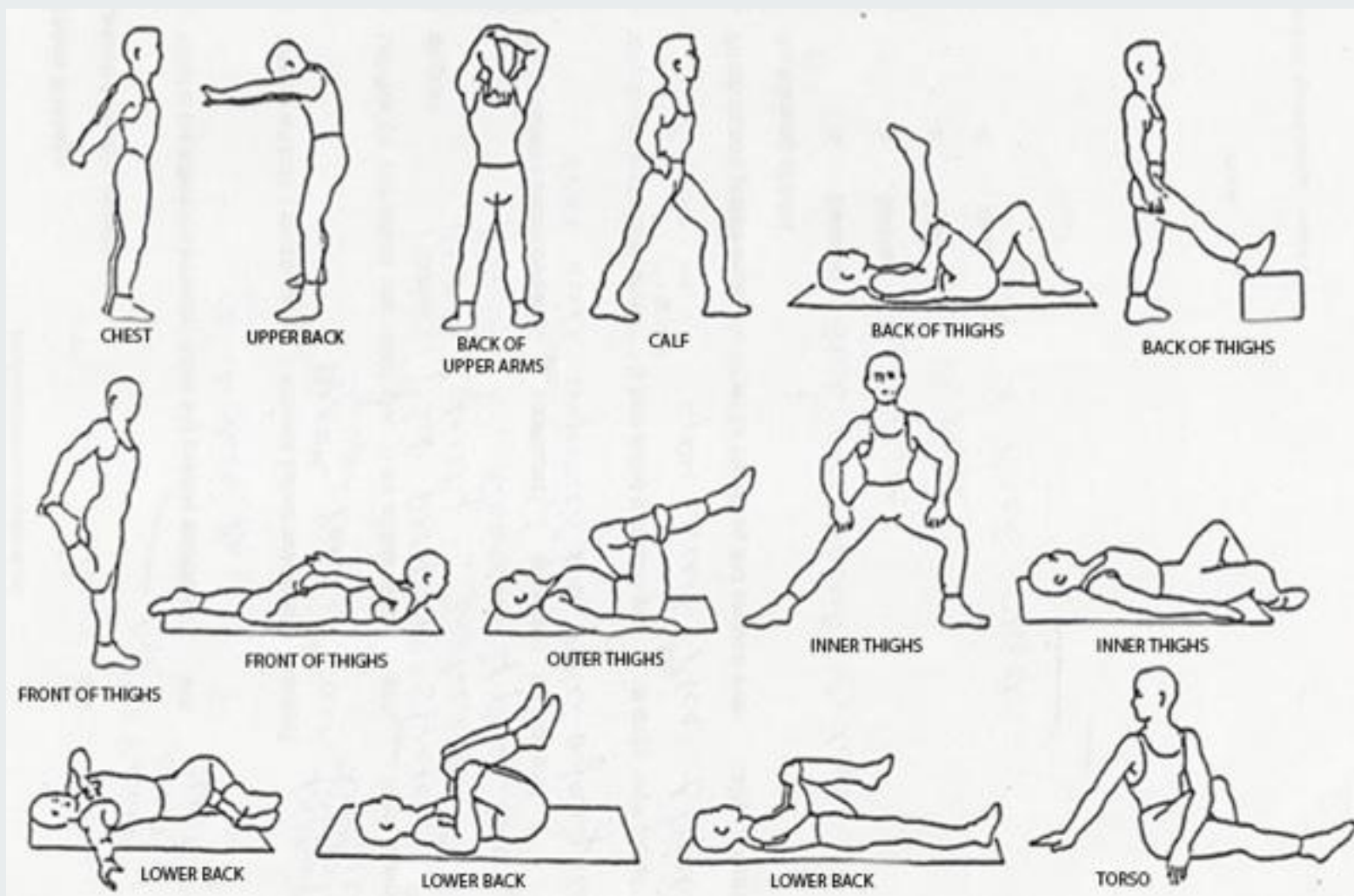5 Pogo jumps with a 90 degree turn and land

Stability...

Standing on a pillow/ wobble cushion on one leg and closing your eyes- make sure you have a wall nearby incase! Make sure to strengthen both legs even if you feel one is stronger.
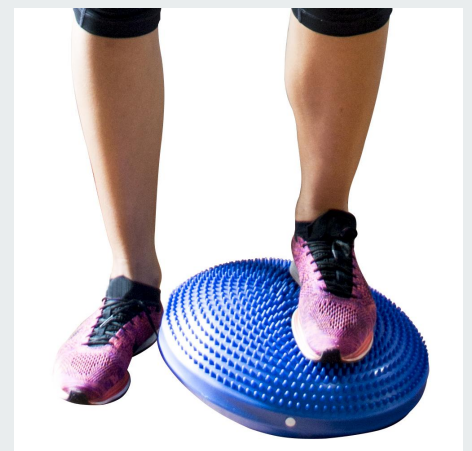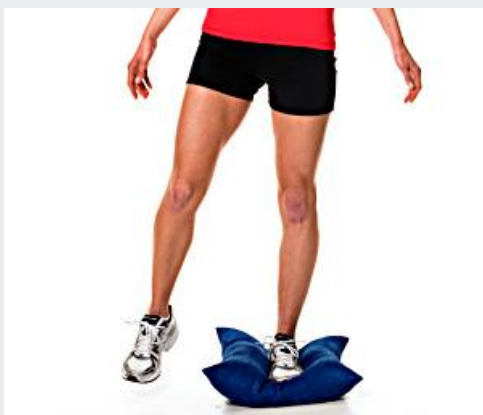
Flexibility...

It is really important to make sure all your muscles are stretched so when we return back to court no one pulls or injures themselves! Try some of these stretches for after any sessions you complete to cool down or as a yoga and flexibility session!

CHEST   UPPER BACK   BACK OF UPPER ARMS   CALF   BACK OF THIGHS   BACK OF THIGHS

FRONT OF THIGHS   FRONT OF THIGHS   OUTER THIGHS   INNER THIGHS   INNER THIGHS

LOWER BACK   LOWER BACK   LOWER BACK   TORSO

FULL BODY HIIT

Warm Up = 5MIN

Workout = TIMED REPEAT WEEKLY AIMING TO BEAT PREVIOUS TIME

DO EACH STATION 1-6 THEN 30 SEC BREAK REPEAT x4
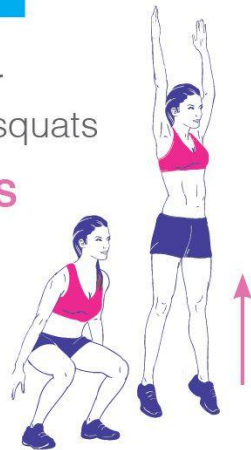
Stations = 1-6

EQUIPMENT
CONES/MARKERS

Cool Down = 5MIN

Sarah

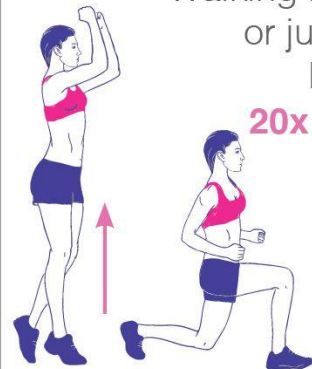### Station 1
Squats or jumping squats
20x REPS

Station 2
Walking lunges or jumping lunges
20x REPS

Station 3
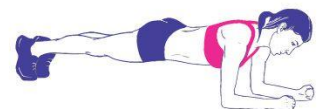Push ups starting on toes, move to knees if required
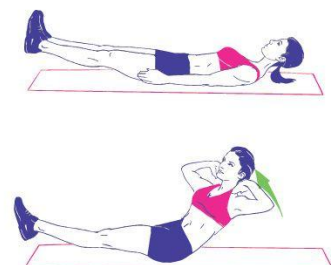**20x REPS**

Station 4
Plank for 30sec
20x REPS

Station 5
Full Burpee
20x REPS

Station 6
Full sit up
20x REPS

AGILITY (FOOTWORK)

Warm Up = 5MIN

Work Out = 15MIN

Do each station 3x
Before moving to next
1 Min break between

Stations

EQUIPMENT
NONE

Cool Down = 5MIN

Station 1
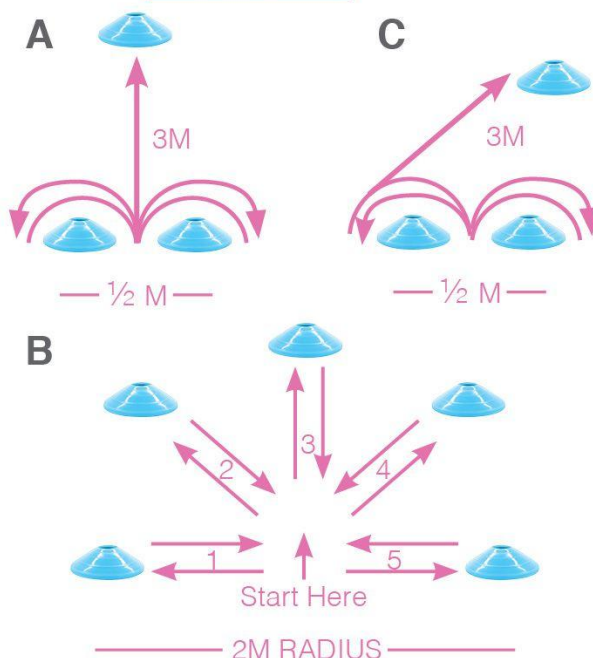
A: Fan sprint
(30 SEC RECOVERY)

B: Fast feet over cones
x10 w/sprint up middle
(30 SEC REC)

C: Fast feet over cones
x3 w/sprint on 45 off
outside foot right
repeat left side

(30 SEC REC) 3x REPS

Example

A

3M

— ½ M —

C

3M

— ½ M —

B

3
2   4
1   Start Here   5

Start Here

— 2M RADIUS —

Station 2

Kite Running Pattern: Left 45,
back to marker, right 45, back to
marker, forward sprint, turn sprint
back to marker

3x REPS EYES UP FACING TOP
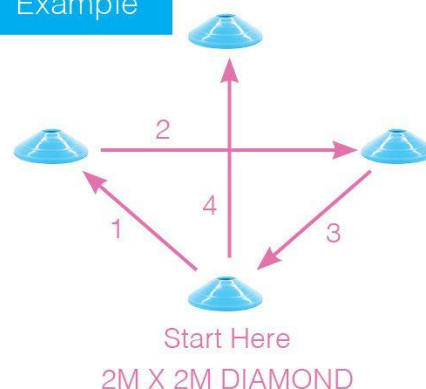CONE EXCEPT ON TURN & RUN
BACK, RUNNING ACTION

Example

6   5
2   3
1   4

Start Here
2M X 2M DIAMOND

Station 3

Kite Running Pattern: Left 45,
flat right, Back 45, forward sprint
REPEAT right 45, flat left, back 45,
forward sprint

3x REPS EYES UP FACING TOP
CONE, RUNNING ACTION

Example

2
4
1   3

Start Here
2M X 2M DIAMOND

NET FIT Netball

15 MIN WORKOUT -1 QUARTER
LETTER (M-W-T-Z-T) SPEED
OF NETBALL

Warm Up = 5MIN

Workout = 15min

45 SEC ON 15 SEC OFF

REPEAT EACH X 3

COACHING POINT
- Shoulders must be facing direction running.
- Quick turn on one foot to change direction
- Always run hard to the cone, don't pull up.
- Strong push off on outside foot.

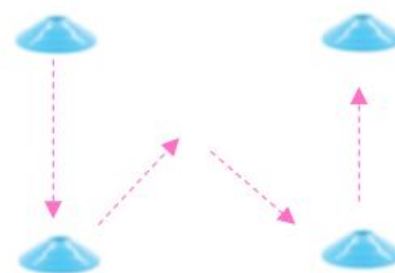## EQUIPMENT

 X4

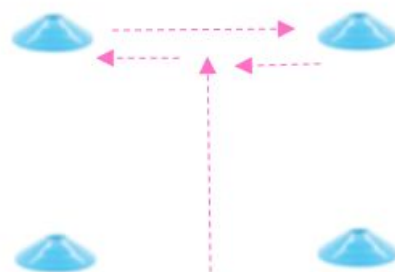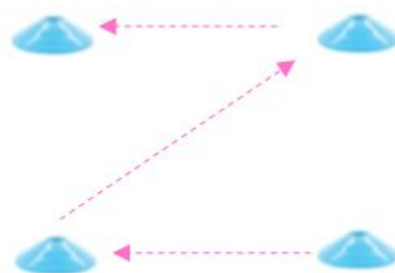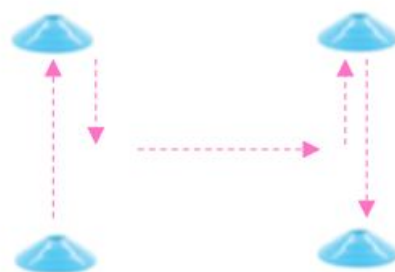**How many quarters did you play today?**

Sarah + Kim

1. M

2. W

3. T

4. Z

5. H

15 MINUTE WORKOUT - 1 QUARTER
OF NETBALL

WARM UP = 5 MIN

WORKOUT = 15 MIN x4

45 sec work
15 sec rest

REPEAT X3 EACH STATION

REST PERIOD CHEST PASSES

COACHING POINTS

- Shoulders must be facing direction running.
- Quick turn on one foot to change direction.
- Always run hard to the cone, don't pull up.
- Strong push off on outside foot.

EQUIPMENT

🔺 x4

📱 Phone timer

🏐 Netball

HOW MANY QUARTES DID YOU PLAY TODAY?

♡ Sarah + Kim

1.
JUMPING SQUATS
BEGINNERS: SQUATS
ADVANCE: SPEED IT UP INCLUDING AN EXPLOSIVE JUMP.

2.
PUSH UPS
BEGINNERS: DROP TO KNEES
ADVANCE: ADD A EXPLOSIVE CLAP

3.
JUMPING LUNGES
BEGINNERS: WALKING LUNGES
ADVANCE: BACK KNEE TOUCHES THE GROUND

4.
PLANK
BEGINNERS: HANDS CROSSED
ADVANCE: ONE ARM OUT IN FRONT, OPPOSITE LEG LIFTED.

5.
NETBALL BURPEES
BEGINNERS: NO JUMP, NO CHEST TO GROUND.
ADVANCE: CHEST TO THE GROUND.

hello@netfitnetball.com.au

Thinking of buying some new gear for the return? Take a look at these websites!

Whether you would like some new trainers, or a ball for the garden, or some cones and ladders to practise at home, these websites have a lot of options!

Netball UK
Your one-stop netball shop

lovell netball

England netball

https://www.netballuk.co.uk/

https://www.lovellnetball.co.uk/

https://store.englandnetball.co.uk/

AR ALL ROUNDER | NETBALL ®

GILBERT NETBALL

https://www.allroundernetball.com/

https://www.gilbert-netball.com/collections/all-clothing

Interested in becoming an umpire or coach?

Umpiring:
As you are all aware Phil has stepped down as umpiring secretary and we have yet to replace her; this is a vital role for a club of our size and we will struggle to continue to enter all the leagues/competitions that we currently do without someone coordinating umpiring. We really, really need someone to take on this role, or it could be shared by more than one person. If you feel it is something you could help with I'm sure Phil wouldn't mind having a chat with you about it. Please contact thetfordnetball@gmail.com Thank you in advance and we look forward to hearing from you.

Coaching:
Speak to Sue Collins, Laura Denniss or Gill Alexander about these opportunities!

Website
https://www.thetfordnetball.co.uk
Easy fundraising
 https://www.easyfundraising.org.uk/causes/thetfordnc
Our Breckland Lottery
https://www.ourbrecklandlottery.co.uk/support/thetford-netball-club
Team C express logistics Ltd
https://www.teamc.co.uk/
Silver FX
 https://www.silverfx.co.uk/category/sports-clubs/thetford-netball-club/

PLEASE NOTE:

SilverFx have advised that they have 20% off and free delivery on kit from now until the end of April, expires midnight 30/4.
All you have to do is enter BTN21 at the checkout!

Any questions please email thetfordnetball@gmail.com