



# U12 FITNESS SESSION - 1

## MARCH 2020

**1**

### WARM UP

- 30 seconds of each:
- Jogging on the spot
  - High Knees
  - Jumping Jacks
  - Walking lunges
  - Squats
- Repeat 2 times

**2**

### PLYOMETRICS

- 12 Right Leg Hops (side to side)
  - 12 Left Leg Hops (side to side)
  - 20 Frog Hops
- Repeat three times with a one minute rest in-between

**3**

### SPEED WORK

- Find a 50m straight path
- Sprint as fast as you can
- Rest for 30 seconds
- Repeat eight times

**4**

### BALL SKILLS

- Complete as quickly as possible:
- 100 Chest Passes
  - 100 Bounce Passes
  - 100 Shoulder Passes
  - 100 Overhead Passes
- Use a wall or a partner  
Repeat two times

**5**

### OTHER IDEAS!

- Watch a netball game on you tube
- Complete a game analysis
- Write a list of all the netball rules you know.

- Try to complete three times a week
- Sessions will progress each week

- Activities are hyperlinked for photos / videos / instructions
- Share videos and photos of yourself completing these activities with us!



**#fun #friendship #fitness**