



U14 FITNESS SESSION - 1

MARCH 2020

1

WARM UP

- 30 jumping jacks
 - 30 upright mountain climbers
 - 15 burpees
 - 10 walking lunges
 - 15 squats
- Repeat 3 times

2

PLYOMETRICS

- 15 Right Leg Hops (side to side)
 - 15 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
 - Every 45 seconds sprint the 50m
- Repeat eight times
Try not to use more than the 45 seconds between each sprint

4

AB FINISHER

- 30 seconds on, 15 seconds rest
- Crunches
 - Ankle Taps
 - Shin Taps
 - Russian Twists
 - Plank
- Repeat two times

5

OTHER IDEAS!

- Watch a netball game on you tube
- Complete a game analysis while watching
- Read or watch netball rules!

- 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