



U10 HOME SESSION - 1

MARCH 2020

WARM UP

30 Seconds of each:

- Jogging
- Butt Kicks
- High Knees
- Jumping Jacks
- Side steps

Repeat 4 times

BALL SKILLS

Complete: 10, 20, 30, 40 of
each skill = 100!

Time

yourself to see how long it
takes (next time you can try to
beat this score!)

- Chest Pass
- Shoulder Pass
- Bounce Pass
- Overhead Pass

OTHER IDEAS!

- Watch a netball game on you tube (search sky sports)
- Complete a yoga session (Cosmic Kids)
- Create a poster of all the netball rules you know

FITNESS SESSION

Complete each activity for 30 seconds. Rest for one minute and repeat 3 times. Total – 15 minutes

- Squats
- Push ups
- Walking lunges
- Grape vines
- Plank
- Burpees
- Sprinting on the spot
- Sit ups



- 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