



U12 FITNESS SESSION - 2

MARCH 2020

1

WARM UP

- 30 seconds of each:
- Jogging on the spot
 - Butt kicks
 - Bear crawl
 - Jumping jacks
 - Burpees
- Repeat 2 times

2

PLYOMETRICS

- 15 invisible skipping rope jumps
 - 15 lunge jumps
 - 15 tuck jumps
- Repeat three times with a one minute rest in-between

3

CHALLENGE

- Try to complete 70 Burpees.
- Time yourself to see how long it takes you to do this. Try and beat it next time you do your workout.

4

BALL SKILLS

- Complete as quickly as possible, with fast feet before you catch the ball:
- 100 Chest Passes
 - 100 Bounce Passes
 - 100 Shoulder Passes
 - 100 Overhead Passes
- Use a wall or a partner (2m apart). Repeat 2 times

5

OTHER IDEAS!

- Choose a player to watch in a netball game and analyse their performance. Think about how you can use the information to improve your skills.
- Create your own netball quiz to share with your team.

- 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