



U10 HOME SESSION - 2

MARCH 2020

WARM UP

30 Seconds of each:

- Jogging on the spot
- Walking lunges
- Grape vines
- Butt kicks
- High knees

Repeat 4 times

BALL SKILLS

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

Aim to move your feet before you catch the ball. This will help you to work on your footwork. You can move from side to side and aim to land on your outside leg when catching the ball.

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

OTHER IDEAS!

- Create your own netball quiz. Think of questions and answers to send to friends on your team.
- You can watch a professional netball game on YouTube and choose one player to follow. Choose 3 things they did really well.

FITNESS SESSION

Complete each activity for 30 seconds. Rest one minute. Repeat three times. Total time = 16.5 minutes

1. [Burpees](#)
2. [Spotty dogs](#)
3. [Bear crawl](#)
4. Sprinting on the spot
5. Jumping Jacks
6. [Plank](#)
7. [Sit-ups](#)
8. [Squat Thrusts](#)
9. [Walking lunges](#)



- 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