



U10 HOME SESSION - 3

APRIL 2020

WARM UP

- 30 Seconds of each:
- Jogging on the spot
 - Walking Lunges
 - Grape vines
 - Skipping
 - Leg kicks
- Repeat 3 times

BALL SKILLS

One handed throwing and catching. try to complete the following skills using only one hand. try this with your left then right hand. if it is too hard then use both hands.

Complete 10, 20, 30 then 40 of each skill
= 100

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

Use a wall or a partner (but keep 2 metres apart).

OTHER IDEAS!

- Complete a BodyCoach kids workout
- Create your own netball kit!
- 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 = 15 minutes

1. Burpees
2. Sprinting on the spot with arm punches
3. Press Ups
4. Power Knees
5. Plank
6. Lunge Jumps
7. Bear Crawl
8. Sit ups
9. Squat Thrust



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



#fun #friendship #fitness

