



# U12 HOME SESSION - 3

## APRIL 2020

### WARM UP

30 Seconds of each:

- Jogging on the spot
- Side Stepping
- [Crab Walk](#)
- [Power Knees](#)
- [Squat thrusts](#)

Repeat 2 twice

### PLYOMETRICS

- 15 [Lateral Bounds](#)
- 15 [Reverse Lunge Knee Jumps](#)
- 15 [Truck Jumps](#)

Repeat 3 times with one minute break in between

### BALL SKILLS

One handed throwing and catching. Try to attempt skills using only one hand. Repeat so that you have completed the skills for both hands. This will help to improve your hand eye coordination! If you find it too difficult, then throw with one hand and catch with two.

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!
- 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.

## FITNESS SESSION - BURPEE CHALLENGE

Try to complete 80 [Burpees](#)  
Time yourself to see how long it take you to do this.  
Try and beat it next time you do your workout.



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



#fun #friendship #fitness

