



# RANDWICK NETBALL ASSOCIATION

*Developed for Randwick Netball Association by Gabby Brennan-Donato*

## PRE-SEASON TRAINING PROGRAM

This program has been developed to support and prepare RNA players in the lead up to representative netball trials. We understand how difficult it has been throughout the Covid period not being able to participate in Community Sport, not being able to get outdoors and not being able to train as a team or group. We hope that some of the drills in this program will help you prepare for the upcoming trials and the 2022 netball season. Whilst this program focuses on skill development, netball fitness and personal growth the most important ingredient of all is having fun. Happy training!


If you have any questions in relation to any of the drills or activities, please reach out via email at: [coaching@randwicknetball.com.au](mailto:coaching@randwicknetball.com.au)

## INTRODUCTION

Below you will find a range of activities that will target various netball skills that are very important to develop in order to become a versatile team player. If you are finding the exercises either too challenging or not challenging enough then apply the following rule:

<b>The exercises are too difficult.</b>	Reduce the number of reps and sets. Focus on doing the activities with correct technique and form at a slower pace.
<b>The exercises are too easy.</b>	Increase the number of reps or sets. Focus on doing the activities at a high intensity. For each set, see if you can beat your performance in the previous set.

## WARM UP

FOCUS AREA	SUMMARY	INSTRUCTIONS
Warm up 	Access the following links to video instructions for each exercise.	<a href="#">The KNEE Program for Junior Netballers</a> (11-14 years) Specific video for <a href="#">junior instructions</a>  <a href="#">The KNEE Program for Recreational Netballers</a> (14 years+) Specific video for <a href="#">recreational instructions</a>

AGILITY																										
FOCUS AREA	SUMMARY	INSTRUCTIONS																								
<b>Agility Footwork</b>	This session will focus on preliminary attacking movements that are essential to lose your player and become available to receive the ball. The key is being able to change direction whilst changing pace.	<table border="1"> <thead> <tr> <th>Video</th> <th>Sets</th> <th>Reps</th> </tr> </thead> <tbody> <tr> <td><a href="#">Forward/backward movement</a></td> <td>3</td> <td>5 (cones)</td> </tr> <tr> <td><a href="#">Change of direction and quick feet</a></td> <td>3</td> <td>5 (cones)</td> </tr> <tr> <td><a href="#">Change of direction</a></td> <td>3</td> <td>5 (cones)</td> </tr> <tr> <td><a href="#">Coloured dot reactions</a></td> <td>3</td> <td>30s work/30s rest</td> </tr> <tr> <td><a href="#">Coloured dot reactions progression</a></td> <td>3</td> <td>30s work/30s rest</td> </tr> <tr> <td><a href="#">Agility box</a></td> <td>3</td> <td>30s work/30s rest</td> </tr> <tr> <td><a href="#">R/L Reactions</a></td> <td>3</td> <td>10</td> </tr> </tbody> </table>	Video	Sets	Reps	<a href="#">Forward/backward movement</a>	3	5 (cones)	<a href="#">Change of direction and quick feet</a>	3	5 (cones)	<a href="#">Change of direction</a>	3	5 (cones)	<a href="#">Coloured dot reactions</a>	3	30s work/30s rest	<a href="#">Coloured dot reactions progression</a>	3	30s work/30s rest	<a href="#">Agility box</a>	3	30s work/30s rest	<a href="#">R/L Reactions</a>	3	10
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*add a drive onto the ball for the final set of each of the activities for increased difficulty add a tennis ball reaction pass.																										

BALL SKILLS																						
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<b>Ball skills</b>	The activities in this section will require you to complete a range of activities to develop your control of the ball. Having excellent hand-eye coordination and ball control is extremely important in all positions of netball.	<table border="1"> <thead> <tr> <th>Video</th> <th>Sets</th> <th>Reps</th> </tr> </thead> <tbody> <tr> <td><a href="#">Ball skills 1</a></td> <td>3</td> <td rowspan="8">The ball control activities shown in the videos can be completed in a 15 minute block or you can add these onto any other footwork or fitness session. Ensure that you have warmed up prior to completing these activities. You may work for 30 seconds and rest for 10 second repeating 3-5 sets of each activity.</td> </tr> <tr> <td><a href="#">Ball skills 2</a></td> <td>3</td> </tr> <tr> <td><a href="#">Wall drills</a></td> <td>3</td> </tr> <tr> <td><a href="#">Ball skills 3</a></td> <td>3</td> </tr> <tr> <td><a href="#">Ball skills 4</a></td> <td>3</td> </tr> <tr> <td><a href="#">Ball skills 5 - Passing</a></td> <td>3</td> </tr> <tr> <td><a href="#">Ball skills 6 - Straight Lead</a></td> <td>3</td> </tr> <tr> <td><a href="#">Ball skills 7 - V Leads</a></td> <td>3</td> </tr> </tbody> </table>	Video	Sets	Reps	<a href="#">Ball skills 1</a>	3	The ball control activities shown in the videos can be completed in a 15 minute block or you can add these onto any other footwork or fitness session. Ensure that you have warmed up prior to completing these activities. You may work for 30 seconds and rest for 10 second repeating 3-5 sets of each activity.	<a href="#">Ball skills 2</a>	3	<a href="#">Wall drills</a>	3	<a href="#">Ball skills 3</a>	3	<a href="#">Ball skills 4</a>	3	<a href="#">Ball skills 5 - Passing</a>	3	<a href="#">Ball skills 6 - Straight Lead</a>	3	<a href="#">Ball skills 7 - V Leads</a>	3
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SPECIALIST			
FOCUS AREA	SUMMARY	INSTRUCTIONS	
<b>Shooters</b>	The activities in this section are shooter specific.	<b>Video</b>	<b>Sets</b> <b>Reps</b>
		<a href="#">Split and heel pivot explanation</a>	NA   NA
		<a href="#">Split and heel pivot</a>	2   10 splitting on each leg
		<a href="#">Circle movement and heel pivot</a>	2   5 each side
		<a href="#">Circle entry w. quick catch and release</a>	2   5
		<a href="#">Catch, address post, shoot</a>	1   10
		<a href="#">Circle entry, draw and drop</a>	2   5 each side (entering the circle from various angles)
		<a href="#">Baseline drive</a>	2   5 each side
		<a href="#">Shooter movements</a>	3   30s work/10s rest
<b>Midcourt</b>	The activities in this section are mid court specific.	<b>Video</b>	<b>Sets</b> <b>Reps</b>
		<a href="#">Centre pass attacking movements</a>	3   3 of each type of movement (vary starting position).
		<a href="#">Circle edge positioning</a>	2   10 splitting on each leg
		<a href="#">Mid-court pocket drive</a>	2   5 each side
		<a href="#">Mid-court and shooter connection</a>	2   5
<b>Defence</b>	The activities in this section are defence specific.	<b>Video</b>	<b>Sets</b> <b>Reps</b>
		<a href="#">Defensive footwork - around the body</a>	3   6
		<a href="#">Defence reactions</a>	3   20
		<a href="#">Reactions, clear and drive</a>	3   6
		<a href="#">Reactions</a>	3   10

**FITNESS / CORE**

FOCUS AREA	SUMMARY	INSTRUCTIONS																										
<b>Fitness/core</b>	This session will require players to complete a tabata fitness circuit and a range of core exercises. This develops players muscular endurance which is important to perform well for the full 60 minutes of a game.	<table border="1"> <thead> <tr> <th data-bbox="592 423 1035 483">Video</th> <th data-bbox="1035 423 1128 483">Sets</th> <th data-bbox="1128 423 1497 483">Reps</th> </tr> </thead> <tbody> <tr> <td data-bbox="592 483 1035 544"><a href="#">12 minutes tabata</a></td> <td data-bbox="1035 483 1128 544">1</td> <td data-bbox="1128 483 1497 544">1</td> </tr> <tr> <td data-bbox="592 544 1035 633"><a href="#">Plank</a></td> <td data-bbox="1035 544 1128 633">3</td> <td data-bbox="1128 544 1497 633">Minimum 30 second hold Final set - until fatigue</td> </tr> <tr> <td data-bbox="592 633 1035 694"><a href="#">Sit ups</a></td> <td data-bbox="1035 633 1128 694">3</td> <td data-bbox="1128 633 1497 694">20</td> </tr> <tr> <td data-bbox="592 694 1035 754"><a href="#">Toe taps with ball balance</a></td> <td data-bbox="1035 694 1128 754">3</td> <td data-bbox="1128 694 1497 754">15</td> </tr> <tr> <td data-bbox="592 754 1035 815"><a href="#">Oblique core twists</a></td> <td data-bbox="1035 754 1128 815">3</td> <td data-bbox="1128 754 1497 815">20</td> </tr> <tr> <td data-bbox="592 815 1035 875"><a href="#">Leg raises</a></td> <td data-bbox="1035 815 1128 875">3</td> <td data-bbox="1128 815 1497 875">15</td> </tr> <tr> <td data-bbox="592 875 1035 936">Active recovery: <a href="#">Full body stretch</a></td> <td data-bbox="1035 875 1128 936">1</td> <td data-bbox="1128 875 1497 936">10 minutes</td> </tr> </tbody> </table>			Video	Sets	Reps	<a href="#">12 minutes tabata</a>	1	1	<a href="#">Plank</a>	3	Minimum 30 second hold Final set - until fatigue	<a href="#">Sit ups</a>	3	20	<a href="#">Toe taps with ball balance</a>	3	15	<a href="#">Oblique core twists</a>	3	20	<a href="#">Leg raises</a>	3	15	Active recovery: <a href="#">Full body stretch</a>	1	10 minutes
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**REST**

Rest	Rest is just as important as the days that you are active. Enjoy at least one full rest day each week. This will allow your body to adapt to the demands of the training sessions that you have completed.
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## SHOOTING PROGRAM

### Shooting Technique

- Feet shoulder distance apart, square to the post
- Legs bend at the knees and then straighten
- Shooting arm beside head with elbow close to the ear
- Elbows pointing towards the ring
- Other hand (guiding hand) on other side but has no influence on the ball
- Shooting arm drops back slightly
- Fingers spread wide and ball sit on base of fingers and thumb (not in palm of hand)
- Fingers give flick to shot as ball is released
- Hands following through the shot
- Strong through the core, power coming through the legs
- Ball travels in high arc from release point above shooter's head

### Aim of Shot – 3 areas a shooter can focus on

1. Front of ring – aim to clear rim with ball
2. 15cm above middle of ring – ball to drop down through aim point
3. Back of ring – aim to hit back of rim and drop in with backspin

### Correction

- Use of video is beneficial when changing or correcting a shooting technique
- Encourage shooters to analyse their own shots to they can make corrections during a game

### Mental Technique

- Shooters must be able to cope and thrive on pressure and deliver in all situations. They must be able to concentrate every time they go to the post.
- Coping strategies could include – breathing, mental rehearsal, relaxation, concentration exercises, cue words, goal setting strategies
- Try to take the ball where you know you are most comfortable taking the shot

### Pre-Shooting Routine

- Before each match, shooters need to put up shots
- Arrange to be at the court before team warm-ups to put up your shots, you should also do this prior to taking the court to play or trials.
- It often helps to have a set routine of various shots that you work through. This will give you confidence leading into the game or trials.

### Shooting Variations

- Regular shots at various distances
- Step to the back
- Step to the side
- Step to the front

11	12- 13 years	14 - 15 years
75 shots per day	100 shots per day	150 shots per day (penalty added for 2 consecutive misses)

## SHOOTING PROGRAM

### Shooting Card 1 - Technique

- 20 shots from under the post
- 10 one hand shots from under the post – other hand up but not on ball
- 30 shots from halfway and in
- 30 shots from halfway and out
- 10 clear shots – must not hit the ring

### Shooting Card 2 - Technique

- 50 shots – 5 semi circles with 10 shots from each circle
- 30 shots – pick 10 random spots – shoot one shot from each and repeat three times
- 20 shots – 4 spots with 5 shots from each

### Shooting Card 3 - Concentration

- 50 shots – 5 rows of shots – mark 7 spots out from post – shoot from the front spot, step back 2 steps and shoot, then forward 1 step and shoot, repeat until a shot taken from the furthest spot (10 shots)
- 20 shots – 4 lines of 6 shots – first shot is at the post, take a step back after each shot until five shot are taken, all shots must be taken at the first attempt – this is 1 line of 5
- 30 shots – 10 shots straight (all in a row) from under the post, halfway and three quarters

### Shooting Card 4 - Concentration

- 10 shots from under the post
- 50 shots – 5 semi circles with 10 shots from each circle
- 30 shots – in groups of 3 – one shot, one medium and one long in a row
- 10 clear shots – must not hit the ring

### Shooting Card 5 - Technique with Movement

- 10 shots from under the post
- 50 shots from anywhere – if two are missed in a row = 3 push ups or sit ups
- 10 step in – 5 on each leg
- 10 step back – 5 on each leg
- 20 shots – sprint 2/3 of court and back then shoot 5, repeat 5 times

### Shooting Card 6 - Technique with Movement

- 30 shots – play ball to self, catch turn and shoot
- 20 shots – sprint 2/3 of court and back then shoot 5, repeat 4 times
- 10 steps to the side – 5 on each leg
- 10 cross over steps – 5 on each leg
- 20 shots – long shot and rebound to take short shot
- 10 clear shots – must not hit the ring

