

MYNETFIT

Free

NETBALL FITNESS
WORKOUTS

www.netfitnetball.com.au



@netfitnetball



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NET
FIT
Netball

Session One: SPEED & POWER

Warm Up = 5MIN

Workout = 15MINS

20SEC ON 10SEC OFF

4 X EACH STATION

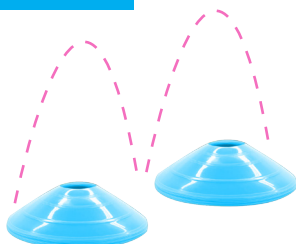
EQUIPMENT

- Cones
- Netball
- Skipping rope

Cool Down = 5MIN



Station 1



1 foot over 2 feet middle
Fast as you can
Keep eyes up

Station 2



Netball passing against a wall.
Fast feet "get low" chest pass
against the wall! Feel the burn!

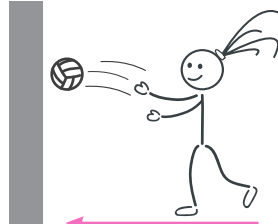
1MIN SKIPPING High intensity

Station 3



Sprint up and back
Touch the cones

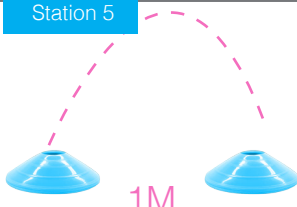
Station 4



chest pass against the wall.
Drive on explosive 3 steps
Repeat. Focus on take off

1MIN SKIPPING High intensity

Station 5



1M
Plyometric Bounding
Bound from outside cone to
other outside cone. Eyes up.
Focus on explosive power.
Balance and land

Station 6



Netball Russian twists Feet up off the
ground. Rotate torso following netball
side to side tapping the ground, then
chest pass to the wall. Pick up pace
once in rhythm.

Session Two: OVAL RUN SESSION

Warm Up = 5MIN

This is one of my all time favorite sessions. It's my get fit quick session I use 3 times a week in the offseason. I would often do one of these session a week mid season to get some cardio and speed under my belt.

EQUIPMENT

- iPhone / timer
- Earphones – iPod

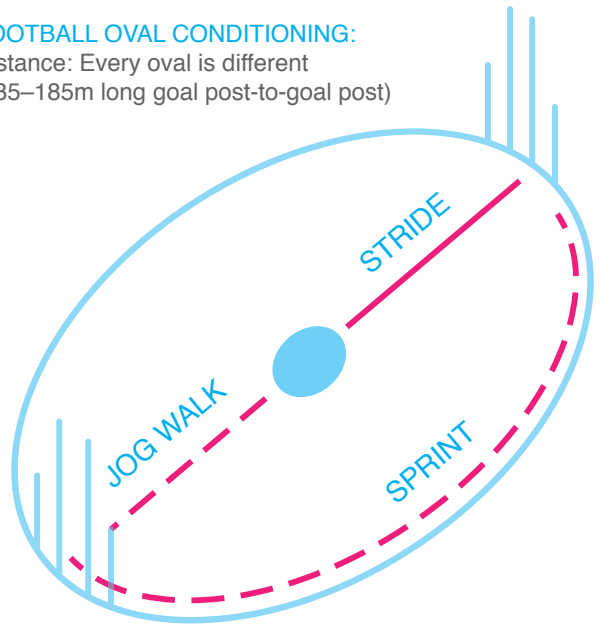
*ON GRASS LOWER IMPACT

Cool Down = 5MIN



FOOTBALL OVAL CONDITIONING:

Distance: Every oval is different
(135–185m long goal post-to-goal post)



Start →

1 EFFORT = SPRINT – STRIDE – JOG/WALK

I would rather measure my efforts on time. Make sure you record your first sprint and set yourself a goal each time.

My elite level session:

12 EFFORTS: 6 sprints on one side of the oval / 6 sprints on the other side of the oval.

Beginners/ junior netballers:

6 EFFORTS: I would replace the sprint on the boundary-line to a **STRIDE** then walk the whole way back to the start through the middle of the oval.

Session Three: TREADMILL RUN SESSION

Warm Up = 5MIN

WORKOUT 28 mins

5min on 2min rest

X4

EQUIPMENT

- iPhone / timer
- Earphones – iPod
- TREADMILL LOWER IMPACT

Cool Down = 5MIN



Time	Beginner	Standard	Elite / Sarah
MIN 1	8km/h	10km/h	14km/h
MIN 2	8.5 km/h	11 km/h	15 km/h
MIN 3	9 km/h	12 km/h	15 km/h
MIN 4	9.5 km/h	13 km/h	16 km/h
MIN 5	10 km/h	14 km/h	17 km/h

REST 2 MIN- WALK OR STEP OFF TREADMILL

TIP: When jumping off after 5min of running, place both hands on the handrails then jump both feet to the side. Then change the speed back to walking pace.



TIP: Set the treadmill inclination to 1% to 2%. Since there's no wind resistance indoors a gentle uphill better simulates outdoor running.

Session Four: CHANGE OF PACE

Warm Up = 5MIN

WORKOUT 12 mins

1mins on 1min walk

X6

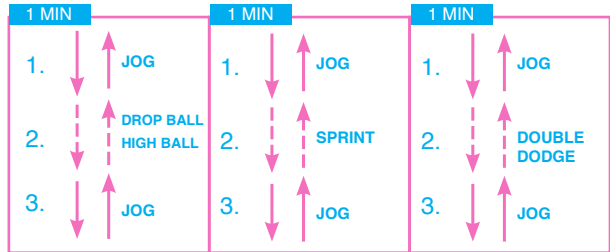
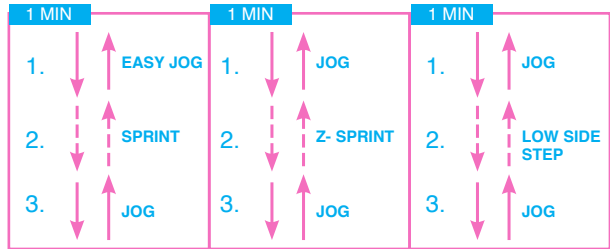
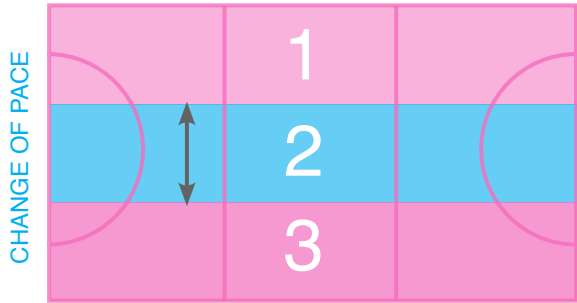
EQUIPMENT

- Cones
- Speakers to play some music for your team?

Cool Down = 5MIN



START TEAM ON SIDELINE



NEED TO KNOW

- **What is change of pace:** a great way to improve fitness is **interval training**, a technique similar to game situations. With interval training, you are performing a high intensity movement (running or sprinting) followed by recovering (walking or jogging)
- This replicates the moves on the netball court – short bursts

Session Five:

TREADMILL RUN SESSION

Warm Up = 5MIN

WORKOUT 25 mins

3mins on 2mins off

X5

Time

All levels at your own pace

MIN 30 sec

Run at your 80% effort

MIN 30 sec

Cone work

MIN 30 sec

Run at your 80% effort

MIN 30 sec

Cone work

MIN 30 sec

Run at your 80% effort

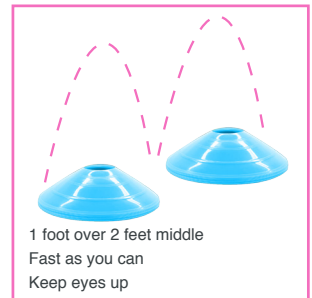
MIN 30 sec

Cone work

EQUIPMENT

- iPhone / timer
- Earphones – iPod
- TREADMILL LOWER IMPACT

2 MIN- CONE WORK – Diagram 2



Cool Down = 5MIN

