

DURATION **1**
HOUR

EQUIPMENT  GD

LOCATION 

GROUP SIZE **7-12**

5MIN WARM UP

See My NETFIT videos for warm up

10MIN FITNESS & FOOTWORK

See My NETFIT videos for ideas to build your fitness session

15MIN SKILL DEVELOPMENT

FIRST PHASE – 20 OF EACH PASS SEE MY NETFIT VIDEO



MOVEMENT 01 CHEST PASSES
Set pairs 3 meters apart
Pass from chest height, do not drop ball below.
Aim for partners chest.



MOVEMENT 02 SHOULDER PASSES
Set pairs 5 meters apart
Pass from head height, do not drop ball below shoulder.
Aim for partners chest.



MOVEMENT 03 BOUNCE PASSES
Set pairs 3 meters apart
Pass from shoulder height, do not drop ball below.
Aim for partners hip.



MOVEMENT 04 OVERHEAD PASSES
Set pairs 3 meters apart
Pass from above head, do not drop ball below.
Aim for above partners head.



MOVEMENT 05 CRISS-CROSS PASSES
Set pairs 2 meters apart
Pass from shoulder, do not drop ball below.
Aim for partners hands.

COACHING POINTS For training session

- Strong hard passes – not loopy.
- Keep an eye on technique in speed challenge.
- Accuracy, accuracy, accuracy 😊

CHALLENGE #1 – SPEED

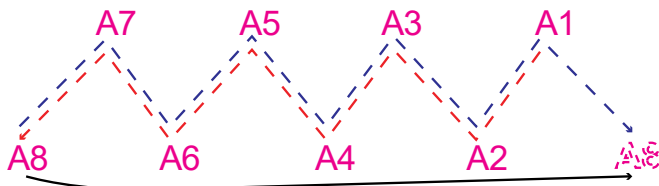
How many passes can you do in 1 minute?
Every pass that is dropped is minus 2 passes off total.
Repeat and see if you can beat previous score

15MIN GAME APPLICATION

SECOND PHASE – PASSING ACTIVITIES & GAMES

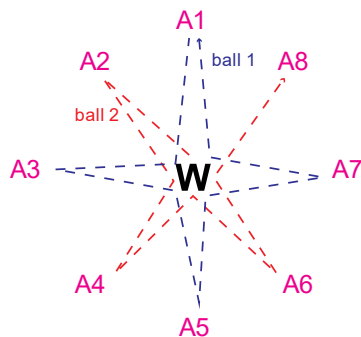
ACTIVITY 1. (CROSS BALL)

- Set team up as per below diagram. One ball
- Ball starts with (A1), gets passed down the line all the way to (A8).
- Once (A8) receives the pass they pass back to (A7) then run to the other side, trying to beat the pass.
- Repeat for all styles of passes.



ACTIVITY 2. (AROUND THE WORLD)

- Set team up as per below diagram. Two balls.
- Ball 1 (B1) starts with (A1) ball 2 (B2) starts with (W).
- (W) passes (B2) to (A2), (A1) passes (B1) to (W) so as soon as (W) has passed their ball off they receive another ball.
- (W) passes (B1) onto (A3)
- (A2) passes (B2) to (W)
- (A2) passes (B2) to (A4)
- (A3) passes (B1) to (W)
- And so on – see diagram
- Continue until all players have been in the middle.



ACTIVITY 3. (PASS UNDER FATIGUE)

- Setup in pairs down the middle of the court facing in from sidelines One ball
- Pass 9 passes between players (go through all types)
- Player 1 then runs to sideline and back, repeat 9 passes.
- Player 2 runs to sideline and back.
- Repeat for 10 sprints each.
- See how their passes get slower and less accurate as they fatigue.
- Get players to concentrate on technique.

CHALLENGE #2 – TEAM vs TEAM

Compete against another team.
Which team can get through all players first?
Which team can get through with the least drops?

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.
Congratulations on completing your NETFIT training session.

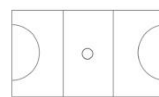


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10MIN TEAM DRILL See My NETFIT videos for team drill & .pdf

COACHING POINTS For training session

WHAT YOU WANT TO ACHIEVE IN DRILL?

- Various passes (short, long, lob, bounce to player in circle – if goaler shoot)
- Increase intensity to challenge a number of passes to be completed.

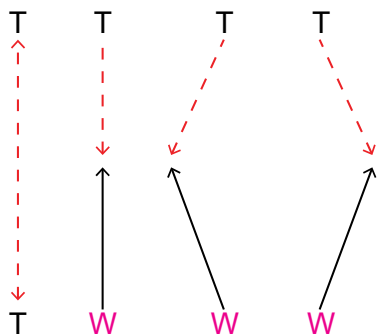
- Strong drive onto the ball and over exaggerate the grounded foot landing, I have found this helps with players who constantly step.
- Pass out in front to where the player is running, not behind.
- Players balanced before releasing ball, no stepping on.

20MIN SKILL DEVELOPMENT

FIRST PHASE – THE BASICS OF THE SKILL OR MOVEMENT

ACTIVITY 1. (STRAIGHT & ANGLED SINGLE LEADS)

- In pairs – One ball
- Complete stationary passes, 10 of each, chest, shoulder, bounce and overhead.
- Straight lead (W) drives hard straight towards (T), (T) passes and (W) lands on any foot with exaugurated landing, passes back to (T) turns runs back to starting point. Repeat for 10 passes then swap workers.
- Angled lead to left (W) drives hard on a 45 degrees angle, (T) passes and (W) who lands on outside foot (left) exaugurated landing pivots, fakes the pass away from (T) then continues pivot, passes back to (T) runs back to starting point. Repeat for 10 passes then swap workers.
- Angled lead to right (W) drives hard on a 45 degrees angle, (T) passes and (W) who lands on outside foot (right) exaugurated landing, pivots, fakes the pass away from (T) then continues pivot, passes back to (T) runs back to starting point. Repeat for 10 passes then swap workers.



MAKE IT EASIER

- Set up cones on 45 for players to drive to.
- Slow the movements down.

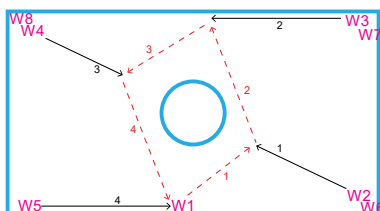
CHALLENGE #1 – CONVINC

Can you do the best fake?
Which player does the most convincing fake?

SECOND PHASE – ON COURT APPLICATION

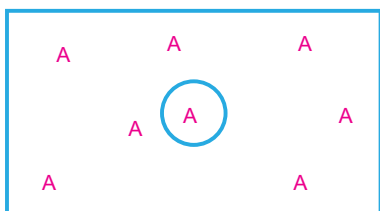
ACTIVITY 2. (ON COURT)

- Set players (W) up evenly in the corners of a third, with one (W) starting with the ball ½ down the transverse line.
- (W1) passes to (W2) who is leading into the middle of the third towards centre.
- (W2) passes to (W3) who is leading along the transverse line.
- (W3) passes to (W4) who is leading into the middle of the third towards centre
- (W4) passes to (W5) who is leading along the transverse line.
- All passes to be out in front, timing of leads is important.



ACTIVITY 4.

- All players to spread out in one third. One ball
- Working for 1 minute they must all move around finding open space.
- At least two options for every pass.
- Rest for 1 minute then repeat 3 times.



MAKE IT HARDER

- (W)'s to do preliminary movements before driving for ball.
- Add defence on 2 corners.
- Add a 2nd ball.

CHALLENGE #2 – CLEAN RUN

Work for 2 minute no drops.
Add 5 sec on for every dropped ball.
Hold time for any lose balls.

10MIN MATCH PLAY

**PLAY A GAME
HALF COURT**

GAME FOCUSES:

- Passes out in front to the advantage of team mates.
- All players driving hard for the ball.
- Strong exaggerated one foot landing.

5MIN COOL DOWN

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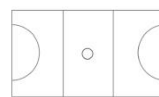


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10MIN TEAM DRILL See My NETFIT videos for team drill & .pdf

COACHING POINTS For training session

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- Increase intensity to challenge a number of passes to be completed.

- Strong drive onto the ball and over exaggerate the grounded foot landing, I have found this helps with players who constantly step.
- Pass out in front to where the player is running, not behind.
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20MIN SKILL DEVELOPMENT

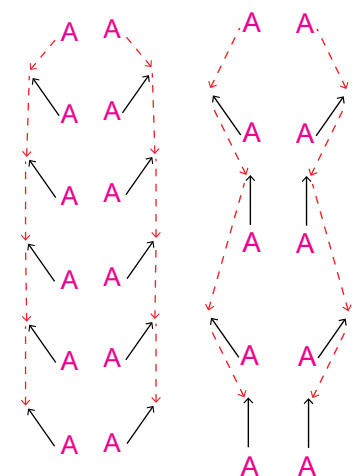
FIRST PHASE – THE BASICS OF THE SKILL OR MOVEMENT

ACTIVITY 1. (ANGLED SINGLE LEADS)

- Line players up down the middle of the court, spread out evenly. One ball
- (A) to lead out to the left on a 45 degrees angle, receive pass, land on outside foot (left) pivot and pass to next (A) in line.
- Work up an down the line.
- Repeat leading to the right

ACTIVITY 2. (CHANGE UP LEADS)

- Stay lined up down the middle of the court. One ball
- First (A) to lead out to the left on a 45 degrees angle, receive pass, land on outside foot (left) pivot ready to pass to next (A) in line.
- Second (A) drives straight up the middle of the court lands on right foot pivots ready to pass to next (A).
- Third (A) to lead out to the left on a 45 degrees angle, receive pass, land on outside foot (left) pivot ready to pass to next (A) in line.
- Repeat leading to the right & middle.



MAKE IT EASIER

- Set up cones on 45 for players to drive to.
- Slow the movements down.

CHALLENGE #1 – TEAM vs TEAM

Compete against another team.
Which team can get up and back first?
Which team has the least dropped balls?

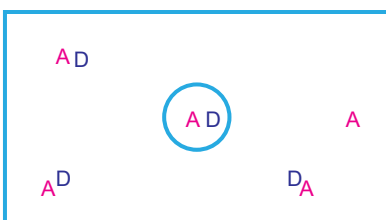
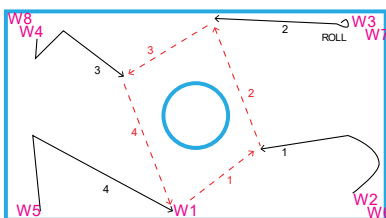
SECOND PHASE – ON COURT APPLICATION

ACTIVITY 3. (ON COURT)

- Set players (W) up evenly in the corners of a third, with one (W) starting with the ball ½ down the transverse line.
- (W1) passes to (W2) who does a preliminary move (clear & drive) then leads into the middle of the third towards centre.
- (W2) passes to (W3) who does a preliminary move (roll) then leads along the transverse line.
- (W3) passes to (W4) who does a preliminary move (double dodge) then leads into the middle of the third towards centre.
- (W4) passes to (W5) who does a preliminary move (change of direction) then leads along the transverse line.

ACTIVITY 4.

- Four on Four (if you have an extra player make them an Attacker. One ball
- All players to spread out in one third.
- (A)'s attack for 1 min, leading into space & passing out in front.
- Rest for 1 minute then repeat 3 times.
- Rotate attacking team.



MAKE IT HARDER

- Add defence on 2 of the corners.
- Add in a 2nd ball. Communication is important when adding an extra ball.

CHALLENGE #2 – CLEAN RUN

Work for 2 minute no drops.
Add 5 sec on for every dropped ball.
Hold time for any lose balls.

10MIN MATCH PLAY

**PLAY A GAME
HALF COURT**

GAME FOCUSES:

- Passes out in front to the advantage of team mates.
- All players driving hard for the ball.
- Strong exaggerated one foot landing.

5MIN COOL DOWN

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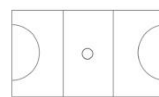


DURATION **1**
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10MIN FITNESS & FOOTWORK

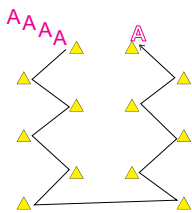
See My NETFIT videos for ideas to build your fitness session

10MIN TEAM DRILL See My NETFIT videos for team drill & .pdf**WHAT YOU WANT TO ACHIEVE IN DRILL?**

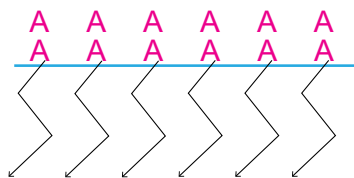
- Various passes (short, long, lob, bounce to player in circle – if goaler shoot)
- Increase intensity to challenge a number of passes to be completed.

COACHING POINTS For training session

- Plant outside foot into ground, do not want a little hop from player.
- Bend knee & push off hard.
- Sharp angle on dodge/change of direction 'Vs', not a curve/circle 'Cs'.
- Eyes up, not looking down at ground.
- Turn hips and shoulders in direction they are changing too.

20MIN SKILL DEVELOPMENT**FIRST PHASE – THE BASICS OF THE SKILL OR MOVEMENT****A = ATTACKER T = THROWER** DRIVE, PASS**ACTIVITY 1. (NO BALL OR THROWERS)**

- Set up 12 cones see diagram.
- (A)'s to line up behind first cone, dodge through first 6 cones down court then hard sprint turn and continue through 2nd lot of 6 cones.
- Join back of line.
- Continue through 5 times.

**ACTIVITY 2. (REMOVE CONES)**

- All players (A) to spread out along the base line in one or two lines, max 6 in a line. (A)'s need space to drive on both sides.
- All (A)'s to drive out to right, not to change direction until coach blows whistle or calls dodge/change.
- (A)'s to be aware of space and other (A)'s.
- Repeat up and down court until (A)'s dodges are sharp and on point.

MAKE IT EASIER

- Walk through the movements, slow it down.
- Add cones back in.
- Draw lines on outside courts with chalk.

CHALLENGE #1 – HOW MANY

Coach to stand out in front of players, holding up fingers, players to call out the number of fingers coach is holding up.
Who's eyes were up?

SECOND PHASE – ADD A BALL**ACTIVITY 3. (ON COURT)**

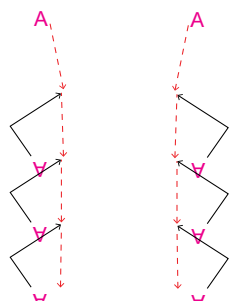
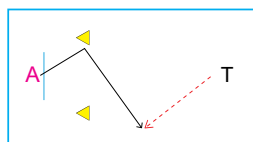
- In pairs, (A) to start on the transverse line in the middle of 2 cones which are set up 2 meters in front of line.
- (A) drives out to either right or left cone, changes direction and leads off cone on a 45 degrees angle towards (T), (T) passes ball out in front of (A), passes back to (T) and returns to starting point.
- Repeat for 4 dodges on each side.

MAKE IT HARDER

- Remove cones.
- Add defenders at 60% who go with the first drive.
- Mix up the leads between single lead and dodge.

CHALLENGE #2 – TEAM vs TEAM

Compete against another team.
Which team can get up and back first?
Which team has the least dropped balls?

**ACTIVITY 4. (DOWN THE LINE)**

- Line players up down the middle of the court, spread out evenly. One ball
- (A) to drive out to the left on a 45 degree angle dodge and lead right to receive pass, land on outside foot (right) pivot and pass to next (A) in line.
- Work up and down the line.
- Repeat dodging right.

10MIN MATCH PLAY**PLAY A GAME
HALF COURT****GAME FOCUSES:**

- Attackers changing direction and dodging to get away front defenders.
- Concentrate on 'Vs' not 'Cs'.

5MIN COOL DOWN**SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.**

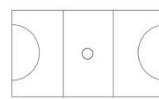
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DURATION **1**
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COACHING POINTS For training session

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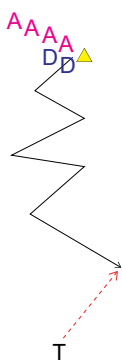
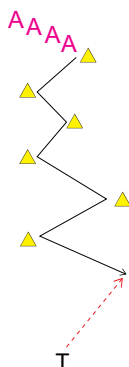
- Various passes (short, long, lob, bounce to player in circle – if goaler shoot)
- Increase intensity to challenge a number of passes to be completed.

- Plant outside foot into ground, do not want a little hop from player.
- Bend knee & push off hard.
- Sharp angle on dodge/change of direction 'Vs', not a curve/circle 'Cs'.
- Eyes up, not looking down at ground.
- Turn hips and shoulders in direction they are changing too.
- Passes to be given to (A)'s in front on extension (stretched out)

20MIN SKILL DEVELOPMENT

FIRST PHASE – THE BASICS OF THE SKILL OR MOVEMENT

A = ATTACKER T = THROWER D = DEFENDER DRIVE, PASS



ACTIVITY 1. (NO BALL OR THROWERS)

- Set up 6 cones at different distances to each other, come close some long.
- (A)'s to line up behind first cone, dodge through all 6 cones down court then hard lead off the last cone onto a pass on extension.
- Rotate (T) and repeat 6 times through or until they have the dodge correct.

ACTIVITY 2. (REMOVE CONES & ADD DEFENCE)

- Add 2 (D), first (A) is to dodge multiple times to get away from (D), coming forward.
- (T) to pass to (A) once they are clear from (D).
- Rotate (T) and (D)'s repeat 6 times through.

MAKE IT EASIER

- Take out pass.
- Defenders work at 60 to 80%.
- Give (A)'s more space and more time to get away from (D).

CHALLENGE #1 – CONE COLOUR

Coach to stand out the front holding up a cone, (A) is to call out the colour of the cone, Are our eyes up?

SECOND PHASE – ON COURT APPLICATION

ACTIVITY 3. (ON COURT)

- Spread all players (A) out on court as per diagram 1.
- Ball to move from Transverse line to transverse line.
- (A)'s to do a dodge (anyway) before receiving pass.
- All (A)'s must receive a pass.
- Continue up and back (1) four times.
- Make sure (A)'s rotate their position on court.

ACTIVITY 4. (ADD DEFENCE)

- Add 3 defenders (D) on 3 of the (A).
- All (A)'s must still receive a pass. The (A) without (D)'s may need to be a back up and get another pass.
- Continue up and back (1) four times.
- (D) to rotate into (A) position.

ACTIVITY 5. (ADD 1 DEFENDER)

- Add (D)'s to all (A)'s.

MAKE IT HARDER

- Add defence earlier, and more defenders.
- (A)'s to change between single lead and dodge.
- Play live ball, throw the ball onto court (A) to chase it up and go from there.

CHALLENGE #2 – CLEAN RUN

Work for 2 minute no drops. Add 5 sec on for every dropped ball. Hold time for any lose balls.

10MIN MATCH PLAY

PLAY A GAME HALF COURT

GAME FOCUSES:

- Attackers changing direction and dodging to get away front defenders.
- Concentrate on 'Vs' not 'Cs'.

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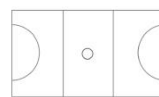


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COACHING POINTS

For training session

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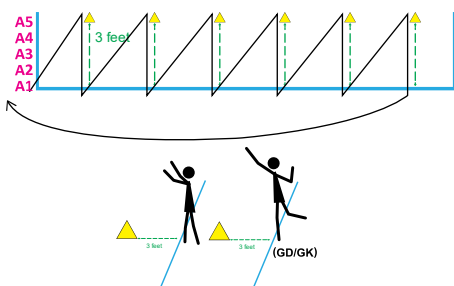
QUALITY 3 FEET

- Push off strongly to get your 3 feet distance.
- Use one stride back, one foot right or left then balance as arms go up
- Balance on the balls of your feet not up on toes, Weight forward over knees

20MIN SKILL DEVELOPMENT

FIRST PHASE – THE BASICS OF THE SKILL OR MOVEMENT

A = ATTACKER T = THROWER D = DEFENDER DRIVE, PASS, 3 FEET



ACTIVITY 1. (3ft NO ARMS)

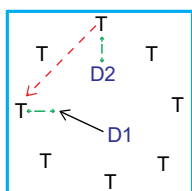
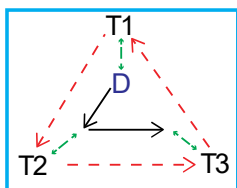
- Place 6 cones in front of a transverse line, at a distance of 3 feet (measured out)
- (A)'s line up starting at sideline.
- Drive on an angle to the first cone, jump back to behind the transverse line and hold for 3 sec.
- Repeat for all 6 cones then go back to cone 1
- Continue through twice with NO arms up.

ACTIVITY 2. (ADD ARMS UP)

- Repeat activity 1 and add arms up
- (A)'s line up starting at sideline.
- Drive on an angle to the first cone, jump back to behind the line, then arms up (once behind line) and hold for 3 sec.
- GD & GK to hold on one foot and one arm like over the shot.
- Continue through twice with arms up.

ACTIVITY 3. (ON THE MOVE)

- 3 (T)'s set up in a triangle about 3 meters apart..
- (D) to sets 'Quality 3 feet' in front of (T1) then as (T1) passes to (T2) (D) follows the ball and sets 'Quality 3 feet' in front of (T2), repeat around the triangle for 1 minute.
- (T)'s to hold the ball until (D) sets 3 feet, then passes.



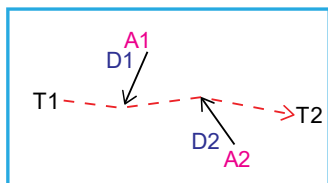
SECOND PHASE – COURT APPLICATION

ACTIVITY 4. (ON COURT)

- Two defenders (D1) and (D2) set up in the middle of a circle made by the rest of the team, (T)'s.
- (D2) sets 'quality 3 feet' over the (T) that starts with the ball (D1) can try and intercept the pass between (T)'s.
- Then the closest (D) to the receiver quickly sets up 'quality 3 feet' this continues for 1 minute.
- Throwers to wait for defence to be set before passing.

ACTIVITY 5.

- 2 on 2 with 2 throwers (T).
- (T1) starts with ball passes to (A1) on a lead (D1) defends 60% on first lead, then quickly sets a 'quality 3 feet' in front of (A1).
- (A1) passes to (A2) on a lead (D2) defends 60% on first lead, then quickly recovers to 'quality 3 feet' in front of (A2).
- (A2) passes to (T2) then work the ball back down to (T1).
- Continuous for 2 minutes then rotate (T)'s in.



MAKE IT EASIER

- Have a player standing on the cone, this will help (A)'s recognize the distance needed.
- (T)'s to hold ball until (D) has set 2 feet

CHALLENGE #1 – STRONG HOLD

Who can stretch & hold for the longest?
Keeping a strong 3 feet, not falling in.

MAKE IT HARDER

- (T)'s to move ball quicker.
- (T)' to use fake passes.
- (D)'s to work harder on first lead and go for intercept.

CHALLENGE #2 – SPEEDSTER

Who can get 'quality 3 feet' quickest.
Clean, distance before arms.

10MIN MATCH PLAY

GAME FOCUSES:

- Challenge the team to set 3 feet on every pass
- Score 1 point every time 3 feet is set over a passer
- Take a point away when its not.
- After each goal is scored GK to pass the ball in back to the centre circle

**PLAY A GAME
HALF COURT**

5MIN COOL DOWN

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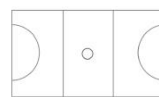


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- Various passes (short, long, lob, bounce to player in circle – if goaler shoot)
- Increase intensity to challenge a number of passes to be completed.

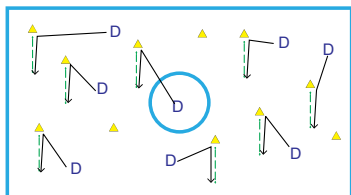
QUALITY 3 FEET

- Push off strongly to get your 3 feet distance.
- Use one stride back, one foot right or left then balance as arms go up
- Balance on the balls of your feet not up on toes, Weight forward over knees

20MIN SKILL DEVELOPMENT

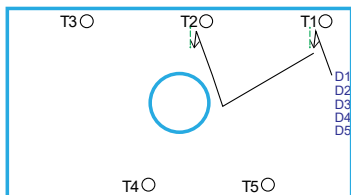
FIRST PHASE – THE BASICS OF THE SKILL OR MOVEMENT

A = ATTACKER T = THROWER D = DEFENDER DRIVE, PASS, 3 FEET



ACTIVITY 1. (NO BALL OR THROWERS)

- Set 15 cones randomly in the centre third. All players (D)'s to spread out around the third.
- (D)'s to run around in the third, using netball moves eg. hard drives, dodges, long leads etc.
- Coach blows whistle (D)'s to get to nearest cone (if two players go to the same cone the 2nd one needs to find a free cone), then jump back and set 'quality 3 feet'.
- Repeat for 3 minutes.



ACTIVITY 2. (ADD BALL)

- 5 (T) with ball spread along the transverse lines of one third.
- (D),s line up along sideline. (D1) drives to (T1), jumps back to 'quality 3 feet' holds for 3 seconds, (T1) releases a surprise ball for (D1) to pull in.
- (D1) drives back to middle of court and repeats action for (T2), continuing to all 5 (T)'s.
- (D2) to go when (D1) has received surprise off (T2).
- (D)'s to go through 2 times then swap with (T)'s

MAKE IT EASIER

- Slow down to a jog rather than quick movements.
- Make the area bigger and have more cones.

CHALLENGE #1 – SPEEDSTER

Who can get 'quality 3 feet' quickest.
Clean, distance before arms.

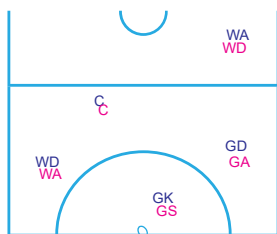
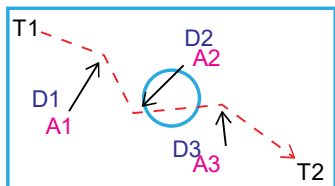
SECOND PHASE – COURT APPLICATION

ACTIVITY 3.

- 3 on 3 with 2 throwers (T). (Can be 4 on 4)
- (T1) starts with ball passes to (A1) on a lead (D1) defends 60% on first lead, then quickly sets a 'quality 3 feet' in front of (A1).
- (A1) passes to (A2) on a lead (D2) defends 60% on first lead, then quickly recovers to 'quality 3 feet' in front of (A2).
- Continue with (A3) & (D3) then pass t (T2) reset at the corner and work ball back down to (T1).

ACTIVITY 4

- WD team PINK starts with ball.
- Pink team must pass to all players at least once before it can be passed to a shooter in the goal ring. BLUE team to set 'quality 3 feet' over every pass.
- Once a goal has been scored reverse from a GK throw in, BLUE team brings the ball out to the C circle.
- Repeat with see challenge



MAKE IT HARDER

- (D)'s to go 100% on first ball defence.
- Use bigger space and give (A)'s less structure, so they can move anywhere.
- Quicker ball movement.

CHALLENGE #2 – VARIATIONS

Side line pass back to WD in centre third
Reset back to the WD
Increase passes to 5 then to 7

10MIN MATCH PLAY

**PLAY A GAME
HALF COURT**

GAME FOCUSES:

- Challenge the team to set 3 feet on every pass
- Score 1 point every time 3 feet is set over a passer
- Take a point away when its not.
- After each goal is scored GK to pass the ball in back to the centre circle

5MIN COOL DOWN

SEE MY NETFIT VIDEOS FOR TEAM COOL DOWNS.

Congratulations on completing your NETFIT training session.

