

YR11 Bridging the Gap

Netball- Pre Season.

Looking ahead to the 2024/25 season it's important that you are keeping fit and maintaining your ball handling skills throughout the summer and your time off. Below is a schedule that you may wish to follow in order to come back to pre-season with a base of fitness and skills.

Prior to each session it's important that you undertake a thorough warm up. Please see ideas below. Please also add into the week at least 1-2 ankle and knee stability sessions this can be done in addition to your warmup or at the end of your session. This is particularly important for those of you with ankle or knee injuries or niggles. As you progress through the strength programme you will need to adjust your reps or weight in order to keep progressing.

It is important that you listen to your body and understand if you need to change the session or rest day that week. Try to spread out the strength sessions to allow your body time to recover before the next session.

If you have any queries regarding the exercises of sessions please do not hesitate to contact me on Thompson.g@woodhousegrove.co.uk. If you have access to firefly there are netball skill videos available; Resources> Sports> Netball> Netball Videos> Skills.

Pre-season will be late August/ early September, dates TBC.

I look forward to seeing you there.

Miss Thompson

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength 1 + Technical	Aerobic 1 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 2	Rest
2	Strength 1 + Technical	Aerobic 3 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 4	Rest
3	Strength 1 + Technical	Aerobic 5 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 1	Rest
4	Strength 1 + Technical	Aerobic 2 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 3	Rest
5	Strength 1 + Technical	Aerobic 4 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 5	Rest
6	Strength 1 + Technical	Aerobic 1 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 2	Rest
7	Strength 1 + Technical	Aerobic 3 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 4	Rest
8	Strength 1 + Technical	Aerobic 5 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 1	Rest
9	Strength 1 + Technical	Aerobic 2 + Stability	Anaerobic 1 + Strength 2	Strength 3	Technical	Aerobic 3	Rest

Weights Warm Up		
Exercise	Rep Scheme	Notes
Toe Touch Over Head Squat	10	Starting upright bend to touch your toes, keeping your legs as straight as possible Squat down as low as you can. When at the bottom of the squat hold the position for 3s. Release one hand from your toes raising it above your head followed by the other. With both arms in the air raise up from squat position.
Alternative Spiderman Elbow Drop	5 Each Side	Start in press up position. Bring you right foot up to your right hand so that your big toe is next to your little finger. Drop your right elbow to the floor followed by extending your arm up towards the ceiling. Change side.
Inchworm Shoulder taps	10	Starting upright bend to touch your toes, keeping your legs as straight as possible. From your toes walk your hands out in front of you until you are in a press up position. Lift the right hand off the ground to tap the left shoulder. Do not let your hips rock as you bring your hand off the ground. Repeat shoulder tap on the alternative side. Walk your hands back to your feet, stand up and stretch your arms above your head.
Press up, Downward Dog, Calf Pumps	5	Complete a press up. Sink your heels into the ground and elevate you bum towards the ceiling. Push head towards feet between your arms. Bend one knee pushing the opposing leg into the ground. Alternate legs.
Glute Bridge	10 Each Side	Start with your back on the floor. Bend your knees bringing your heels as close to your bum as possible. Push your hips towards the ceiling, squeezing your glutes at the top.
SL Glute Bridge	10 Each Side	Start with your back on the floor. Bend your knees bringing your heels as close to your bum as possible. Lift one leg off the ground and hold in a straight position. Push your hips towards the ceiling, squeezing your glutes at the top. Change legs and repeat.
Dead Bugs	10 Each Side	Begin on your back with your arms towards the ceiling and legs up with a 90degree bend at the knee. Extend your opposite arm and leg out. Return to the middle and repeat on the other side.

Strength Sessions

Session 1	Exercise		Sets	Reps	Weight
	1a	Drop Jumps	4	5	
	2a	BB Back Squat	4	10	
	2b	Shoulder Press	4	10	
	3a	Lunges	4	8es	
	3b	SA Bent Over Row	4	10es	
	4a	Hip Thrust	3	8	
	4b	Lat Pull Down	3	8	
	5	CORE X3	3	10	

Session 2	Exercise		Sets	Reps	Weight
	1a	Box Jumps	4	5	
	2a	BB Deadlift	4	10	
	2b	Chest Press	4	10	
	3a	Split Squat	4	8es	
	3b	Inverted Row	4	8	
	4a	SL Hamstring Bridge	3	8es	
	4b	MB Slams	3	8	
	4	CORE X3	3	10	

Session 3	Exercise		Sets	Reps	Weight
	1a	Glute Bridge	4	10	Body Weight: Hold for 3 secs
	2a	Press Ups	4	10	Body Weight: Knees or Feet
	2b	Plank Shoulder Taps	4	20	Body Weight
	3a	Squat	4	12	Body Weight
	3b	Split Squat	4	8es	Body Weight
	4a	IYTW	3	8	Body Weight
	4b	Tricep Dips	3	8	Body Weight
	4	CORE X3	3	10	Body Weight

Session 4	Exercise		Sets	Reps	Weight
	1a	Clam	4	10es	Body Weight: Hold for 3 secs
	2a	Knee Drive	4	10es	Body Weight: Onto a Step
	2b	SL Squat	4	6el	Body Weight
	3a	Hamstring Walks	4	10	Body Weight
	3b	Inch Worms	4	10	Body Weight
	4a	Up/Down Plank	3	10	Body Weight
	4b	Deadbug	3	10	Body Weight: Hold for 3 secs
	4	CORE X3	3	10	Body Weight

Aerobic/ Anaerobic Sessions

Aerobic Conditioning 1 (Sprint)			
Warm Up- Min 10 mins			
Sets	Reps	Time	Rest
2	12	45secs on: 15 secs off	2 min recovery
Try to reach the same distance for each rep. Aiming for 150-180m.			
Total Time: 36mins (incl Warm Up)			

Aerobic Conditioning 2 (Sprint)			
Warm Up- Min 10 mins			
Sets	Reps	Time	Rest
2	10	30secs on: 30 secs jogging recovery	2 min recovery
Try to reach the same distance for each rep. Aiming for 100-120m.			
Total Time: 32mins (incl Warm Up)			

Aerobic Conditioning 3 (Sprint)			
Warm Up- Min 10 mins			
Sets	Reps	Time	Rest
4	For 5 mins	20secs on: 10 secs jogging recovery	2 min recovery
Try to reach the same distance for each rep. Aiming for minimum 60m.			
Total Time: 36mins (incl Warm Up)			

Aerobic Conditioning 4 (Sprint + Core)			
Warm Up- Min 10 mins			
Sets	Reps	Time	Rest
2	10	30secs on: 30 secs core recovery	2 min recovery
Try to reach the same distance for each rep. Aiming for 100-120m. Change the core exercise each time.			
Total Time: 32mins (incl Warm Up)			

Aerobic Conditioning 5 (Pyramid)			
Warm Up- Min 10 mins			
1	2mins of	10 sec on: 10 sec off	30 sec recovery
2	4mins of	20secs on: 20 secs off	30 sec recovery
3	4mins of	30 secs on: 30secs off	30 sec recovery
4	2 mins of	40 secs on: 20 secs off	30 rec recovery
5	2 mins of	50 secs on: 10 secs off	30 sec recovery
Repeat all of the above again. Allow yourself a 2 min rest inbetween sets			
Total Time: 49mins (incl Warm Up)			

Anaerobic Endurance 1 (Bike)			
Warm Up- Min 10 mins			
Sets	Reps	Time	Rest
1	1	10k as quick as possible	NA
Try to decrease the time it takes you each week. Aiming for 20mins on level 8-10.			
Total Time: 32mins (incl Warm Up)			

Anaerobic Endurance 2 (Bike)			
Warm Up			
RPM	Time	Rest	Reps
100	5 min	0	1
120	30 secs	30 secs	10
130	15 secs	15 secs	10
110	45 sec	15 secs	5
100	5 min	0	1
Total Time 30 Minutes			

Stability and Mobility

Stability		
On 1 Leg	Balance for 20secs	Work both legs
On 1 Leg + Eyes shut	Balance for 20secs	Work both legs
On 1 Leg	Swing free leg in front for 20secs	Work both legs
On 1 Leg + Eyes shut	Swing free leg in front for 20secs	Work both legs
On 1 Leg	Swing free leg across the body for 20 secs	Work both legs
On 1 Leg + Eyes shut	Swing free leg across the body for 20 secs	Work both legs
On 1 Leg	Swing free leg behind the body for 20secs	Work both legs
On 1 Leg + Eyes shut	Swing free leg behind the body for 20secs	Work both legs
On 1 Leg	Pass 20 chest passes to the wall	Work both legs
Total Time: 6 mins		

Landing		
Vertical Jump	2 feet to 2 feet	x8
Vertical Jump	2 feet to 1 foot	x8 el
Vertical Jump	1 foot to 1 foot	x8 el
Repeat all of the above receiving a ball on landing.		
Repeat all of the above with partner giving gentle pressure on landing.		
Broad Jump	2 feet to 2 feet	x8
Broad Jump	2 feet to 1 foot	x8 el
Broad Jump	1 foot to 1 foot - L to L	x8
Broad Jump	1 foot to 1 foot - R to R	x8
Repeat all of the above receiving a ball on landing.		
Repeat all of the above with partner giving gentle pressure on landing.		
Side Jump	L to R	x8 el
Repeat above with ball given on landing		
90' Turn	2 feet to 2 feet	x8
90' Turn	2 feet to 1 foot	x8 el
180' Turn	2 feet to 2 feet	x8
180' Turn	2 feet to 1 foot	x8 el
Repeat above with ball given on landing		
Repeat above with high ball given during jump		
Complete session in own time and take rest as and when needed.		

Technical - Ball Handling
Control
Continuous close taps against the wall. 1-2ft and 50reps of the following
2 hands above the head
2 hands at chest height
Single hand - in shoulder pass position (L + R)
Single hand - straight above head (L + R)
Single hand - under arm (L + R)
Rainbow- work the ball from the L to the R and back again
Passing
Make an 'X' on a wall with tape, stand 2/3m away and complete 50reps of:
Chest Pass
Right Shoulder
Left Shoulder
Overhead
Right Hand Bounce Pass
Left Hand Bounce Pass
Passing & Catching
Stand 3m from wall. Pass + catch with one hand x30. Both hands.
Chest pass to the wall, jump and turn to 90° L + R.
Chest pass to the wall, jump and turn to 180° L + R.
Passing and Movement
Side steps (2/3m) pass the following onto the wall:
Chest Pass x30
Left and Right handed shoulder pass x30 es
One hand throw and catch pass x 30 es
Complete above with an outside turn prior to catch. x30 es.