



THE SIXTH FORM
AT WOODHOUSE GROVE

Netball - Pre-Season

YR11 Bridging the Gap

Looking ahead to the 2025/26 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