



# Warm Ups



### Key Points:

- Athletes should begin all sessions by completing the Fab Four Mobility Programme.
- The Landing Skills Programme should be carried out prior to any court session or conditioning session.
- Activation exercises should be carried out prior to any court session or strength session.

ATTACK/DEFENCE SESSION	
<p><b>TAG RUGBY:</b> Two teams attacking the opposite end. To score place the ball on the floor over the baseline (end zone). The ball may only be passed backwards, using any type of pass. Players can run with the ball or pass back straight away.</p> <p><b>DYNAMIC STRETCHES:</b> In two groups, work across half the court then jog back. Players take it in turns to lead a stretch.</p> <p><b>SELF-DIRECTED:</b> Warm up in pairs (skipping ropes to be available). Should include; Fab Four exercise, Activation, ball work and skipping.</p>	<ul style="list-style-type: none"><li>• Start behind the ball carrier and run onto the pass to receive it.</li><li>• Two handed secure catching</li></ul>

ATTACK SESSION	
<p><b>LISTEN TO CALL:</b> All with own ball. Moving in a designated area (e.g. 1/2 court). Pick out and use the following instructions, coach decision as to the order in which they are called.</p> <ul style="list-style-type: none"><li>• UP: Throw ball up and catch another player's ball</li><li>• DOWN: Put ball on the floor and collect another</li><li>• 360: Toss ball up, jump, turn 360 degrees &amp; catch own ball</li><li>• SLEEP: Lie down on the floor on your back (don't let your ball go)</li></ul>	<ul style="list-style-type: none"><li>• Plank – Leaning on elbows facing floor lift body in a plank like line off the ground and hold; keep own ball between elbows; hold for 15-30secs.</li><li>• Mark: bend at knees when putting ball down; move feet back before putting arms out; bend knees when picking up ball.</li></ul>





- PLANK: Front
- PRESS: 5 Press ups
- SWAP: Change balls with another player (pass over a distance of approx. 5m)
- MARK: Put ball down, then 3' mark it.

**DYNAMIC STRETCHING:** The movement skills above should make the players fairly mobilised. However, additional dynamic stretches will be needed.

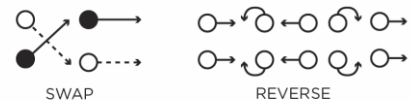
**FOLLOW THE LEADER:** 1st person at the front of the line completes a footwork pattern followed by a dynamic stretch e.g. Lunges, Squat, Hip Flexor once the front player has completed then they move to the back of the line and the next person takes over, completing a different footwork pattern and dynamic stretch each time.

## ATTACK SESSION

**TWINS:** Working across court reacting to calls:

- Swap: changes sides with partner
- High 10: double High five in air
- Dosey Do: face to face, back to back, face to face
- High 5's: jump High 5, jump 180, jump High 5
- Bump: jump and bump hips sideways
- Sit: stop and do sit balance
- Reverse: rotate (pivot) 180 on inside foot, jog repeat (pull shoulder back)
- Roll: rotate 180 on outside foot, jog repeat (turn away)

**DYNAMIC STRETCHING:** Coach calls a body area or muscle group – players choose which stretch.



ATTACK SESSION	
<p><b>HAND TENNIS:</b> Each player in a box (use spots if necessary). The ball is bounced and slapped with open hand, underarm, into opposition box – one bounce and return. Players can make up their own scoring system play – rest - dynamic stretching x 6. Add challenge e.g. non-dominant hand, remove bounce.</p> <p>If in 3's can play 1-2. 2v2 game, 2v2 game and two balls.</p>	<ul style="list-style-type: none"> <li>• Work on balls of feet</li> <li>• Balanced stance – opposite arm to leg</li> <li>• Move in multiple directions – sideways, forward/backwards</li> <li>• Narrow base and quick feet – no lunging/diving!</li> </ul>
ATTACK/DEFENCE SESSION	
<p><b>ULTIMATE FRISBEE:</b> If you haven't used a Frisbee previously in your sessions it is definitely worth investing. It's good to have two so each team can practice before they start.</p> <p>Two teams pass and move to get the frisbee into their own end zone. In Ultimate Frisbee they are allowed one more step than netball footwork. Make the decision whether you will give them this rule and see how they adapt OR play to netball footwork. If tagged when holding the frisbee it goes to the opposition.</p> <p>Players complete dynamic stretches. Complete through court sprints.</p>	<ul style="list-style-type: none"> <li>• Use a variety of movements to get free.</li> <li>• Control, balance, core switched on, soft knees, head up.</li> </ul>



## ATTACK SESSION

In pairs with a ball, run up and down the court passing the ball back and forth giving them different challenges:

- One behind the other running forward up the court (a)
- Side by side moving up the court
- Ball bounces back and forth outside arm passing (b)
- Ball passed back and forth (c)
- As above but around waist before pass (d)
- Starting one behind the other. The back person changes direction to get in front to receive a pass. Aim for ball and mover to arrive at the same time (e)
- Make up some more!



a)



b)



c)



d)



e)

### DYNAMIC STRETCHING:

Working in pairs moving up and down the court to complete.

- Soft hands when catching
- Use both hands equally
- Catch ball early, arms outstretched

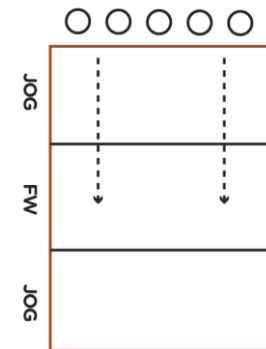


## ATTACK/DEFENCE SESSION

### LINES:

- Next line to go when the one before gets to the third line:
- Jog first third
- Perform footwork pattern in the second third
- Jog the end third.
- Switch to stretch, jog, stretch
- Include squats and squat jumps
- Finish with sprints

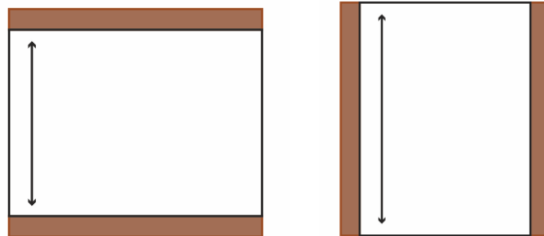
- Use changes of direction
- Use change of pace
- Use changes of angles
- Quick feet
- Go at speed



## ATTACK/DEFENCE SESSION

**TAG RUGBY:** Teams are attempting to score a try by getting over the side/back line. Athletes can only pass backwards. Once tagged possession goes to the other team. Players can run with the ball and can pass however they wish. Team talk and dynamic stretches

- Where do you think you could score easily?
- Who is strong/weak in the opposite team? How can this be exploited?
- What can you do to improve your team's success rate?
- (e.g always have 2 people behind the ball)?



## DISCUSSION

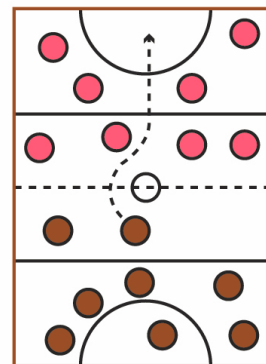
- What can you do as a team in order to win this game?
- Let teams explore their suggestions.
- If something new is spotted can they address this in the game?

## DEFENCE SESSION

### TAG SHOOT GAME:

- Two teams of 10, 2 balls, 10 bibs
- Each team starts in a half of the court.
- Once a player attacks over the half way line they are not allowed to go back unless tagged.
- If they are tagged they must go back to their half to become 'live' again.
- Any player can go anywhere but only one player per attacking team is allowed in the attacking circle and one defender in the defending circle at any one time.
- If the attackers get into the circle they have one shot to shoot and score.

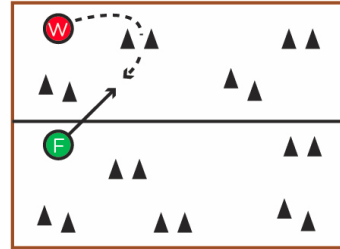
Players to complete dynamic stretches and footwork patterns in groups.  
Take it in turns to lead.



## ATTACK SESSION

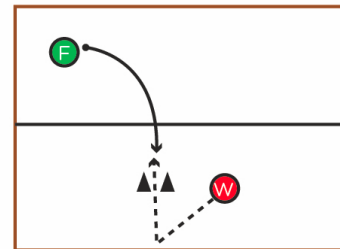
### GATE GAME

Normal footwork rules apply, pairs have to pass and move. They score a point every time they catch after a drive through a gate. They can also disrupt others pairs by tipping or intercepting their ball. If a pair is disrupted, they lose a point.

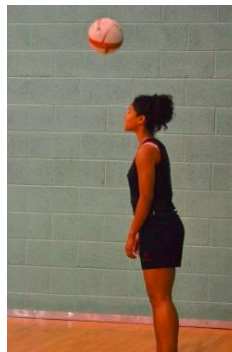


### LAND ON HEAD

Working in pairs, players must be in the next third from their partner. The worker moves through two gates at speed and then stops (in a space). The feeder delivers a high loopy pass (one handed), to try and make it land on her partners head, worker can header the ball for fun if it's on target (and they are able).



Finish with dynamic stretches



- Keep head up to have an awareness of other groups.
- Where possible let them learn to cope with chaos.

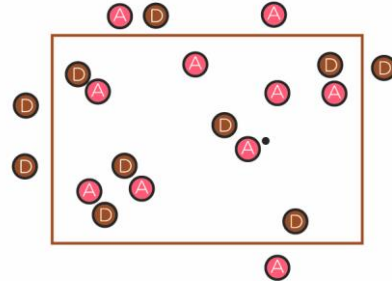
NETBALL  
FIRST



## DEFENCE SESSION

**TAG BALL:** Start with one ball and add more at appropriate opportunities.

In one third, both teams start within the area, one team starts with the ball and aims to tag the opposition. Once a player is tagged they have to go outside the area, or if they run outside of the area they are also out. (The ball must not be thrown at another player to be tagged).



The winning team is the one with the most players left in the area at the end.

When players are out they should be encouraged to jog around the outside of the area, stretching and providing their team mates with an option if they are needed.

This game is very strategic – let the players work out different ways to try and win.

- Accurate passing
- Movement
- Awareness of others
- Safety – Tagging is touching a player with a ball not hitting.



ATTACK/DEFENCE SESSION	
<p><b>TOTAL NETBALL:</b> 7 vs 7. High 5 only on court with rotating subs on the side line. Anybody is allowed anywhere except only a maximum of two per team in the circle. You can either have a rough centre pass (one per team in mid third) with the rest in ends, or just use a back line throw in.</p> <p><b>DYNAMIC STRETCHING:</b> Coaches to select two players to lead stretches. Revise previous week's topics, or players make individual session targets.</p>	

ATTACK/DEFENCE SESSION	
<p><b>END BALL:</b> Normal netball rules – 5v5 working the ball width ways across a third. Score a point by touching the ball down over side line, possession only changes when normal netball rules are broken, or a point is scored.</p> <p>Dynamic stretches.</p>	

