NETBALL

Netball practice plan

1 h 17 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	10	**Passing in pairs** Target hands up, step into the pass, chest pass for five metres, shoulder pass for eight, bounce p…
☐	**30 min**	12	**Dodge and drive** Take the defender one way, plant the outside foot, drive back hard towards the ball, hands up earl…
☐	**42 min**	5	**Water break**
☐	**47 min**	20	**Scrimmage**
☐	**1 h 07**	10	**Cool-down** Easy jog, then static stretches

NOTES

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