



NETBALL SOUTH VIRTUAL NETBALL LEAGUE

DISCLAIMER

Although every attempt has been made to make the exercises inclusive, they might not be suitable for everyone. Please be aware of your own capabilities and only do what feels comfortable for you. If any doubt, please seek medical advice before participating.

Before you begin, please check your surroundings are clear and keep distractions, such as pets, away during any activity. Please remember to dress in comfortable clothes and footwear, ideally trainers, and remain hydrated at all times.

We have to stress that Netball South is not responsible or liable for any injury or harm that you may sustain as a result of participating in the exercises shown.

Netball South hope you enjoy the activities
Please stay safe and have fun!

	WEEK 1	WEEK 2	WEEK 3
DATE	16/01/2021	23/01/2021	30/01/2021
ROUNDS	PRE SEASON WARM UP U16 AND U 19	ALL AGE GROUPS	ALL AGE GROUPS
1	BALL AROUND THE BODY	180 JUMP SQUATS	HIGH PLANK FORWARD JUMP TO HANDS
2	PRESS UPS -FULL	SIDE PLANK WITH KNEE TO ELBOW CRUNCH	FIGURE 8 THROUGH THE LEGS
3	HIGH TO LOW PLANK	FORWARD BROAD JUMPS AND RESET	LATERAL SKI JUMPS
4	HIGH KNEES	SPIDERMAN WITH THE BALL BETWEEN LEGS ALTERNATE GRIP	HORIZONTAL LEFT ARM WITH BALL TAPS
5	UP AND OVERS WITH THE BALL	BALL BOUNCING TO FLOOR	TRICEP DIPS
6	FIGURE 8 THROUGH THE LEGS	JUMPING LUNGES	HORIZONTAL RIGHT ARM WITH BALL TAPS
7	LATERAL SIDE JUMPS	HIGH PLAN WITH KNEE TO ELBOW SAME SIDE ALTERNATING	DOWNWARD DOG WITH TOE TAPS
8	RUSSIAN TWIST WITH A BALL	PRESS UPS FULL	3FT DROP BALL TOUCH AND RESET
9	TRICEP DIPS	BURPEES WITH JUMP	TUCK JUMPS- HANDS AT WAIST HEIGHT AS PARKER
10	FULL SIT UP	ALTERNATE HAND BOUNCE FRONT ONLY	ROPE CLIMBERS



NETBALL SOUTH VIRTUAL NETBALL LEAGUE

	WEEK 4	WEEK 5	WEEK 6
DATE	06/02/2021	13/02/2021	20/02/2021
ROUNDS	ALL AGE GROUPS	ALL AGE GROUPS	ALL AGE GROUPS
1	WALL SQUAT 90' WITH ALTERNATE HORIZONTAL LEG LIFT AND TOE TAP WITH THE BALL		
2	UP AND OVER WITH THE BALL		
3	SPIDERMAN WITH THE BALL BETWEEN LEGS ALTERNATE GRIP		
4	TABLE TOP WITH ALTERNATE TOE TAP		
5	FULL ARM EXTENSION BALL TAPS WITH FAST FEET COMBO		
6	LATERAL SIDE JUMPS		
7	DEFEND THE CHAIR 360' FULL ROTATIONS		
8	PRESS UPS- FULL		
9	HIGH PLANK WITH SIDE JUMPS		
10	RUSSIAN TWISTS WITH A BALL		



NETBALL SOUTH VIRTUAL NETBALL LEAGUE

	WEEK 7	WEEK 8
DATE	27/02/2021	06/03/2021
ROUNDS	ALL AGE GROUPS	ALL AGE GROUPS
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		