

SOLO PLAYER SESSIONS

15/U-Open - Session 1

ACTIVITY DESCRIPTION	DURATION
<p>WARM UP</p> <p>20-second intervals x 2 rounds each</p> <ul style="list-style-type: none"> • High knees • Butt flicks • Squat/squat jumps • Mountain climbers • Leg swings left/right leg • Star jumps • Quadriceps stretch (superman) left leg/right leg 	<p>5 min</p>
<p>ACTIVITY 1 FITNESS CIRCUIT</p> <p>40 seconds of work, 20 seconds rest x 2 rounds, 1 minute rest in between rounds</p> <ul style="list-style-type: none"> • 10m shuttle run • Split squats/squat jumps • Push ups • Situps • 5m shuttle run • Box/bench jumps • Ice skaters (jumping from one foot to the other, side to side) • Glute raises • 10m shuttle run • Russian twists (sitting on ground with feet slightly in air, twisting side to side to touch opposite fingers on ground) 	<p>20 min</p>
<p>ACTIVITY 2 BALLWORK & CONTROL</p> <p>Source a netball (or any ball if netball not available) and set up a target area with tape/chalk on a brick/solid wall</p> <ul style="list-style-type: none"> • 10 x shoulder passes against wall - right hand then left hand • Side-to-side passes - Throw the ball against the wall while driving 3m from side to side (stand about 2-3m from wall) • Stand 6-8m from wall and throw a hard shoulder bounce pass before driving forward onto the ball to receive as it bounces back up towards you. Repeat x10. <i>For an added challenge, have someone else throw the hard bounce pass from behind you so you don't know where it will hit the wall</i> • Stand close to the wall and start with the ball at 12 o'clock. With right hand, complete tiny bounces against the wall while guiding the ball down to 3 o'clock (further if you're able) and back up again • Repeat with left hand, guiding the ball to 9 o'clock and back up • Try completing the right hand and then switching to the left in the same motion as you reach 12 o'clock • Start at Step 1 again once completed, until 10 mins is up 	<p>10 min</p>
<p>COOL DOWN</p> <p>Walking/very slow jogging with active stretches every 15-20 secs</p>	<p>5 min</p>