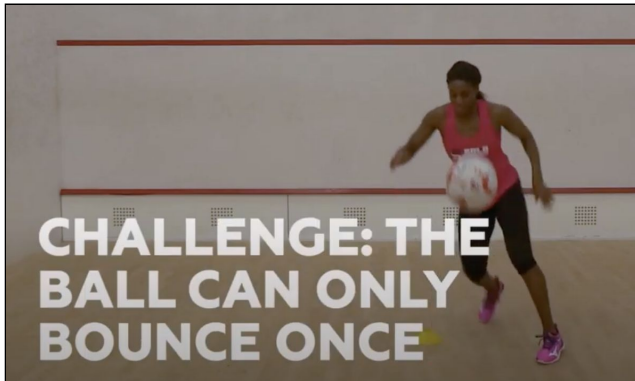


WARM UP

On a netball court or cones placed 15 metres apart

- Light Jogging half court, up and back - 2 minutes
- High knee skipping and jogging backwards - 2 minutes
- Fast feet on the spot and sprint - 2 minutes
- Fast feet, High vertical jump, Sprint - 2 minutes
- Lunges up and sumo squats back - 2 minutes

Defensive movement drill



Play a game of “PIGGY IN THE MIDDLE”

- Straight pass
- High pass
- Bounce pass

WARM DOWN STRETCHING