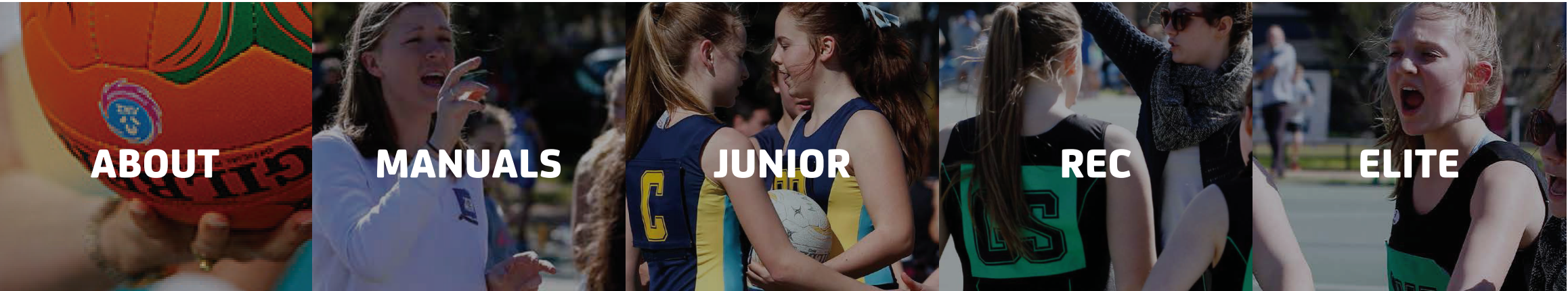


INTRO TITLE

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JUNIOR

Quisque pretium laoreet urna, in pellentesque neque consectetur quis. Donec mauris magna, lobortis vitae euismod quis, sodales volutpat ex. Phasellus tempus ipsum vitae erat euismod vulputate. Duis non eleifend massa, id mattis sem.

SECTION: WARM UP/FOOTWORK STRENGTH BALANCE/LANDING AGILITY

WARM UP / FOOTWORK

COACHING

WARM UP/FOOTWORK

Walking A's



1. SIDELINE JOG FORWARDS / BACKWARDS

COACHING

WARM UP/FOOTWORK

Walking A's



2. BUTT FLICKS FORWARDS / BACKWARDS

COACHING

WARM UP/FOOTWORK

Walking A's



3. HIGH KNEE MARCH / HIGH KNEE SKIP

COACHING

WARM UP/FOOTWORK

Walking A's



4. SIDE SKIPPING

COACHING

WARM UP/FOOTWORK

Walking A's



5. FORWARD / BACKWARD SHUFFLE

STRENGTH

COACHING

WARM UP/FOOTWORK

Walking A's



PARTNER SQUATS
Quads

COACHING

WARM UP/FOOTWORK

Walking A's



BRIDGES
Gluteals / Hamstring

COACHING

WARM UP/FOOTWORK

Walking A's



PLANK THRU KNEES
Core

COACHING

WARM UP/FOOTWORK

Walking A's



SIDE PLANK THRU KNEES
Core

BALANCE / LANDING

COACHING

WARM UP/FOOTWORK

Walking A's



ARMS & LEGS
SL Balance Activities

COACHING

WARM UP/FOOTWORK

Walking A's



PARTNER PUSH
SL Balance Activities

COACHING

WARM UP/FOOTWORK

Walking A's



BALL ROLL
SL Balance Activities

COACHING

WARM UP/FOOTWORK

Walking A's



PARTNER BALL PASSES
SL Balance Activities

COACHING

WARM UP/FOOTWORK

Walking A's



DOUBLE LEG / SINGLE LEG
Landing Technique

COACHING

WARM UP/FOOTWORK

Walking A's



FORWARDS / BACKWARDS +/- BALL
DL Activities

COACHING

WARM UP/FOOTWORK

Walking A's



CROSSES +/- BALL
DL Activities

COACHING

WARM UP/FOOTWORK

Walking A's



ROTATE 90° +/- BALL
DL Activities

COACHING

WARM UP/FOOTWORK

Walking A's



SIDE STEP +/- BALL
SL Activities

COACHING

WARM UP/FOOTWORK

Walking A's



SLALOM FORWARDS / BACKWARDS
SL Activities

COACHING

WARM UP/FOOTWORK

Walking A's



REACTIVE SL LAND +/- BALL
SL Activities

COACHING

WARM UP/FOOTWORK

Walking A's



DOUBLE CROSS +/- BALL
Repeated Effort Activities

COACHING

WARM UP/FOOTWORK

Walking A's



X3 SIDE STEP + BALL
Repeated Effort Activities

COACHING

WARM UP/FOOTWORK

Walking A's



MODIFIED TUCK JUMPS + PAUSE
Repeated Effort Activities

AGILITY

COACHING

WARM UP/FOOTWORK

Walking A's



SLIDING SHUTTLE
Deceleration Tech

COACHING

WARM UP/FOOTWORK

Walking A's



FORWARD RUN ON
Follow On Step

COACHING

WARM UP/FOOTWORK

Walking A's



ZIG ZAG RUN
Change Of Direction - Anticipated

COACHING

WARM UP/FOOTWORK

Walking A's



DEFENSIVE SHUTTLE
Change Of Direction - Anticipated

COACHING

WARM UP/FOOTWORK

Walking A's



LATERAL SHUFFLE
Change Of Direction - Anticipated

COACHING

WARM UP/FOOTWORK

Walking A's



V DRILL - DECELERATE
Netball Plane

COACHING

WARM UP/FOOTWORK

Walking A's



V DRILL - CHANGE OF DIRECTION
Netball Plane

ABOUT

Quisque pretium laoreet urna, in pellentesque neque consectetur quis. Donec mauris magna, lobortis vitae euismod quis, sodales volutpat ex. Phasellus tempus ipsum vitae erat euismod vulputate. Duis non eleifend massa, id mattis sem.

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[PDF DOCUMENT 01](#) 

[PDF DOCUMENT 02](#) 

[PDF DOCUMENT 03](#) 