



SOLO PLAYER SESSIONS

15/U-Open - Session 1

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<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	5 min
ACTIVITY 1 FITNESS CIRCUIT	<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)	20 min
ACTIVITY 2 BALLWORK & CONTROL	<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	10 min
COOL DOWN	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	5 min