



JUNIOR PLAYERS
**AT-HOME
TRAINING GUIDE**

Welcome to the At-Home Training Guide for Junior Players.

This guide has been put together by our Netball Development and Netball Smart team, for you to use while you are at home. This guide gives you a range of activities designed for you to be able to do at home with your children.

As most of you should have started your FutureFern Programmes by now, this programme gives you some activities to be able to do at home whilst we wait to hear when the season will start. If you don't have the equipment recommended to use, think outside the square and utilise what you have access to.

We are busy putting together some video clips of the activities in the guide for you to be able to watch. Please keep an eye out on our [Facebook page](#) and [Instagram](#) for these videos.

We hope to see you and your children back at the netball courts, enjoying being back with your friends and participating in netball as soon as we can.

Enjoy the activities and we look forward to seeing you around the courts.

Kindest regards
Your friendly Netball South team

Hand-eye Coordination and Ball Control Activities

1. Body Wrap

Objective: To develop hand-eye coordination and ball control.

Wrap the ball around the waist, knees or head. Work for a period of time or set number of wraps.

Repeat in the opposite direction.

Number of players: 1

Equipment:

- Ball

2. Throw and Catch

Objective: To develop hand-eye coordination and ball control

Throw the ball in the air and:

- Clap once before catching
- Turn around 180 degrees before catching
- Touch the ground and catch

Repeat each activity five times

Number of players: 1

Equipment:

- Ball

3. Bounce Ball Between legs

Objective: To develop hand-eye coordination and ball control

Bounce the ball between the legs from front to back (catch behind).

Repeat, bouncing the ball from back to front.

Number of players: 1

Equipment:

- Ball

4. Figure 8

Objective: To develop hand-eye coordination and ball control

Wrap the ball around each leg alternatively in a figure 8 pattern.

Work for a period of time or a set number of wraps.

The pattern can be repeated alternating a figure 8 pattern around a single leg lift.

Number of players: 1

Equipment:

- Ball

5. Throw to Self-Using a Ball

Objective: To develop hand-eye coordination and ball control

Complete some/each of the following:

- Bounce ball with two hands and catch
- Throw to self in the air and catch
- Throw to self and clap once before catching
- Repeat, extending the number of claps
- Throw to self and turn 180 degrees before catching
- Throw to self and touch the ground before catching

Number of players: 1

Equipment:

- Ball

6. Throw to Self-Using a Small Ball

Objective: To develop hand-eye coordination and ball control

Number of players: 1

Equipment:

- Ball

Using a small ball or bean bag:

- Throw to self, high in the air and catch in the palms
- Throw to self in the air and catch with favourite hand
- Throw to self and catch with the other hand
- Throw to self and clap once before catching
- Throw to self and turn 180 degrees before catching

Jumping and Landing Technique Activities

1. Leap Frog

Objective: To practice jumping and landing techniques.

<https://www.netballsmart.co.nz/netball-smart/landing-skills.html#level-1>

Jumping and Landing:

- Two-foot land
 - Land softly with two feet shoulder-width apart
 - Keep body upright
 - Bend at ankles, knees and hips
 - Knees should stay in line with the feet over the toes
- One-foot land
 - Land softly on one foot and bring the other foot down quickly
 - Keep body upright
 - Bend at ankles, knees and hips
 - Knees should stay in line with the feet over the toes
- Broad jump (two-foot land)
- Single leg vertical jump (one-foot land)

Repeat each jumping and landing technique five times. This can be done in a fun game in any space.

2. Ladder

Objective: To practice jumping and landing techniques

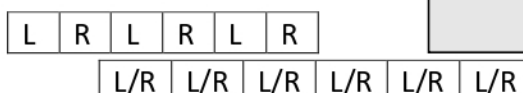
Number of players: 1

Equipment:

- Chalk to draw a ladder

Player runs through ladder:

- Single foot in each square
- Double feet in each square
- Hop
- Double foot jump



Repeat each activity five times

Passing and Catching Technique Activities

1. Passing in Pairs

Objective: To develop and practice passing techniques

Pairs approximately 3-4 meters apart should do 20 passes each:

- Shoulder
- Chest
- Overhead
- Bounce

Number of players: 2

Equipment:

- Ball

2. Shrink and Grow

Objective: To practice catching and passing techniques

In pairs, players pass back and forth to each other.

If the ball is dropped, both players kneel on one knee.

Subsequent dropped passes result in the players 'shrinking' to both knees and then finally sitting.

After two consecutive successful passes, players grow again to standing, then progress to step back options.

Number of players: 2

Equipment:

- Ball

Pivot Technique Activities

1. Pivot

Objective: To learn how to pivot

Get player to run around and land in a circle:

- Land on one foot
- Turn on the ball of the landed foot, pushing off with the other foot
- Pivot in the direction of the landed foot

Number of players: 1

Equipment:

- Chalk to draw circles

2. Lead and Pivot

Objective: To practice lead, pivot and passing techniques.

Player leads on a 45-degree angle for 2-3 steps (left or right)

Player catches a pass from a thrower and lands on their outside foot

Player then pivots outside and passes to another person or a wall.

Repeat on opposite side.

Number of players: 1

Equipment:

- Chalk to draw X for players to drive to

Shooting Technique Activities

1. Shooting Technique

Objective: To develop goal-shooting technique.

Practice the shooting technique

- Ball is held above the head
- Stand tall with feet shoulder width apart
- Eyes looking at the goal (or person)
- Elbows and knees bend to set up the shot
- Hand drops while arm (shoulder to elbow) remains in position
- Straighten body in a sequential movement – legs then arm and hand
- Follow through with hands/wrist

Number of players: 1

Equipment:

- Ball

2. Shooting Action

Objective: To develop goal-shooting technique in a dynamic activity.

Player throws the ball in the air, jumps to catch, lands and pivots to a wall and goes through the shooting action.

Number of players: 1

Equipment:

- Ball

Thank you to all of our funders for their continued support.





COMPETITION TIME

SEND US A VIDEO OF YOU AT HOME COMPLETING AN ACTIVITY FROM THE **JUNIOR PLAYERS AT-HOME TRAINING GUIDE** TO BE INTO WIN A SOUTHERN STEEL HOODIE, T-SHIRT OR BALL!
SEND YOUR VIDEOS TO GEORGIE.BRYCE@NETBALLSOUTH.CO.NZ
ENTRIES CLOSE MAY 29