



# **St Vincent's College Potts Point**

## **FITNESS/ BASKETBALL / NETBALL SKILLS AND DRILL**

# EQUIPMENT REQUIRED

## Always Required

- Water Bottle
- Towel
- Music
- Yoga Mat



Towel



Water Bottle



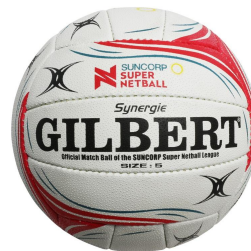
Earphones



Yoga Mat

## For Certain Programs

- Skipping Rope
- Dumbbells
- Kettlebell
- Basketball
- Netball



Netball



Skipping Rope



Kettlebell



Basketball



Dumbbell

# THE ABC.... WORKOUT!

- A. 2X ..... Burpees
- B. 4X ..... Squat Jumps
- C. 6X ..... Push ups (either on knees or toes)
- D. 8X ..... Normal Squats
- E. 10X ..... Left leg Lunge only
- F. 12X ..... Right leg Lunge only
- REST for 2 minutes
- G. 14X .....Mountain Climbers
- H. 16X .....Skipping
- I. 18X .....Sit ups
- J. 20X .....Shoulder Taps
- K. 22X .....Ankle Taps
- L. 24X .....Skipping

## Example:

- A = 30 seconds of Star Jumps
- A + B = 30 seconds of Star Jumps
- A + B + C = 30 seconds of Star Jumps
- A + B + C + D = 30 seconds of Star Jumps
- A + B + C + D + E = 30 seconds of Star Jumps
- A + B + C + D + E + F = 30 seconds of Star Jumps
- REST for 2 minutes
- A + B + C + D + E + F + G = 30 seconds of Star Jumps
- A + B + C + D + E + F + G + H = 30 seconds of Star Jumps
- A + B + C + D + E + F + G + H + I = 30 seconds of Star Jumps
- A + B + C + D + E + F + G + H + I + J = 30 seconds of Star Jumps
- A + B + C + D + E + F + G + H + I + J + K = 30 seconds of Star Jumps
- A + B + C + D + E + F + G + H + I + J + K + L = 30 seconds of Star Jumps

## How the circuit works

- Complete 'A workout' (2x Burpees) then complete 30 seconds of Star Jumps.
- Then complete A workout then B workout then complete 30 seconds of Star Jumps
- Then complete A workout, then B workout and then complete 30 seconds of Star Jumps.
- Then complete A workout, then B workout, then C workout and then complete 30 seconds of Star Jumps
- Do all these letter workouts till you get to letter L.

Enjoy your workout!

# Circuit time!

Round 1 needs to be completed 4 times then you get a rest.

## Round 1

- 10 x Burpees
- 15 x Squats
- 10 x Kettlebell swings
- 20 x Mountain Climbers

Round 2 needs to be completed 3 times then you get a rest.

## Round 2 (Kettlebell required)

- 20 x Walking Lunges
- 20 x Step Ups alternating legs
- 30 x Plank Jacks

Round 3 needs to be completed 3 times then you get a rest

## Round 3 (dumbbell required)

- 10 x Shoulder Press
- 10 x Bicep Curls
- 10 x Push ups
- 10 x Tricep extensions

Round 4 needs to be completed 3 times then you get a rest.

## Round 4

- 10 x Bicycle crunches
- 10 x Sit ups
- 10 x Scissor kicks
- 10 x Flutter kicks

## **REMEMBER:**

- ❖ If you do not understand a certain exercise, please see page 6 with all the certain exercise moves.

Enjoy your workout!

# **Netball/ Basketball at Home Skills and Drills**

## **Individual Passing and Receiving**

Firstly, keep it simple by throwing the ball across your body back and forth from one hand to the other. Once you've mastered that, shake things up by throwing the ball above your head and catching.

Introduce another element by clapping while the ball is mid-flight – throwing above, to your left, to your right and behind your body. Challenge yourself by throwing the ball up high and seeing how many times you can clap before you catch the ball under different conditions – but the key is to catch it.

## **Wall Rebounds**

Draw a mark on an outside wall (brick is ideal) with chalk and practice throwing the ball, aiming for this target and putting enough power behind your throw to catch the ball on the rebound. As your precision improves, take a step back and repeat the drill from further away.

As you improve, include more targets at different heights and distances to vary your routine, running to catch the ball as necessary. Try shoulder passes, chest passes, lobs and bounce passes and alternate between your dominant and non-dominant hand for a balanced workout of your upper body, focusing on hand speed and ball control.

## **Jumping**

With chalk in hand, jump beside an outside wall and with your arm extended try to mark it at the highest point you can. Compare the results of previous sessions to give you a motivational boost as you improve.

Dynamic stretches such as jumping jacks, leg swings and side lunges warm up and strengthen the muscles activated during jumping to increase the height of your vertical leap.

## **Time Trial Sprints**

Put two cones or any item that can act as a marker 10 – 20 metres apart. Time how long you take to sprint between the markers and practice regularly to shave seconds off your personal best – speed will give you an edge on your next match and improve cardio health.

Vary your workout by starting the sprint from different positions – lying down, facing backwards or jumping. Head out to your local park or beach for an additional challenge if you need extra space.

## **Weaving**

Place at least 6 cones (milk cartons or similar do the trick) in a straight line about 1 metre distance from each other. Weave through the cones, going around the last one with a fast, sharp direction change and back to the start, repeating as desired.

## **Agility Cones**

Put 3 cones in a triangle or L shape about 3 metres apart – let's name them A, B and C. Jog from A to B, sprint from B to C, and side step from C to A with small, fast steps.

There are many variations on this exercise; e.g. arranging 4 cones in a square shape and starting from its centre, jog, sprint or side step to an external cone and return to the starting point, using pivots to change directions and repeating with the various cones.

If you have a family member available, ask them to throw the ball your way as you complete the drills to practice receiving and passing.

## **Shooting for Netball**

With chalk mark around the ground different places to shoot from just like you would in a netball game. Once you practice shooting from the different spots start to make it a competitive game against yourself.

How the game should work is shoot a goal from each spot but you cannot move to the next spot until you make a goal.

## **Shooting for Basketball**

With chalk pretend to mark out a basketball key area. In that area mark out a free throw line.

### ❖ **Free Throw Line Drill:**

Try and make 5 shoots in a row from the free throw line, once made 5 shoots increase to 10, once made 10 shoots increase to 15 and keep going until you cant shoot hoops anymore.

### ❖ **Dot shooting game:**

Place a lot of marks on the ground where you have already marked off a key area. With those marks time yourself for 2 minutes and see how many shoots you can make in two minutes from shooting at everyone of those marks you have placed out.

**For more resources for basketball and Netball please visit the following websites:**

- <https://netfitnetball.com.au/>
- <https://www.basketballforcoaches.com/basketball-drills-and-games-for-kids/>
- <https://www.sportaus.gov.au/p4l>

Source of information:

<https://www.sportitude.com.au/bl>  
[og/6-netball-drills-you-can-do-at-](https://www.sportitude.com.au/bl)

# Appendix for all the Exercises

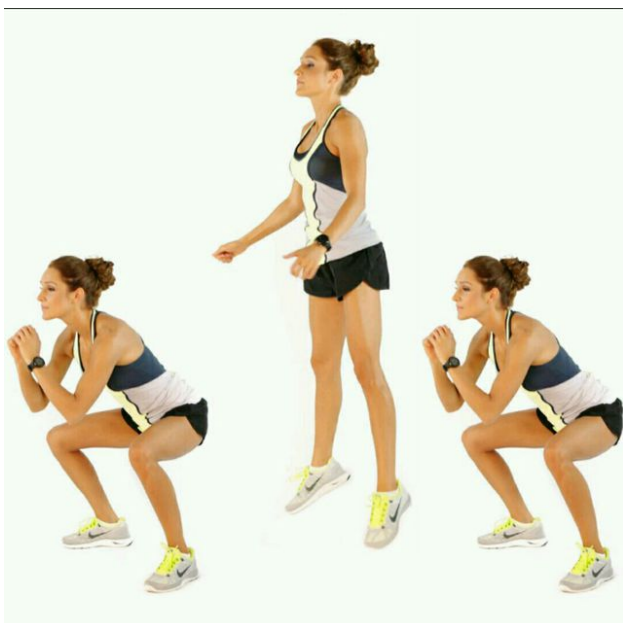
**Kettlebell Swings**



**Burpees**



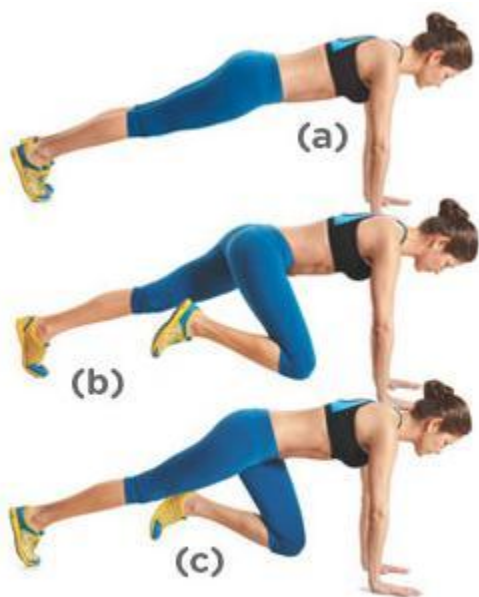
**Squat Jumps**



**Squat**



**Mountain Climbers**



**Plank Jacks**



**Walking Lunges Alternating legs**



**Step Ups**

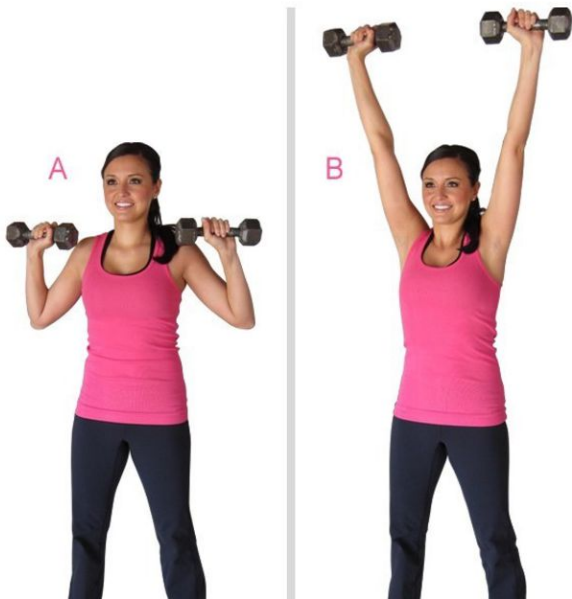


**Push Up**

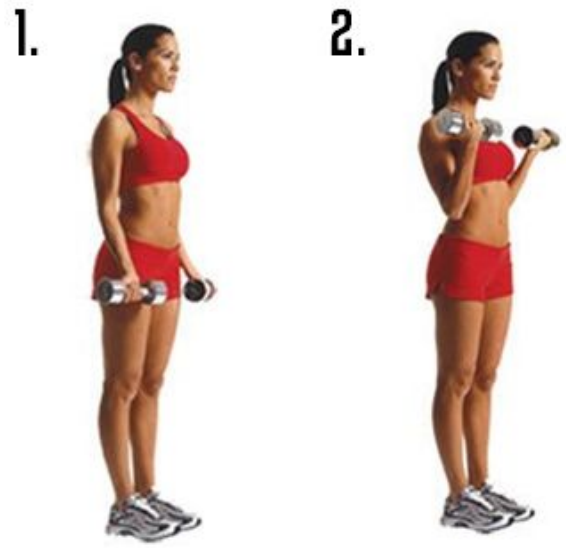




**Shoulder Press**



**Bicep Curl**



**Tricep Extensions**



**Sit Ups**



**Scissors Kicks**



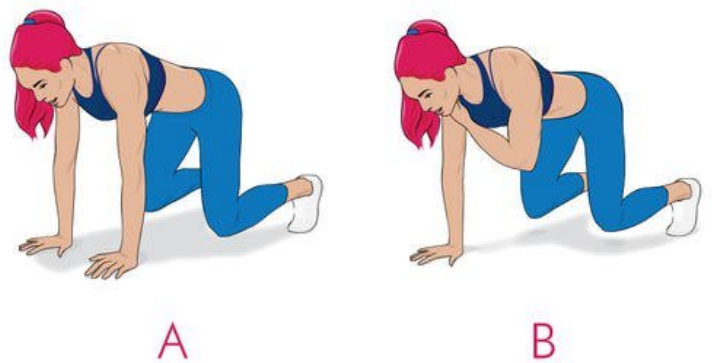
**Flutter Kicks**



**Ankle Taps**



**Shoulder Taps**



**Bicycle Crunches**

