

WITH BIANCA CHATFIELD

i EQUIPMENT NEEDED:
NETBALL (OR ANY BALL) & OBJECTS TO MARK SPACE

WARM UP
READY. SET. GO. STOP!



ACTIVITY 1 FOOTWORK FUN



1
TWO FOOT STEPS INTO LATERAL JUMP



2
FIGURE 8 RUNS X 10



3
FIGURE 8 QUICK STEPS X 2



4
TRIANGLE RUN X 4 EACH SIDE

ACTIVITY 2 GET NETTY FIT



1
SKIPPING JUMPS WITH BALL - 30 SECS



2
SPLIT LUNGE JUMPS WITH BALL - 30 SECS



3
MOUNTAIN CLIMBERS - 30 SECS



4
SQUAT FIGURE 8 JUMPS WITH BALL - 30 SECS

ACTIVITY 3 BALL ON THE WALL



COOLDOWN BASIC STRETCHES

