



# ISO SURVIVAL GUIDE

## FOR BROOME NETBALLERS

This resource can be used as a go-to for your netball flavoured fix! We all miss our much-loved sport of netball, especially as it was all about to kick off for us. When you are bored, need some exercise, or just want to feel connected to your netball community, grab this resource and get moving!

### **Equipment**

All you need is you. If you have a netball, even better. There are netballs available to borrow for an hour or two if you need, contact Simone on 0404 223 051 or any other fellow netballers in your area.

If the task requires a marker, you can use water bottles, chalk marks on the concrete, caps, shoes or anything else that can safely pretend to be a netball marker for you.

### **Safety**

Your coaches aren't there to keep you safe, so that's your job while we are isolating. Please check your surroundings for anything that may be unsafe while you train.

### **Water & Nutrition**

Hydrate, Hydrate, Hydrate! Eat well and work off all that Easter Chocolate!

### **No Expectations, Have some Fun with it**

Your happiness and positive outlook are your biggest asset, especially now. Go easy on yourself or challenge yourself, do what makes you happy.

### **Connect**

Please let us know what you're up to. Post videos, pics and your workout playlists and tag Broome Netball on FB. We all miss you girls and would love to see you. Call your teammates and chat about what you're doing, you could even do it 'together-apart' (you know what I mean!). Zoom, Facetime, Insta, use your tech and share away.



## All Court Positions

These exercises are for everyone and specific to our netball needs. Mix it up or keep it simple, up to you. Video examples are available on our FB page if you're unsure. Try and maintain good technique to avoid injury.

**Note:** We encourage you to warm up and stretch before each session. Equally important to stretch and cool down after. If you have a foam roller, roll out, even better.

## STRENGTH SESSION USING THE ALPHABET WORKOUT

*!!!! Demonstrations of each exercise can be found on Broome Netball FB and Website for your reference:*

**WORKOUT 1.** IN ONE WORD, HOW WAS YOUR SLEEP?

**WORKOUT 2.** SPELL YOUR NAME.

*Give yourself a **new word each workout**, aim for 3 a week to feel results*

**A** – 5 Burpees x 2 sets

**N** – 1 min wall sit (legs 90 degrees)

**B** – 10 squats x 2 sets

**O** – 15 shoulder taps in plank

**C** – 10 skaters (each leg)

**P** – 10 Tricep Dips from a bench

**D** – 10 curtsy lunges (each leg)

**Q** – 10 Side Lunges (each leg)

**E** – 5 Jump lunges or lunges (each leg)

**R** – 10 Squat Fly Kicks "hyah!"

**F** – 5 Squat Jumps

**S** – 10 Jump Squats

**G** – 10 squat jumps, or squats

**T** – 20M Interval Run x 3

**H** – 10 Mountain climbers

**U** – 5 Get up, Get Downs

**I** – 5 Tuck Jumps or squat jumps

**V** - 10 V sits of course (ouch!)

**J** – 15 sit ups x 2 sets

**W** – 25 High Knees (each leg)

**K** – 10 push ups

**X** – 20 sec one leg superwoman

**L** – 10 Calf raises x 2 sets

**Y** – Free Choice, pick a letter



M – 10 Hip raises (Bridge) x 3 sets

Z – Side taps in sit up crunch

## SPEED AND ENDURANCE SESSION

*Fartlek Training (Creative Interval Training)*

Mark out your course using 10M Intervals, make any shape you like. I like to use two diamonds joined at their tips.

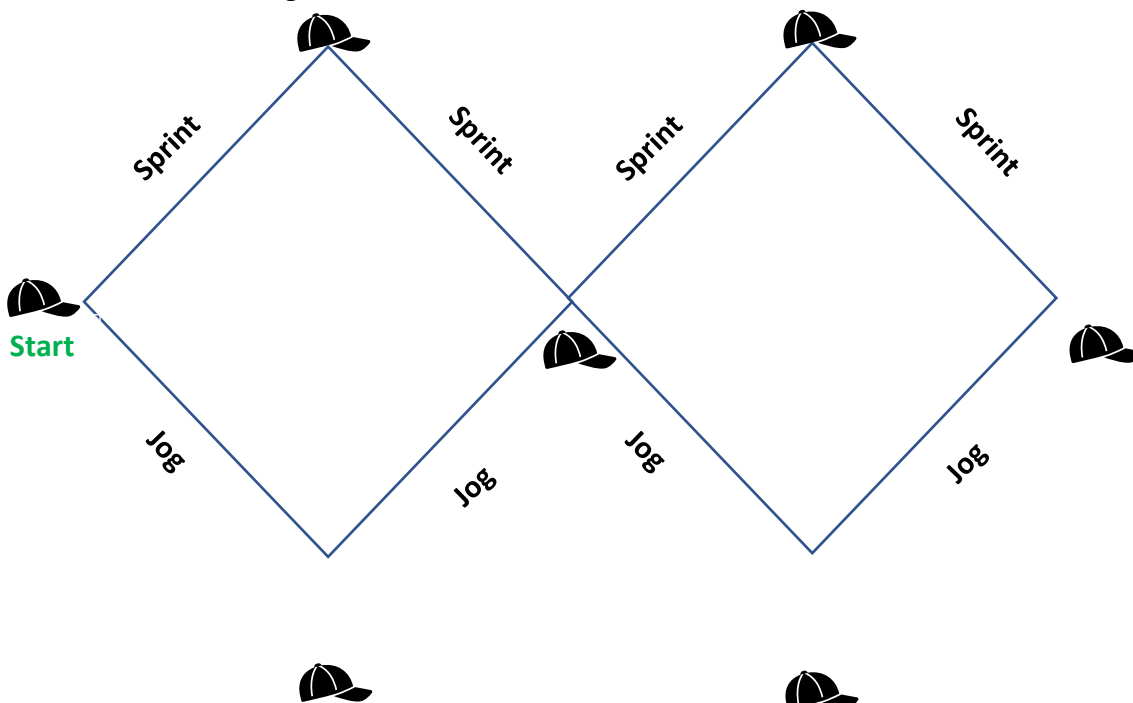
**Beginner:** Sprint/Jog/Walk – Change at each Interval (after 10M)

**Intermediate:** Sprint/Jog – Change after 4 Intervals *example below*

**Advanced:** Mostly Sprint/Jog – Change after 8 Intervals

At the end of each complete circuit, rest until recovered and then repeat until you can go no more. Session done!

Intermediate eg.



**Sprint** = 100% capacity speed

**Jog** = 50% capacity speed



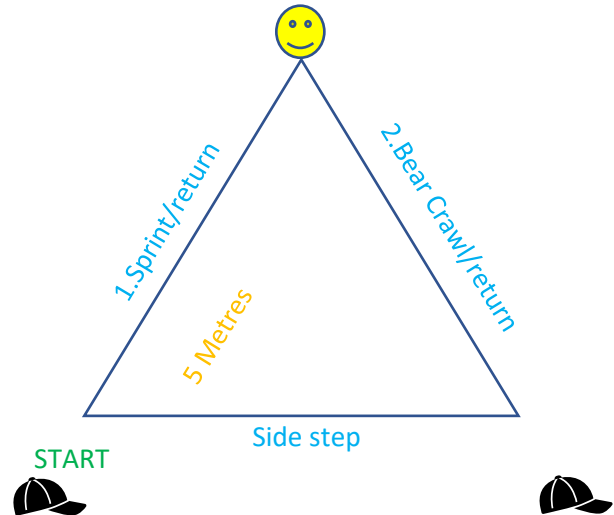
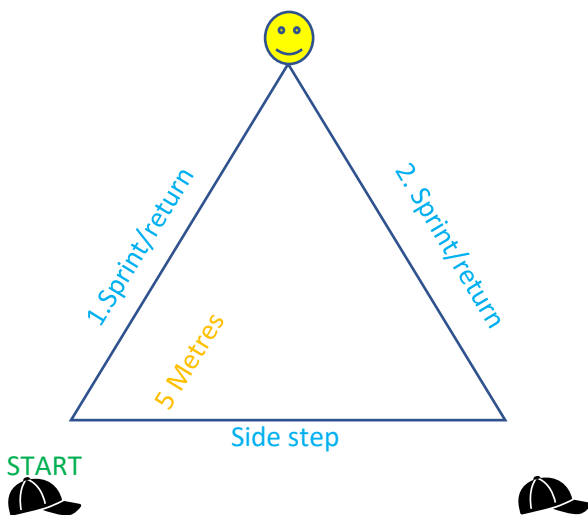
Walk = Steady paced walk, not a stroll

## AGILITY SESSION

*Terrific for the Defenders among us! For the rest of us, a good session to get you off the mark quickly, and in the contest with a strong body.*

**Beginner:**

**Intermediate**



**Start** – 1.Sprint – touch the smiley face marker - return running backwards – sidestep – 2.Sprint or Bear Crawl – touch the smiley face marker - return running backwards – sidestep back to start.

Repeat above circuit x 5 – Rest 1 minute – Do it all again

You can continue until you're at full fatigue (meaning you can't physically do any more), or until you've had enough.

**Note:** *To see good results, keep going until fatigue.*



## **For the Defenders (which is all of us really!)**

### **HARD YAKKA – No partner No ball**

*Mark using sticky notes, stickers, blue tak, chalk or whatever you're happy with.*

*This drill can be done inside or out.*

Mark out 8 target spots on a wall, high and low, wherever you like.

It's a great idea to make some high enough that you have to jump too.

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#### WALL WITH 8 TARGETS, VARIED HEIGHTS

#### START 2M AWAY FROM WALL

Moving towards the wall, touch the ground then touch a wall target.

Jump back 1M and put hand up (like defending a pass). Quickly return to the 2M START position and repeat.

Without any stopping, choose a different target each time until all 8 have been touched.

Have a minute break then repeat. Keep going until fatigue.

*You can change it up by starting facing away from the wall.*



*Note: If you have a house member that wants to join in, instead of using marks on the wall, they can put their hand up and you can touch their hand in a different position each time.*

## **For the Defenders (which is all of us really!)**

**HARD YAKKA – No partner**

**With a ball**

**On a Wall**

If you have a block or concrete flat wall available to you with some space to run in front you can try this.

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### FLAT SURFACE WALL WITH 8 TARGETS

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START 5M AWAY FROM WALL



This ones really simple. Throw a shoulder pass as hard as you can at a target on the wall – Take off towards the wall – Keep your eye on the ball – React quickly to catch the ball or chase it down and get possession.

Trains your: Shoulder Pass Accuracy, Attacking a loose ball, Reaction time (great for quick intercepts in the circle), Throw and Go, and Natural Instinct to go towards a pass.

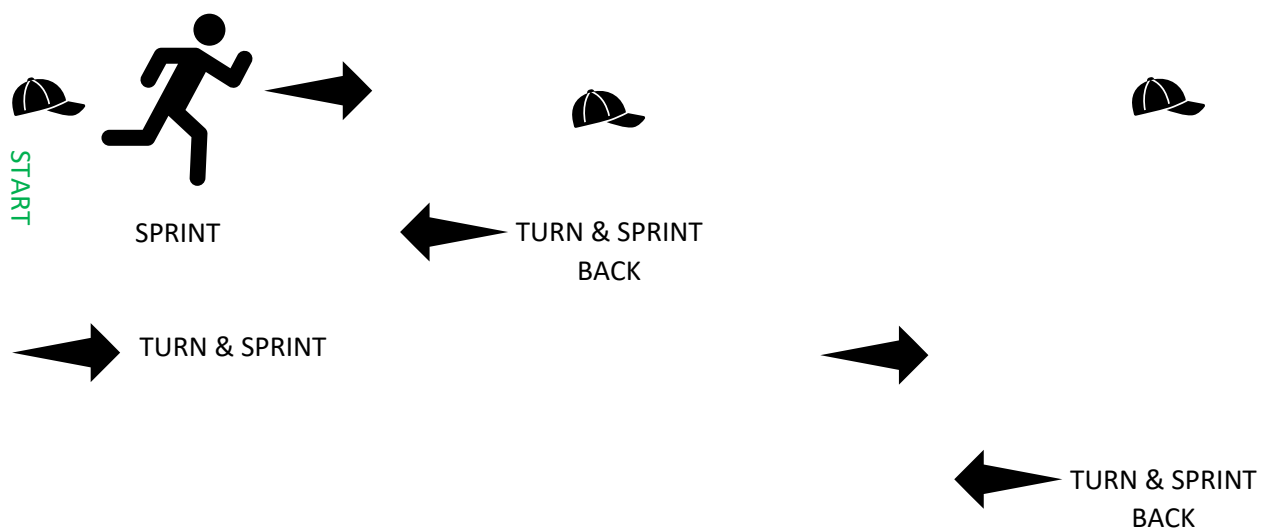
You can change it up by making the pass bounce and then hit the target before you retrieve it.



*Note: The harder the pass, the more difficult the drill. Test yourself and see if you can retrieve your hardest pass before it touches the ground.*

*If you have a house member that wants to join in, you can start facing away from the wall. They can throw a pass against the wall, you turn – take off and retrieve it.*

### For the Attackers (which is all of us really!)



This looks like Interval sprints, it will feel like Interval sprints.....that's because.....it is Interval sprints.

Yes, it's an oldy, but a goody. And it's the backbone of every great centre court players take off and sprint skills.

You choose your distance depending on the position you're training for.

**Centre** – 10 to 15 Metres between markers.



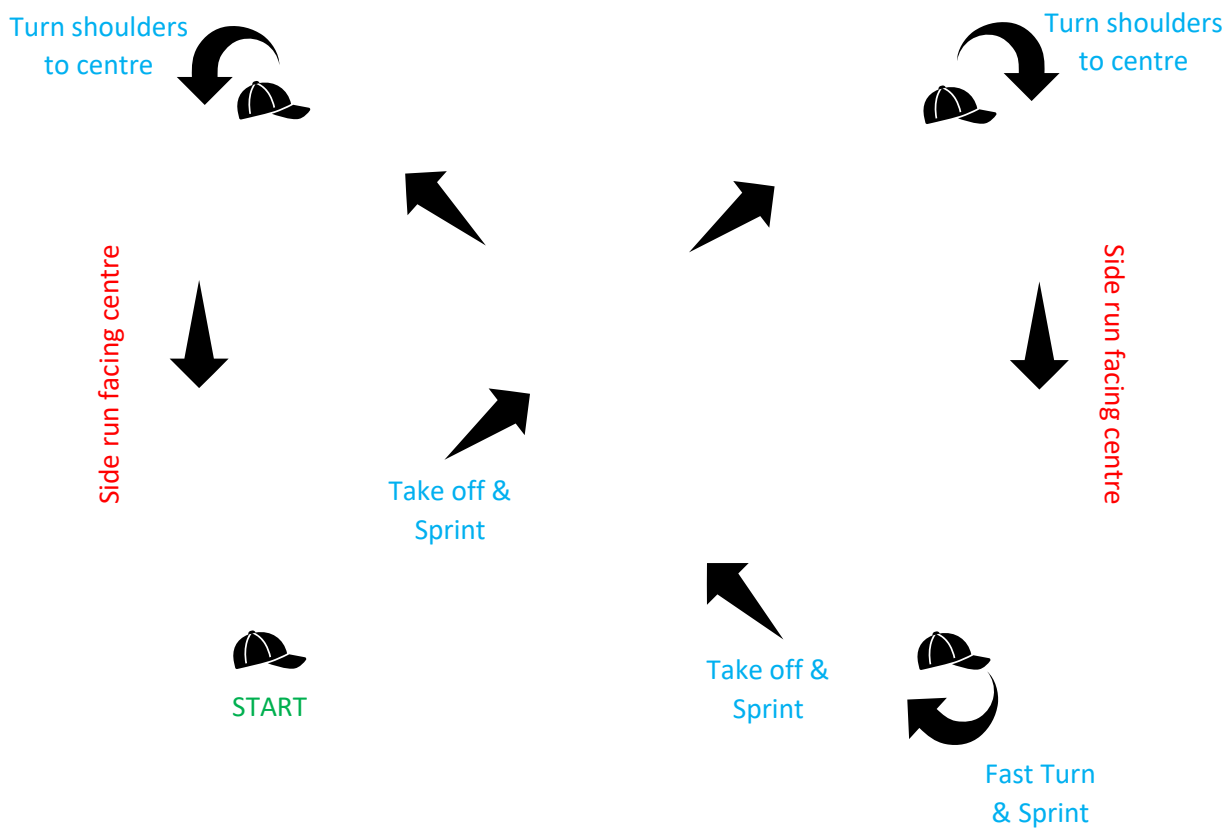
GA & WA – 5 to 10 Metres between markers.

GS – 5 Metres between markers.

Don't forget that when you're sprinting between markers, it's always flat out!

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### For the Attackers (which is all of us really!)







This one's all about movement and take off. Keep your eyes up, work your arms at 90 degrees, and lift that take off knee! Use fast feet around your markers at the turns. Remember to turn your shoulders inwards towards the centre of the working area. Use a side run instead of a side step, it gets you where you need to go quicker!

Eyes up, Eyes up, Eyes up!

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## **What CAN we practice when there is no netball?**

Our biggest weapon in netball movement is our **Take Off Speed**. We can practice our reaction times when we take off into a sprint.

It sounds a bit silly, but we can practice jumping. Otherwise called **Elevation**. How high we can jump can improve as we practice. Building leg strength with Alphabet Strength Training will be great for our Elevation too.

**Change of direction** is how we can lose our opponent in one swift move! Practicing dodging, otherwise called, change of direction can be practiced at home. See how quick you can get at it!!

**Endurance** for netball is different from running a marathon. Interval training is how we practice endurance for netball. Short sharp bursts of high intensity energy followed by short recovery breaks. If you train for the specific demands of netball, you will reap the rewards come netball time.



**Reaction time** or reflexes we need to intercept! And who doesn't love intercepting! Tennis balls and reaction balls are great tools to train for an awesome reaction time. There will be lots of drills and exercises available online to help you train your body to have an awesome reaction time, Google it!

**Hydration** is something that we know gets pushed aside when we are busy. In ISO, there is plenty of time to focus on making sure you stay fully hydrated throughout your day. You will sleep better, recover better, feel energised and flush your body at the same time. And it also makes your skin look better!

**Sleep** Not much to say here, just make the most of it and sleep, recover, relax.

Another terrific resource especially for Netballers! Free!

A pink rectangular graphic with white and blue text. At the top left is a circular logo with "NET FIT NETBALL" in white. To its right is the text "QUICK 10" in large, bold, black letters, with "Free & Live with Sarah Wall" in a white script font below it. At the top right is a blue "facebook LIVE" logo. The main body of the graphic contains white text: "SPEED & POWER SESSION", a paragraph about self-isolation and netball training, a paragraph about using the time wisely, and a paragraph about starting now. It ends with "-Sarah Wall". At the bottom, it says "FACEBOOK LIVE: Monday 13th Sarah Wall" and "FREE NETBALL WORKOUTS YOU CAN DO IN SELF-ISOLATION".

 **QUICK 10**  
*Free & Live with Sarah Wall* 

**SPEED & POWER SESSION**

Self isolation and netball training from home will be the new norm for the foreseeable future in the wake of the COVID-19 pandemic.

Let's use this time wisely.  
Let's commit to being fitter, faster and more positive when we get back on court this year.

Now is the perfect time to start. We are with you everyday!

-Sarah Wall

**FACEBOOK LIVE:** Monday 13th Sarah Wall

**FREE NETBALL WORKOUTS YOU CAN DO IN SELF-ISOLATION**



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# PLAN YOUR WEEK!

*Free & Live*



## FREE WORKOUTS YOU CAN DO IN SELF-ISOLATION

	COACH	SESSION	TIME	AB CHALLENGE
<b>MONDAY</b>	<b>Sarah Wall</b>	<b>QUICK 10</b> Speed & Power Workout	<b>6PM</b> 30mins	<b>END OF SESSION</b> 25 Sit Ups 20 Russian Twists 30s Netball Plank
<b>TUESDAY</b>	<b>Kim Green</b>	<b>ATTACK MASTERCLASS</b> Hitting Circle Edge	<b>6PM</b> 30mins	<b>END OF SESSION</b> 20 Ab Crunches 30 Russian Twists 25s Netball Plank
<b>WEDNESDAY</b>	<b>Courtney Tairi</b>	<b>HANG IN THERE</b> NETFIT HIIT	<b>6PM</b> 30mins	<b>END OF SESSION</b> 25 Sit Ups 30 Russian Twists 25 Ab Crunches
<b>THURSDAY</b>	<b>Jamie-Lee Price</b>	<b>BOOTY LIKE JAY</b> Strength Workout	<b>6PM</b> 30mins	<b>END OF SESSION</b> 35s Plank 40 Russian Twists 20 Ab Crunches
<b>FRIDAY</b>	<b>Laura Langman</b>	<b>SURVIVOR</b> Body Weight Cardio	<b>6PM</b> 30mins	<b>END OF SESSION</b> 40 Sit Ups 40 Russian Twists 40s Netball Plank
<b>SATURDAY</b>	<b>Taylah Davies</b>	<b>SLAY WITH TAY</b> Total Body Challenge	<b>9AM</b> 30mins	<b>END OF SESSION</b> 25 Ab Crunches 35 Russian Twists 1min Netball Plank
<b>SUNDAY</b>	<b>Sharni Layton</b>	<b>#SUNDAY FUNDAY</b> Low Impact Workout	<b>9AM</b> 30mins	<b>END OF SESSION</b> 10 Sit Ups 15 Russian Twists 20s Netball Plank



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