

## Netball ball skills to practice at home:

All you need is a ball or two and a wall!

Exercise	Instructions	Guideline sets and reps (you can do more or less)	Video Time Stamps
Single hand jumping taps	Stand near a wall, netball in your right hand overhead As you do a little 2 foot jump, tap the ball against the wall with the right hand and control the catch as you land with the right hand Do this continuously with repetitive jumping and throwing the ball against the wall using your right hand Then repeat using the left hand	3 x 10 on each side	00:00-00:07
Double hand jumping taps	Stand near a wall, netball in both hands overhead As you do a little 2 foot jump, throw the ball against the wall and catch it as you land Do this continuously with repetitive jumping and throwing the ball against the wall	3 x 10-20	00:07-00:13
Single hand side running against wall- Left and Right	Standing about 0.5-1m away from the wall, hold the ball in your right hand As you throw and catch the ball with the right hand, side run along the wall to the right Once at the end of the wall, swap the	5-10 lengths of the wall on each side	00:13-00:21

	ball to the left hand and throw and catch running towards the left.		
Single hand shoulder pass Chest pass Bounce pass Against wall	Stand a few meters back from the wall Throw the ball against the wall and catch it Change the distance you are away from the wall to challenge yourself- shorter distance will test reflexes, longer distance will test strength Do this with a shoulder pass, bounce pass and chest pass	20 x each hand for each different pass variation	00:21-00:52
Clock wall taps- single hand	Standing about 0.5-1m away from the wall, hold the ball in your right hand Imagine a clock face on the wall Using a shoulder pass technique tap and control the ball against the wall around the clock face. For the right hand you will start at 5 o'clock and work your way up 5, 4, 3, 2, 1, 12, 11, 10 and then back down 10, 11, 12, 1, 2, 3, 4, 5 o'clock Repeat on the left side going from 7 o'clock and work your way up 7, 8, 9, 10, 11, 12, 1, 2 and back 2, 1, 12, 11, 10, 9, 8, 7 o'clock.	8 x on each side. 1 rep = up and back down	00:52-01:12
Clock wall taps- alternate hand	Standing about 0.5-1m away from the wall, hold the ball in your right hand Imagine a clock face on the wall Using a shoulder pass technique tap and control the ball against the wall around the clock face. Start from the left side at 7 o'clock and work your way up to 12 o'clock- 7, 8,	10 times through	01:12-01:25

	<p>9, 10, 11, 12 Then Swap hands and work back down on your right hand side 1, 2, 3, 4, 5 o'clock Repeat again working your way back up on the right side, swap at 11 o'clock to the left hand and work back down to 7 o'clock</p>		
High and low taps- single ball	<p>Standing about 0.5-1m away from the wall, hold the ball in your right hand Throw and catch the ball with the right hand at 4 O'clock, then repeat at 2 O'clock Throw and catch the ball with the left hand at 8 O'clock, then repeat at 10 O'clock</p>	20 high, 20 low on each side- 3x through	01:25-01:40
2 ball diagonal taps	<p>Standing about 0.5-1m away from the wall, hold one ball in your left hand at 10 o'clock and the other ball in your right hand at 4 o'clock. Tap and control the ball to the wall with both sides passing at the same time. Repeat on the other side with the left hand at 8 o'clock and the right hand at 2 o'clock</p>	3x 10 each side	01:40-01:55
2 ball alternating hand passes	<p>Standing about 0.5-1m away from the wall, hold one ball in the left side at 10 o'clock and the other ball in the right hand at 2 o'clock Alternating each side, pass the ball and control the catch with the left side and then the right side. Keep repeating left, right, left, right...</p>	3 x 20 on each side (40 in total 3x)	01:55-02:03

Shoulder pass with run in and catch	Stand 3 or more meters from the wall. Pass a strong shoulder pass to the wall, and then run in and catch the ball, making sure you don't step. Return to start. Do this both sides	3x 10 each side	02:03-02:11
Overhead pass and catch	Standing 0.5-1m away from wall with your back to the wall Holding the ball with both hands, throw the ball overhead to the wall, then react as it comes back over your head to catch it	10 x	02:11-02:19