

<h1>WEEK 1</h1>	
<b>Unpack your Kit bag</b>	Getting to know each other – Discuss personality types
<b>The Netball Rule</b>	Positions <a href="https://www.youtube.com/watch?v=yiWERKL_ntg">https://www.youtube.com/watch?v=yiWERKL_ntg</a> <a href="https://www.playfinder.com/blog/netball-rules-positions">https://www.playfinder.com/blog/netball-rules-positions</a>
<b>Warm Up 10 mins</b>	Netty Warm Up - Knee <a href="https://knee.netball.com.au/">https://knee.netball.com.au/</a>  Program with Rats & Rabbits (Swifts & Giants) <a href="https://www.youtube.com/watch?v=Ing6vBEmxqA">https://www.youtube.com/watch?v=Ing6vBEmxqA</a>
<b>Passing 10 mins</b>	Passing and Catching – Chest, Shoulder, LOB, Bounce 20 - 30 passes each <a href="https://www.youtube.com/watch?v=QTIOYtX6d88">https://www.youtube.com/watch?v=QTIOYtX6d88</a>
<b>Skill 10 mins</b>	Shooting & shooting technique - 3 lines & 20 cones <a href="https://www.youtube.com/watch?v=N20vo_pXNnU">https://www.youtube.com/watch?v=N20vo_pXNnU</a>
<b>Game 10 mins</b>	Golden Child <a href="https://wa.netball.com.au/video/suncorp-netsetgo-minor-games-golden-child">https://wa.netball.com.au/video/suncorp-netsetgo-minor-games-golden-child</a>
<b>Stretch &amp; Team Chat 10 mins</b>	Stretch in a circle & ask each person what they learned from today's session and what they enjoyed.