

| <h1>WEEK 2</h1> | |
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| Unpack your Kit bag | Check in – What was the kindest thing you saw someone do today? What are we grateful for today? Mindfulness |
| The Netball Rule | Game of 3's 3 feet to defend 3 seconds to hold the ball 3 thirds of the netball court |
| Warm Up 10 mins | Netty Warm Up - KNEE Program with Pivot Tag https://knee.netball.com.au/ https://www.youtube.com/watch?v=g1fGB8osXeg |
| Passing 10 mins | Ball Relay Stationary Pivot Pass (4 lines) Race https://www.youtube.com/watch?v=sFJvRZMLWuU |
| Skill 10 mins | Change of direction https://youtu.be/waGGwmw1Bro?si=IQZymx0Ce4WKYFcj https://www.youtube.com/watch?v=s1LJDtgNrCY |
| Game 10 mins | Game - numbers netball - two balls pass |
| Stretch & Team Chat 10 mins | Stretch in a circle & ask each person what they learned from today's session and what they enjoyed. |