

<h1>WEEK 3</h1>	
<b>Unpack your Kit bag</b>	<p>Check in – What was the funniest thing that happened today? What are we grateful for today?</p> <p>Mindfulness What was the funniest thing that happened today?</p>
<b>The Netball Rule</b>	<p style="text-align: center;">Obstruction</p> <p>Obstruction. A player attempting to intercept or defend the ball must be at least 3ft (0.9m) away from the player with the ball. This distance is measured from the landing foot of the player in possession of the ball.</p>
<b>Warm Up 10 mins</b>	<p style="text-align: center;">Netty Warm Up - KNEE</p> <p style="text-align: center;"><a href="https://knee.netball.com.au/">https://knee.netball.com.au/</a></p> <p>Program with (Heads, knees, cones) (Swifts &amp; Giants)</p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=yf2rRbqBK7s">https://www.youtube.com/watch?v=yf2rRbqBK7s</a></p>
<b>Passing 10 mins</b>	<p style="text-align: center;">Caterpillar</p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=iZXcYKLaD7U">https://www.youtube.com/watch?v=iZXcYKLaD7U</a></p>
<b>Skill 10 mins</b>	<p style="text-align: center;">Def - 3 feet hands over</p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=H9QhUJ70T7g">https://www.youtube.com/watch?v=H9QhUJ70T7g</a></p>
<b>Game 10 mins</b>	End Zone
<b>Stretch &amp; Team Chat 10 mins</b>	<p>Stretch in a circle &amp; ask each person what they learned from today's session and what they enjoyed.</p>