

<h1>WEEK 4</h1>	
Unpack your Kit bag	Review of rules learned
The Netball Rule	<p style="text-align: center;">Footwork</p> <ul style="list-style-type: none"> • Not moving while you are holding the ball. If you catch the ball while in the air, the foot you land on is your "landing foot" and must stay on the ground until you have passed the ball.
Warm Up 10 mins	<p>Netty Warm Up - KNEE Program with Shake the shadow</p> <p>https://knee.netball.com.au</p> <p>https://wa.netball.com.au/video/suncorp-netsetgo-skill-warm-ups-shake-shadow</p>
Passing 10 mins	<p>Circle pass n go</p> <p>https://www.youtube.com/watch?v=BLj3AkNNW-8</p>
Skill 10 mins	<p>Single Dodge</p> <p>https://www.youtube.com/watch?v=s1LJDtgNrCY</p>
Game 10 mins	<p>1/2 Court</p> <p>https://www.youtube.com/watch?v=iQ5igzmRqXw</p>
Stretch & Team Chat 10 mins	<p>Stretch in a circle & ask each person what they learned from today's session and what they enjoyed.</p>