

<h1>WEEK 5</h1>	
<b>Unpack your Kit bag</b>	Review of rules learned
<b>The Netball Rule</b>	Sideline Throw Ins
<b>Warm Up 10 mins</b>	Netty Warm Up - KNEE Program with shake the shadow <a href="https://knee.netball.com.au/">https://knee.netball.com.au/</a>
<b>Passing 10 mins</b>	Extension & Timing Drill <a href="https://www.youtube.com/watch?v=M2noCsy9alg">https://www.youtube.com/watch?v=M2noCsy9alg</a>
<b>Skill 10 mins</b>	1:1 Defence Shadowing <a href="https://www.youtube.com/watch?v=W4e_nakCBg8">https://www.youtube.com/watch?v=W4e_nakCBg8</a>
<b>Game 10 mins</b>	1/2 Court <a href="https://www.youtube.com/watch?v=iQ5igzmRqwx">https://www.youtube.com/watch?v=iQ5igzmRqwx</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.