

WEEK 6	
Unpack your Kit bag	Empower play
The Netball Rule	Centre Pass
Warm Up 10 mins	Netty Warm Up - KNEE Program with toe tag https://knee.netball.com.au/
Passing 10 mins	Straight Lead – Straight Down The Line https://www.youtube.com/watch?v=s1LJDtgNrCY
Skill 10 mins	Single Dodge https://www.youtube.com/watch?v=s1LJDtgNrCY
Game 10 mins	End Zone
Stretch & Team Chat 10 mins	Stretch in a circle & ask each person what they learned from today's session and what they enjoyed.