

<b>WEEK 7</b>	
<b>Unpack your Kit bag</b>	What did we do well in the game?
<b>The Netball Rule</b>	Breaking <a href="https://www.youtube.com/watch?v=s7niaL4luAU">https://www.youtube.com/watch?v=s7niaL4luAU</a>
<b>Warm Up 10 mins</b>	Netty Warm Up - KNEE Program with fox & geese <a href="https://knee.netball.com.au/">https://knee.netball.com.au/</a> <a href="https://www.youtube.com/watch?v=HYHzuzK7iuc">https://www.youtube.com/watch?v=HYHzuzK7iuc</a>
<b>Passing 10 mins</b>	Pepper pot - passing & shooting <a href="https://www.youtube.com/watch?v=15e4S3MRPM0">https://www.youtube.com/watch?v=15e4S3MRPM0</a>
<b>Skill 10 mins</b>	Groups of 3 – split & re offer
<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.