

<b>WEEK 8</b>	
<b>Unpack your Kit bag</b>	Team picks check in question
<b>The Netball Rule</b>	Overview
<b>Warm Up 10 mins</b>	Netty Warm Up - KNEE Program with team choice <a href="https://knee.netball.com.au">https://knee.netball.com.au</a>
<b>Passing 10 mins</b>	Team Choice
<b>Skill 10 mins</b>	Team Choice
<b>Game 10 mins</b>	Team Choice
<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.