



Netball Circuit – For individuals without a ball
Equipment – Cones/spots

6 Box Sprints

1 Fast Feet

2 L Shape Right

3 Netball Hops

5 Zig Zags

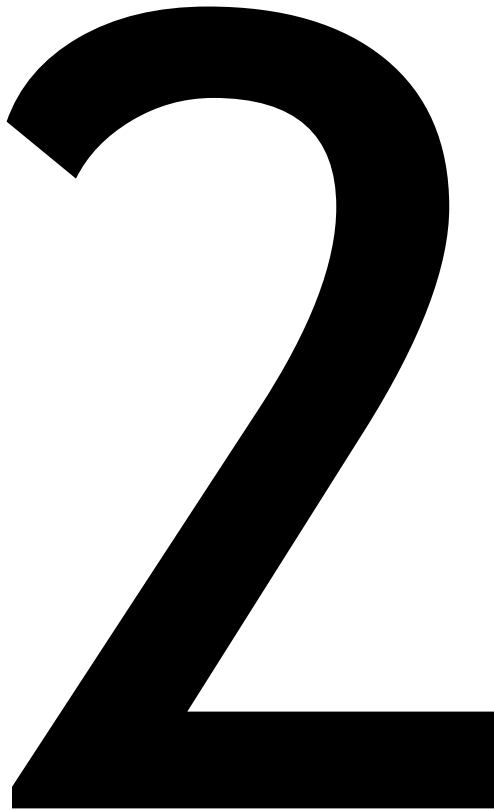
4 L Shape Left

1

Fast Feet



- Find a line – it can be a single line or tram line
- Start on one side of the line – you can face front or stand side on
- Get both feet over the line and back as fast as you can.
- Keep head and eyes up



L Shape Right

- Start at cone 1
- Run out as fast as you can to cone 2
- Sidestep out to cone 3
- Sidestep back to cone 2
- Back pedal back to cone 1
- And repeat



3

Netball Hops

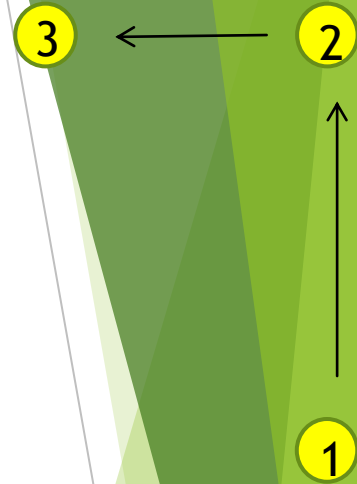
- Start behind a line – nice and balanced on 2 feet.
- Jump forward and land on one foot – hold the balance for 3 seconds.
- Hop forward and land on the other foot – hold that balance for 3 seconds.
- And repeat.





L Shape Left

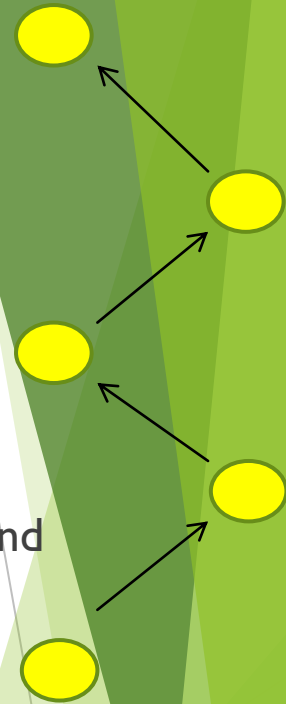
- Start at cone 1
- Run out as fast as you can to cone 2
- Sidestep out to cone 3
- Sidestep back to cone 2
- Back pedal back to cone 1
- And repeat



5

Zig Zags

- Start at the first cone, run to the next cone. Make sure to keep eyes and head up.
- Once you hit the next cone, turn your hips and push off outside leg and run to the next.
- Once you finish, run back to the start and go again.



6

Box Sprints

- Start in the box or on a line.
- Jump forward, back, side, side then sprint off as fast as you can.
- Jog or walk back and repeat.
- Change it up by adding in 2 box jumps or facing either the back or side.

