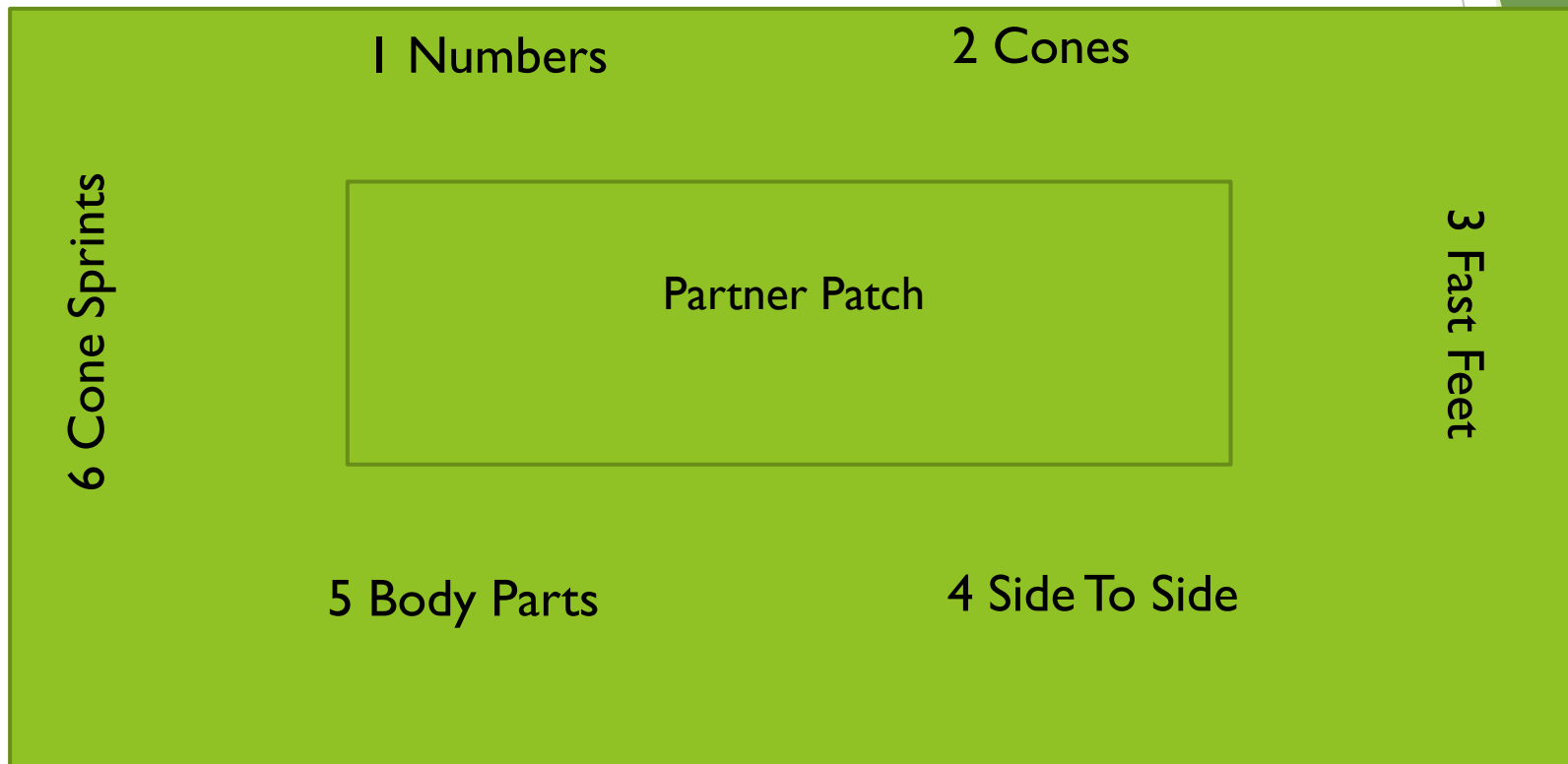


Netball Circuit – For partners

Equipment – Cones/spots, chalk or numbers

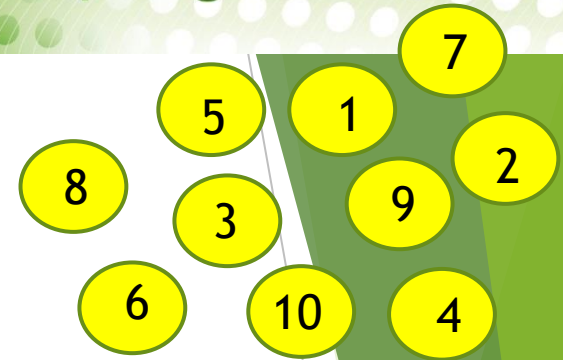
Choose own work:rest time

Partner must stay in the partner patch



1

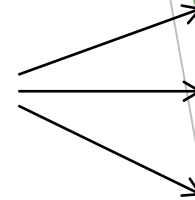
Numbers



- Pick 10 bricks on the wall and either write a number in each or print out numbers and stick to the wall. Make sure to mix the numbers up.
- Stand a foot from the wall, your partner in the partner patch
- Partner shouts out a number
- Try and react as quickly as you can to touch that number

2

Cones



- Start at the green cone, partner in the partner patch
- Make sure you are ready - balanced and ready to react
- Partner shouts a colour, you run to cone and back and wait for the next call.
- Partner can shout colour before you hit the start cone, but must always come back to that cone first.

3

Fast Feet

- Stand with feet shoulder width apart facing your partner – partner in the partner patch.
- Get your feet moving – fast run on the spot
- Partner will shout left, right, down or up.
- Left – Left foot in and back out
- Right – Right foot in and back out
- Down – Bend down and touch the floor
- Up – Jump up as high as you can



4

Side To Side

- Start at one of the blue spots, partner in the partner patch.
- Sidestep between the 2 spots – make sure to keep head up and eyes forward.
- Partner will shout out front or back and whatever way you are facing, run out to one of the yellow spots and back.





5

Body Parts

- Stand opposite your partner, partner in the partner patch.
- Get your feet moving – fast feet, running on the spot.
- Partner will shout out a body part
- With that body part, touch the floor and back up.

6

Cone Sprints

- Start with feet behind the line, partner in the partner patch.
- Partner shouts a colour of a cone
- When you hear the colour, sprint out as fast as you can, run round it and back to the line.

