



The P360 Sports Experience

Generic Netball Training Session

Warm Up – Active Movements & Dynamic Stretches

- Jog
- High Knees
- Butt Kicks
- Skipping
- Walking Lunges
- Dodging (three steps to one side then dodge, then change sides)
- Hip Swings (with a partner)
- Calf Raises

Strength/Mobility

- Single-Leg bridging
- Crab walk
- Single-Leg hopping
- Bounding
- Shoulder work (rotations/opening arc/horizontal abduction)

Running/Speed Work

- 20-30m sprints x 5 (suicides)
- zig zag runs
- sideways shuffle then sprint x 5

Game Specific

- attack v defense
- set pieces/plays