

## ***S&C at Oldham Netball Club (S&C Coach Martin Gallyer)***

I have put a number of resources online that will help you... so follow or subscribe for updates and info:

Twitter: [@martingallyer](https://twitter.com/martingallyer) (1-way communication only, for info broadcast, kids please don't message me on twitter)

YouTube: [www.youtube.com/martingallyer](https://www.youtube.com/martingallyer)

... or parents can call/text Martin on 07941989904 for help with training

### **Advice for 11's & 12's, 13's & 14's**

For now I have the same aims for all these groups... just basics of body positions/flexibility and some basic strength.

Movement Skills and Mobility (aim to get good fully mobile body positions + good landing skills)

- Squat and Reach <https://www.youtube.com/watch?v=FsTeJ1nHFwC>
- Inchworm <https://www.youtube.com/watch?v=k5UONyWdZQA>
- Hop and hold <https://www.youtube.com/watch?v=8l2S7SsMD-c>
- Stretches we did were for 'tight people' were: glutes, ankles, hamstrings (2-4 sets of 1min)



- o By 4<sup>th</sup> March 2014 all players should be able to safe and effectively do the following:
  - Squat and Reach (dynamic and be able to hold good positions)
  - Inchworm toes to hands
  - Hop and hold (double-leg and single-leg)

Skipping variations (see tweets)

- Everyone should be able to skip well and combine footwork patterns with skipping by 4<sup>th</sup> March 2014

Press-up lowers 3 x 10 / or when ready for full press-ups / Press-ups: aim 3 x 15+ (good result is 20+)

- Everyone should be able to do 5+ press-ups (shoulders below elbow) by 4<sup>th</sup> March 2014

Lunge holds: aim to get 2x 1min on each side



- Everyone should be able to do 1 min on each side by 4<sup>th</sup> March 2014

Front Plank 3min+ (better still 5min+) <https://www.youtube.com/watch?v=w63v-pW9cSw>

- Everyone should be able to do 3min+ by 4<sup>th</sup> March 2014

... If you can do this and you want a challenge then try these: <https://www.youtube.com/watch?v=G9nIAfOID8M>