

Shuttle Run

Resources: 1 Netball Court

Drill Description:

All Players line up at one corner of the base line.

Kicking feet up to their behind, players run diagonally to the first station.

The second player starts when the first player reaches the second station (Star Jumps) and so on.

At the first station, players bend from the knees, jump up in the air and raise their arms above their head in a full stretch as they jump. This is done 5 times. Players then side step across the transverse line to the other side of the court.

At the second station, the players do 10 Star Jumps.

Players then run diagonally with knees up in front at 90 degrees (no higher) to the third station.

At the third station, the players sprint on the spot (25 Steps).

Players then side step across the transverse line to the other side of the court.

At the fourth station, the players do 5 Squats.

Players then do Lunges diagonally to the fifth station.

From the fifth station, players sprint along the base line and down the side line, back to the start.

This is completed at least twice to raise the heart rate.

Coaching Points:

Ensure knees are not raised above 90 degrees, due to possibility of injury.

Try to keep some distance between players for easy movements at the corners.

Side stepping should see the players not crossing their feet over and bending in the knees and keeping body upright - not bending at the hips or waist.

When jumping watch for those who may have back injuries. They may need to adopt a softer stretch rather than an actual jump.

Variations:

Other activities can be substituted at the corners (stations).

Progression:

Keeping a record of all players and timing of the runs can help motivate and show how fitness is developing.