

Specific Netball Training

You don't have to have a huge space or lots of equipment to be improving your game. Concentrate on your general fitness, footwork, and speed. Click on a few of the videos below for more ideas!

[3 Roses 3 Drills #TakeNetballHome](#)

[Midcourt Exercises with Amy Carter](#)

[England Netball HIIT Workout!](#)

[Netball Footwork Drills](#)

[Power Netball Training Programme](#)

England Netball - Virtual Club

Have a look around [England Netball's Virtual Club](#). It has some fantastic articles, ideas and interviews, which will keep you entertained!



Improve your skills whilst in lockdown

Your Netball does not have to stop during lockdown. There is still plenty of training you can be doing to keep you ticking over, which will improve your game.

Use your PE or Games lesson to give any of the videos a go!



All your Netball information on Firefly.



The King's School, Chester Netball

Keep your netball skills going whilst in lockdown!



King's Girls Sport Twitter



Nettyheads - Training



If you have a little more space and you want to advance different parts of your game. There are plenty of training ideas with [Nettyheads](#). Have a look at the [YouTube](#) channel!

Relive that incredible England Commonwealth Gold Medal



Watch some great matches!

Watch some amazing matches from the last [World Cup online](#). Try and pick a player you enjoy watching and concentrate on what they do well and how you can bring those skills in to your game! Feedback to Mrs Jones who you chose!

Freestyle Challenge

Be creative! [Have a look at this cool clip](#) and have a go at making your own fun Netball video! Send it in to [@KSCGirlsSport](#). The best efforts will get credits!

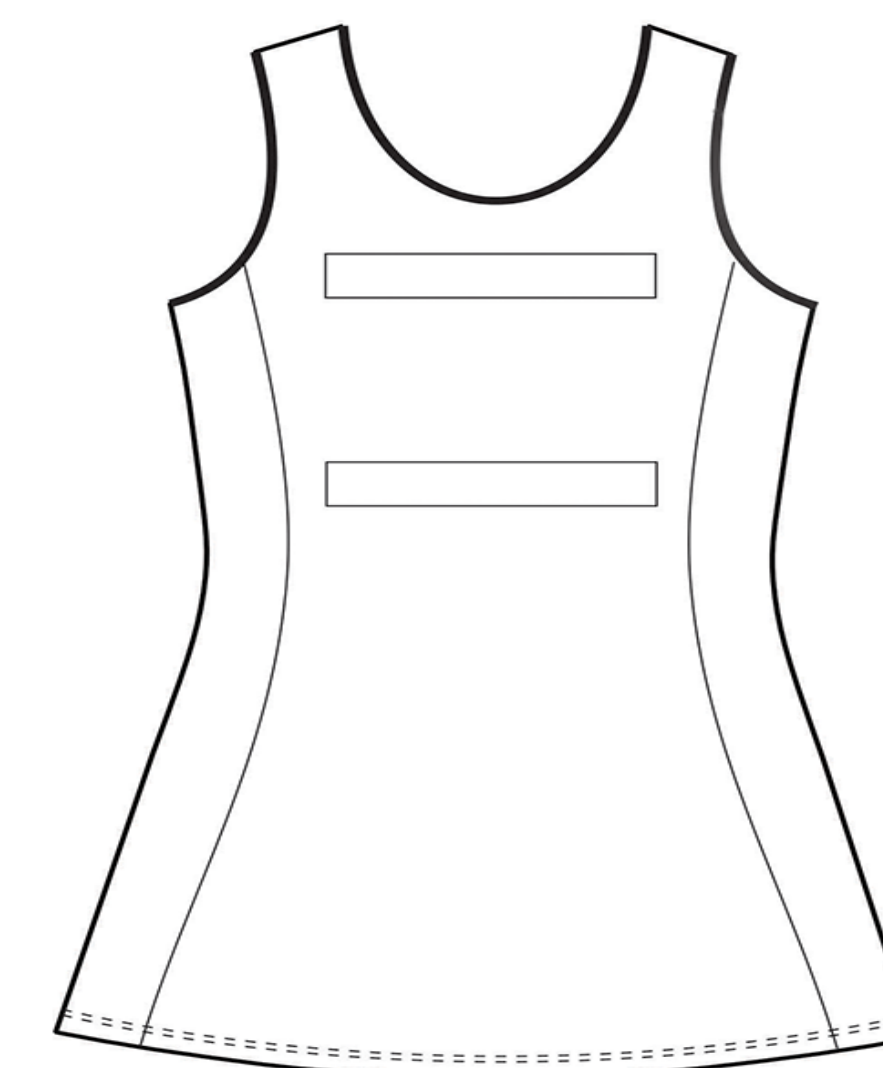


If you have any questions please email Mrs Jones or Miss Halstead



Design a new King's Netball dress

Have a go at designing a King's kit. [Click here](#), select your dress, save and print out the image. [Tweet](#) in your best efforts and credits will be given for the best designs!



Keep Calm and Play Netball

We want to see you training as much as possible around your school work, so put your devices down and get out there!

