

Netball Exam Training Schedule

Week 1: 20-23 May	ALL GIRLS TO PARTAKE IN A FITNESS TEST + FOCUS ON ATTACK			
	Monday (20 May)	Tuesday (21 May)	Wednesday (22 May)	Thursday (23 May)
12:15-13:15	FITNESS TESTING Grade 8 Grade 9 Grade 11	FOCUS ON ATTACK Grade 8 Grade 9	FITNESS TESTING (11:00am) Grade 12 FOCUS ON ATTACK Grade 11 & 1 st team	FITNESS TESTING Grade 10
Coaches on duty:	Alita Ansoretha Lindsey	Amone Nicole Lindsey	Nicole Hermari Ansoretha Lindsey	Mia Kayla Lindsey

Week 2: 27-30 May	FOCUS ON DEFENCE			
	Monday (27 May)	Tuesday (28 May)	Wednesday (29 May)	Thursday (30 May)
12:15-13:15	FOCUS ON DEFENCE Grade 8	FOCUS ON DEFENCE	FOCUS ON DEFENCE Grade 9 Grade 10 Grade 12 & 1 st team	FOCUS ON DEFENCE Grade 11
Coaches on duty:	Amone Hermari Alita Lindsey	Nicole Alita Lindsey	Amone Hermari Lindsey	Mia Kayla Lindsey

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Week 3: 3-6 June	COMBINING DEFENCE AND ATTACK + PRE-HOLIDAY FITNESS TESTING			
	Monday (3 June)	Tuesday (4 June)	Wednesday (5 June)	Thursday (6 June)
12:15-13:15	FITNESS TESTING Grade 9 Grade 12	ATTACK + DEFENCE Grade 9 Grade 12	FITNESS TESTING Grade 10 ATTACK+ DEFENCE Grade 11 & 1 st team	ROUND-ROBIN MATCHES
Coaches on duty	Amoné Nicole Lindsey	Amoné Mia Lindsey	Hermari Alita Mia Lindsey	Kayla Mia Alita
*ALL GRADE 8'S and GRADE 11'S MUST ARRANGE TO ATTAND ONE OF THE FITNESS SESSIONS (On Mon, Wed, Thursday)				

EXPLANATION:

- **The compulsory sessions for each grade are indicated on the schedule. However, ALL PLAYERS are welcome to join all sessions if they wish to do so.** They will be accommodated. Specific drills and skills have been worked out according to the focus area of that week which will benefit all players who decide to attend the session.
- **Players are encouraged to attend as many sessions as possible** during the exam period. And they **MUST ATTEND THE COMPULSORY SESSIONS FOR THEIR GRADE** as indicated on the schedule.

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- **Attendance will be taken every day.** Coaches will take note of those who regularly attend session.
- **This schedule is squad-based and not team-based.** To avoid the issue of attendance, we felt that the players will benefit from group training sessions with specific focus on skills and drills (as not all players write exams on the same day). This also provides an opportunity for coaches to give individualized attention to players who attend the training sessions.
- As indicated, **2-3 coaches will be on duty at all sessions.** Players will be divided into their relevant groups when they arrive at court (according to age, or position, depending on the session).
- Players in the **training squad** (1st team and u16As and other indicated players) to book at least **3 individual sessions** with Coach Lindsey.

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