

Personal Exercise Plan

Week 1

Type of Training *Netball – Skill related*

Date *Monday 6th October 2003*

Session Outline (including intensities & recovery)

- Skill related Practices
- Match

Evaluation of Session

In netball I did a warm up, which was stretching, using the same stretches as pg? I then ran up the netball court and sprinted, skipping and walking at a fast pace. I did this to raise my heart rate before I play. I then did skill related activities, which include jumping for the ball, stopping on the lines without going of-side. We then went into a match where I played wing defence. The game was quite intense so I had to work hard to defend the goals.

Considerations for next session

Do a longer warm up because although I did one I felt that raising the heart rate before stretching was not very long, also I will spend more time stretching because when I went into the match I didn't feel that I had stretched properly and felt a bit stiff.

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Week 2

Type of Training *Netball – Skill related*

Date *Monday 13th October 2003*

Session Outline (including intensities & recovery)

- Skill related activities – dodging and marking
- Match

Evaluation of Session

I felt that spending longer time warming up and cooling down after an d before the session really helped, as I was more flexible on court, also I feel that warming up helped me to prepare for the match as I felt mentally and physically ready for the match, and I was able to concentrate on other things which I always get pulled up for such as contact.

Considerations for next session

I think that I should work on spreading out more on the court and creating space for myself where I am able to run into and receive a pass. I think I should aim to improve something gradually ea ch week because if I try to improve too many things in one week I wont be putting 100% effort into things that I am concentrating on.

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Week 3

Type of Training *Netball – Skill related*

Date *Monday 20th October 2003*

Session Outline (including intensities & recovery)

- Skill Related – Strong passes both receiving them and passing them
- Match

Evaluation of Session

I felt that creating space didn't work as well as I hoped, as I would create space for myself but then someone else would run into it, so in some ways it did work because I was creating space for other people but unfortunately was unable to obtain it for myself.

Considerations for next session

I think next week I should work on basic things such as footwork, and when I am taking the ball from the sideline I should make sure my foot is on the line, because sometimes I make silly mistakes and that could be critical to the game.

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Week 4

Type of Training *Netball – Skill related*

Date *Monday 27th October 2003*

Session Outline (including intensities & recovery)

- Skill related practices – footwork
- Match

Evaluation of Session

Being aware of my footwork made the game better as I would not lose the ball for silly mistakes, also when I took a sideline I looked at where I was placing my feet before I throw the ball so I knew the umpire could not pull me up for it.

Considerations for next session

Concentrate go marking but not so much as to wear I am getting pulled up as much, I should also watch my distance when I am marking and make sure to get my distance before putting my arms up to mark the ball.

Personal Exercise Plan

Week 5

Type of Training *Netball – Skill related*

Date *Monday 3rd November 2003*

Session Outline (including intensities & recovery)

- Skill related practices - trying to throw the ball on when going off side.
- Match

Evaluation of Session

I felt that I tired getting my distance, but for some reason I always think to put my hands up before getting my distance. I am going to keep working on getting my distance for next session because it is vital that I don't keep getting pulled up for it. I know that aggression is sometimes a good thing and shows that you are keen for the ball, but in a match again a silly mistake like this could lose you the game.

Considerations for next session

Concentrate on marking and getting my distance before putting my hands up to mark the ball.

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Week 6

Type of Training *Netball – Skill related*

Date *Monday 17th November 2003*

Unfortunately I was unable to attend this session due to illness but when I played a match when I was feeling better I could not maintain a high level of performance throughout the match. And felt tired and puffed out towards the end of the match. This shows that reversibility has taken place.