

SKILLS IN THE SPOTLIGHT

Identify one piece of equipment used in weight training to build passing strength

Identify a type of continuous training suitable for a netball Centre

Explain why interval training may benefit a Wing Attack

Explain one method of training that can improve power for a shoulder pass

Explain how muscular endurance training helps a netball player with their shoulder passing



**Netball -
Shoulder Pass**

Describe how circuit training could be used to improve a shoulder pass



SKILLS IN THE SPOTLIGHT

Dumbbells

Steady-state
running

It improves ability to
repeatedly sprint and recover

Plyometric training -
explosive exercises
increase power for
stronger shoulder
passes

Allows the shoulder
and arm muscles to
maintain passing without
fatiguing/supports
repeated high-speed
actions



Netball -
Shoulder Pass

Stations could
include chest passes,
overhead throws,
and resistance work