

# SKILLS IN THE SPOTLIGHT

**Identify** one method of training that would improve power for a shoulder pass

**Define** the principle of specificity in relation to improving a shoulder pass in netball

**Explain** why interval training may benefit a Wing Attack

**Explain** why interval training is suitable for a netball player performing repeated shoulder passes in a match

**Analyse** how plyometric training improves the effectiveness of a shoulder pass.

**Describe** how resistance training could be used to improve a shoulder pass



**Netball -  
Shoulder Pass**



# SKILLS IN THE SPOTLIGHT

Plyometric training

Training must match the movement, muscles and intensity of the shoulder pass

It improves ability to repeatedly sprint and recover

Improves repeated high-intensity effort; allows recovery between bouts; matches game demands

Increases explosive strength; improves stretch-shortening cycle; results in faster, more powerful passes



Netball -  
Shoulder Pass

Using weights or resistance bands to strengthen shoulder and arm muscles

