

SPRING CHALLENGE



WELCOME, ALLSTAR!

A simple at-home program to help you build strength, sharpen skills and keep moving this spring.

THE CHALLENGE

Complete each session, then tick it off! ☆

WEEK	 MONDAY	 WEDNESDAY	 FRIDAY
WEEK 1	☐	☐	☐
WEEK 2	☐	☐	☐
WEEK 3	☐	☐	☐
WEEK 4	☐	☐	☐

12 SESSIONS ☆ 4 WEEKS ☆ YOU'VE GOT THIS!

MY SPRING GOAL: _____



SPRING CHALLENGE



WEEK 1

Three quick sessions this week to build strength, speed and endurance. You've got this!



MONDAY

Upper Body Strength

- Warm Up:
Knee Program
- Push-ups: 3 x 10-15
- Tricep Dips: 3 x 10-15
- Plank to Push-up:
3 x 8-10
- Side Plank:
3 x 20-30 sec/side
- Cool Down



WEDNESDAY

Agility & Speed

- Warm Up:
Knee Program
- Ladder Drills:
15 min
- Shuttle Runs
(20m back & forth)
15 min
- Cool Down

FRIDAY



Endurance

- Warm Up:
Running Specific
- 20-30 min
continuous running
or brisk walking
- Cool Down



NEED TO KNOW HOW?



HEAD TO THE TOOLKIT.





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WEEK 2

Three quick sessions this week to build strength, speed and endurance. You've got this!



MONDAY

Lower Body Strength

- Warm Up:
Knee Program
- Squats: 3 x 15-20
- Walking Lunges:
3 x 10-12 per leg
- Glute Bridges: 3 x 15
- Wall Sit:
3 x 30-60 sec
- Cool Down



WEDNESDAY

Ballwork

- Warm Up:
Knee Program
- Passing Drills:
30 min
(See Toolkit)
- Cool Down

FRIDAY



Endurance Circuit

- Warm Up:
Running Specific
- 5 rounds: 400m run
(or 2 min high knees)
- 20 jumping jacks
- 10 burpees
- 20 mountain climbers
- Cool Down

NEED TO KNOW HOW?



HEAD TO THE TOOLKIT.





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WEEK 3

Three sessions to build power,
sharpen footwork and
maintain fitness



MONDAY

Plyometrics & Power

- Warm Up:
Knee Program
- Jump Squats:
3 x 10-12
- Broad Jumps:
3 x 8-10
- Skaters: 3 x 10-12
per side
- Cool Down



WEDNESDAY

Ballwork & Agility

- Warm Up:
Knee Program
- Passing Drills:
30 min
- Ladder Drills:
15 min
(See Toolkit)
- Cool Down

FRIDAY



Endurance

- Warm Up:
Running Specific
- 25-30 min steady
running
- Add interval bursts:
30 sec fast/
1 min slow
- Cool Down



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WEEK 4

A lighter week to recover,
restore movement and
keep your body active.



MONDAY

Active Recovery

- Pilates Session
see Toolkit



WEDNESDAY

Skill Refresh

- Warm Up:
Knee Program
- Passing Drills:
30 min
- Ladder Drills:
15 min
(See Toolkit)
- Cool Down

FRIDAY



Light Circuit

- Warm Up:
Running Specific
- Squats: 3 x 15-20
- Push-ups: 3 x 10-15
- Plank: 3 x 30-60 sec
- Light jogging or
cycling: 15 min
- Cool Down



NEED TO KNOW HOW?



HEAD TO THE TOOLKIT.





SPRING CHALLENGE



THE TOOLKIT



Everything you need to
complete your 4-week challenge.



**WARM UP
+
COOL DOWN**



**STRENGTH
+
AGILITY**



**BALLWORK
+
RECOVERY**



YOUR SPRING CHALLENGE GUIDE





SPRING CHALLENGE

WARM UP

KNEE PROGRAM WARM-UP

10-12 MIN

Movement & activation (4 min): jog on the spot, high knees, butt kicks and side shuffles — 30–40 sec each.

Strength & balance (4 min): single-leg balance, squats, forward lunges and calf raises.

Jump, land & agility (4 min): two-foot jump & stick, single-leg hop & stick, lateral skater jumps and quick feet + stop.

Focus: soft, quiet landings; knees tracking over toes; balance and control.

RUNNING WARM-UP

5 MIN

1 min easy jog or light run, gradually increasing pace.

2 min dynamic movement: high knees, butt kicks, side shuffles and forward lunges.

Keep feet light, knees tracking over toes and core engaged.

****SEE NETBALL AUSTRALIA FOR MORE INFO**





SPRING CHALLENGE



COOL DOWN



COOL DOWN

5-8 MIN

Finish each session with 5–8 minutes of gentle stretching.

Hold each stretch for 20–30 seconds.

Breathe slowly and stay relaxed and still.

Stretches should feel gentle, not painful.



STRETCHING CHEAT SHEET



1 QUADRICEPS STRETCH



2 HAMSTRING STRETCH



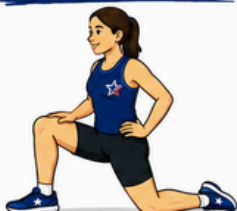
3 CALF STRETCH



4 SEATED SIDE STRETCH



5 HIP FLEXOR STRETCH



6 GLUTE STRETCH



7 FIGURE FOUR STRETCH



8 OVERHEAD ARM STRETCH



9 BUTTERFLY STRETCH





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STRENGTH



UPPER BODY

Push-Ups: start in plank, lower chest towards the ground, then push back up.

Plank to Push-Up: lower one arm at a time from plank, then return.

Tricep Dips: use a stable chair; bend elbows to lower, then push back up.

Side Plank: lift hips and keep your body in a straight line.

LOWER BODY

Squats: feet shoulder-width apart; sit hips back as if into a chair, then stand.

Walking Lunges: step forward and lower with control, alternating legs.

Glute Bridges: knees bent; lift hips, squeeze glutes, then lower.

Wall Sit: back against a wall; slide down and hold.



CORE

Plank: hold a straight body position on forearms and toes.

Mountain Climbers: from push-up position, alternate knees towards chest.





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AGILITY



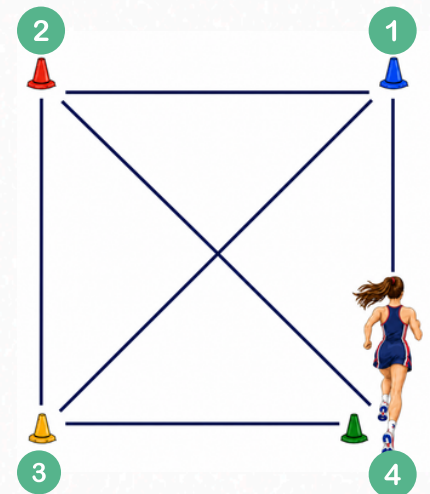
LADDER FOOTWORK

One foot in each square
Two feet in each square
In-In-Out-Out
Lateral run through
Hopscotch



CHANGE OF DIRECTION

Set 4 cones or drink bottles in a square.
Run forward to cone 1
Turn hips and run to cone 3
Turn hips again and run to cone 2.
Turn hips and run to cone 4.
Eyes up, sharp turns, feet, hips,
shoulders facing the same way, facing
ball carrier beyond cone 1.



SPEED + REACTION FINISHER

Fast feet on the spot for 5 sec, then sprint to a cone and back. Repeat 6–8 times.

Optional: number cones 1–4 and react to a called number. Try angled/straight leads/ clears/back peddles.





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BALLWORK



TARGET PASSING

Mark a target on the wall with tape or chalk.

Stand 3–4 m back.

Aim 20 accurate passes at the target.

Progress by changing distance, angle or pass type.



QUICK HANDS

Stand about 1 m from the wall.

Use rapid chest passes and keep the ball moving.

Complete 3 × 30 seconds with a short rest between rounds.

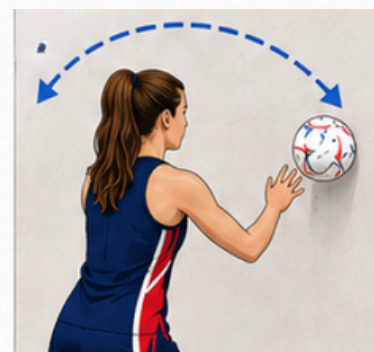


AROUND THE WORLD

Stand close to the wall.

Keep the ball moving in a semi-circle around your body using fingertip control.

Work both directions and stay balanced.





SPRING CHALLENGE



RECOVERY



25-30 MINUTE RECOVERY PILATES SESSION

BREATHING & RESET

Lie on back with knees bent; inhale through nose and exhale slowly. Add gentle knee rocks and shoulder rolls.

CORE STABILITY

Front Plank: 20-30 sec, rest, repeat 2-3 times.

Side Plank (knees): 20-30 sec each side.

Dead Bug (optional): 6-8 reps each side.

HIPS, GLUTES & SPINE

Glute Bridges: 10 slow reps, hold 3 sec at top.

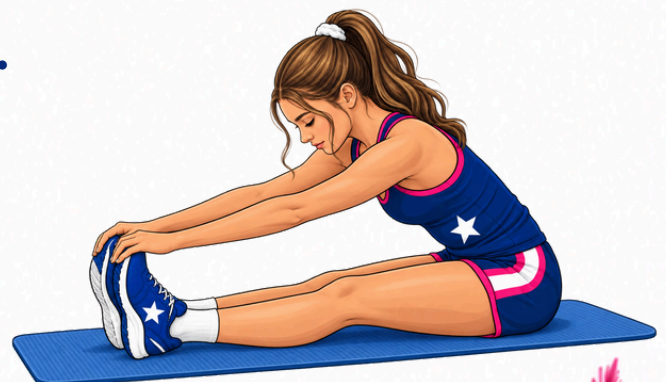
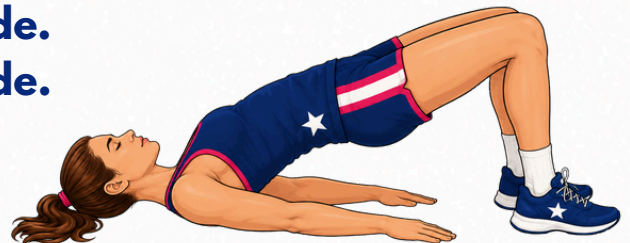
Side-Lying Clams: 12-15 each side.

Figure-4 Stretch: 30-45 sec each side.

Cat-Cow: 8 reps.

Supine Spine Twist: 6-8 each side.

Child's Pose: 60 sec.



LOWER-LEG RECOVERY

Calf, soleus and hamstring stretch: 30-45 sec each side.

Ankle circles: 10 each direction per foot.

Move slowly and finish feeling calm and loose.

