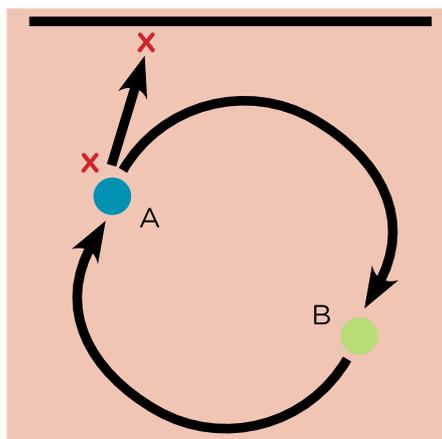


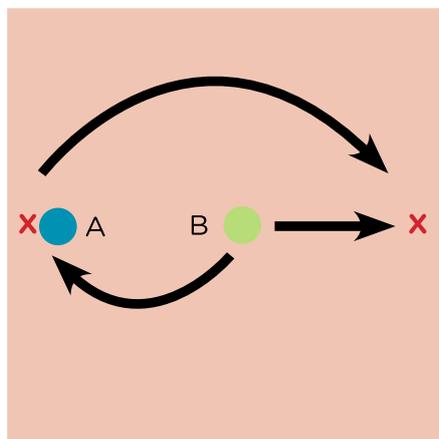
# TRAINING IN TWOS

February is the month of love, so share some netball joy and get training in twos to hone your skills and make an even stronger connection with your favourite training buddy.



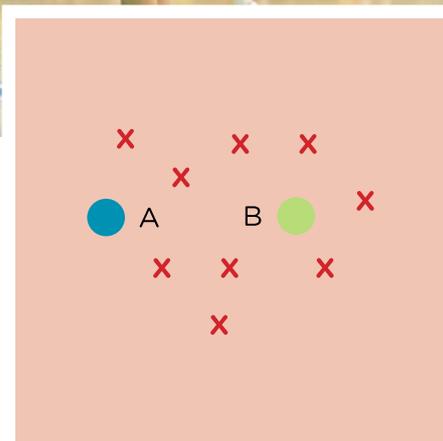
## OFF THE WALL

Stand side-by-side with your partner facing a wall. The player who has the ball throws it against the wall while the second player moves around their partner to receive the ball. You should be constantly moving around each other and can mix it up by changing the direction in which you move or by changing the level of the passes from shoulder to bounce! Remember to stay on your toes and keep the passes strong.



## LONG DROP

Stand facing each other. One player will be the feeder and the other will be the worker. The feeder starts with the ball and drops it to the floor – the worker needs to grab the ball (trying not to let it bounce twice) and feed it back to their partner. Then they will run back at a 45-degree angle from the feeder to receive a long drop ball that they will have to jump to catch. After this they will feed the ball back to their partner and sprint back to start again. Take ten goes, mixing it up so the ball is received on both right and left angles and then swap with your partner for a dream netball duo!



## ANYWHERE'S

*Anywheres* is one of the most simple but effective drills you can do – you will see international players doing them in their warm-up before being called on court. One player is the worker and the other is the feeder who will drop and pass the ball anywhere to see if their partner can catch it without letting it bounce twice, or even better, without letting it bounce at all. To begin with you should stand close to each other – about three feet apart (think about your distance for marking as a defender!) and the worker should be on her toes ready to go. You can drop the ball behind your back or pass a high ball into the front-space – challenge your partner but don't be too mean as you will swap and take it in turns after ten goes each!