

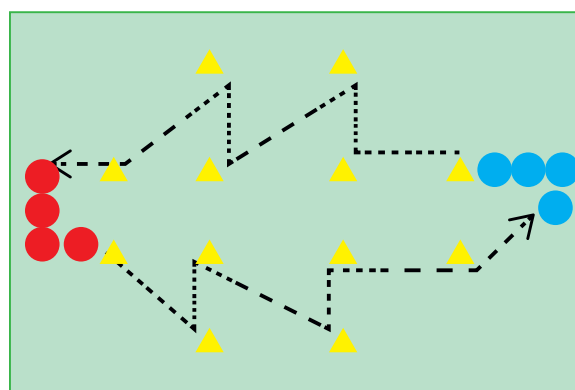
Christmas Fitness

December is all about mince pies, Quality Street and binge-watching Christmas movies – but you don't have to fully commit to the coach-potato life. Try out some of these festive fitness drills to keep you on your toes until January...



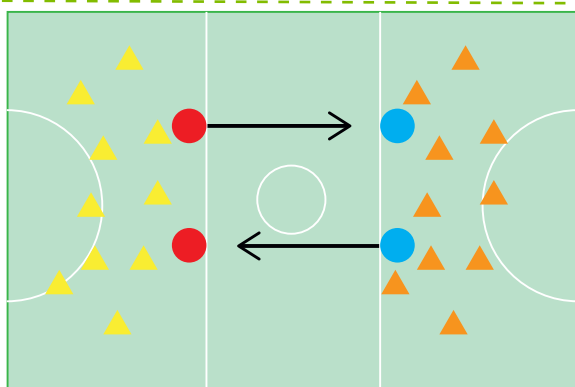
THE CHRISTMAS TREE

Players stand at opposite ends of the tree in two lines. One player from each line runs from one side to the other at a time. Players must side-step on the horizontal parts of the tree and jog on the diagonal lines. When they reach the end they join the back of the other queue and the next person then starts. You can include a pass and receive element to this drill with feeders at the end of the Christmas tree branches.



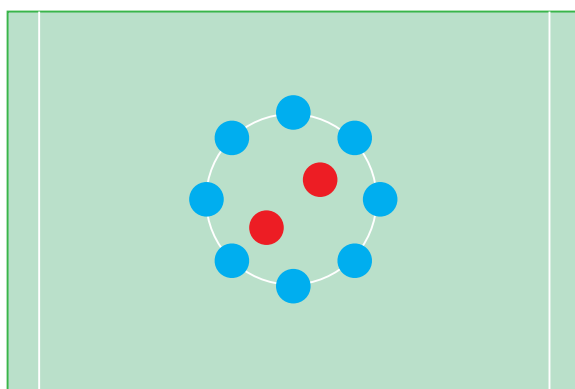
SNOWMEN VS REINDEER

Two teams (the Snowmen and the Reindeer) are competing against each other and are aiming to take cones from their opponents' area and place them behind their own team's line. Each player is only allowed to take one cone at a time. Play within a time limit – whichever team has the most cones at the end of one minute wins.



PIGGIES IN BLANKETS

The team gathers in a circle with two players in the middle. The ball is moved across the circle at varying speeds, heights and using various types of passes. Each time the ball is passed the passer has to shout out the name of a reindeer. The players in the middle of the circle have to try and intercept the ball as it passes through or over them.



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