



SOLO SESSIONS WITH SASHA

#SoloSessions are fun, informative YouTube videos created by England Netball star and Hertfordshire Mavericks captain Sasha Corbin. In each of the clips Sasha shares her personal tips and leads you through drills to practise by yourself.

These videos are simple to follow and inspirational for any netballer looking to improve their skills. Designed for solo practice, you can try them out as if you're training one-on-one with Sasha.

Below are three of our favourite sessions, check them out and have a go!



Warm Up:

Sasha shares her tips for creative ways to train on your own. This short session takes you through a warm up and simple ball-handling skills, offering a range of difficulty levels for you to challenge yourself with.



Landing & Stability:

Sasha switches her attention to the finer details. It's important that we land correctly when jumping on one or two feet. She demonstrates some basic exercises that players and coaches can incorporate into their training. Make sure you stay tight and engage your core when doing these exercises. You can do these with or without a ball.



Crazy Catch Special:

Sasha gets creative with her Crazy Catch Double Trouble Wild Child – from reactive work to elevation, there's so much you can do with a Crazy Catch. Try it for yourself – how creative can you be?

Solo Sessions will be taking a short break while Sasha is busy training hard with the England squad. Don't worry – they will be back with a vengeance soon!



Follow @England_Netball and @sasha_corbin on Twitter to stay posted for the next #SoloSession and let us know how you get on.