



101 Youth Netball Drills Age 12-16 (101 Drills)

Anna Sheryn, Chris Sheryn

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Designed specifically for players aged 12 to 16, this manual contains **a wide range of progressive practice drills to help young players develop.**

Fun, educational and challenging, all drills are illustrated and cover the essential technical skills, including: warming up; speed and endurance; power development; ball skills; goal shooting; spatial awareness; team work; warming down.

As well as **easy-to-follow instructions**, each drill contains information on the equipment needed, the space required, how to construct a safe and effective training session and how to organise the players. This new edition is fully updated with new drills and illustrations.

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