

## HBC Netball Centre – “Home of Hibiscus Netball”



*Promoting, Organising and Fostering the GAME*

### Hibiscus Development Academy (HDA) Timetable

\* Please note timetable may be subject to slight changes.

Athlete please be prepared for every session (this is your responsibility not your parents)

- Recording device
- Correct training gear, water bottles, towel, compression gear and recovery food (chicken protein sandwich, banana, chocolate milk etc.)

Date	* Session Content	Resource
Wednesday 28 February 6.00pm – 7.30pm	<ul style="list-style-type: none"> <li>• Ice-breaker</li> <li>• Strength and conditioning (development)</li> <li>• Technical skills</li> <li>• Mental skills - problem solving group task, mindfulness.</li> </ul>	<ul style="list-style-type: none"> <li>• S &amp; C Trainer</li> <li>• HDA Coaching staff</li> <li>• Other helpers for timing etc.</li> <li>• Recording device, tape measure, chalk, balls, etc.</li> </ul>
Wednesday 7 March 6.00pm – 7.30pm	<ul style="list-style-type: none"> <li>• Strength &amp; Conditioning session</li> <li>• Speed and agility</li> <li>• Jump landing</li> <li>• Mental Skills</li> </ul>	<ul style="list-style-type: none"> <li>• S &amp; C Trainer</li> <li>• HDA Coaching staff</li> <li>• Other helpers for timing etc.</li> <li>• Recording device, tape measure, chalk, balls, etc.</li> </ul>
Wednesday 14 March 6.00pm – 7.30pm	<ul style="list-style-type: none"> <li>• Strength &amp; Conditioning session</li> <li>• Speed and agility</li> <li>• Mental skills</li> <li>• Vision</li> </ul>	<ul style="list-style-type: none"> <li>• S &amp; C Trainer</li> <li>• HDA Coaching staff</li> <li>• Other helpers for timing etc.</li> <li>• Recording device, tape measure, chalk, balls, etc.</li> </ul>
Wednesday 21 March 6.00pm – 7.30pm	<ul style="list-style-type: none"> <li>• Strength &amp; Conditioning session</li> <li>• Speed and agility</li> <li>• Jump landing</li> <li>• Mental skills</li> </ul>	<ul style="list-style-type: none"> <li>• S &amp; C Trainer</li> <li>• HDA Coaching staff</li> <li>• Other helpers for timing etc.</li> <li>• Recording device, tape measure, chalk, balls, etc.</li> </ul>
Wednesday 28 March 6.00pm – 7.30pm	<ul style="list-style-type: none"> <li>• Strength &amp; Conditioning session</li> <li>• Jump landing</li> <li>• Mental skills</li> <li>• Self-evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• S &amp; C Trainer</li> <li>• HDA Coaching staff</li> <li>• Other helpers for timing etc.</li> <li>• Recording device, tape measure, chalk, balls, etc.</li> </ul>