

EVO NETBALL TESTING CHART

AN IMPORTANT PART OF BEING AN ATHLETE IS TRACKING YOUR PROGRESS AND KNOWING YOUR STRENGTHS AND WEAKNESSES. EVERY FEW WEEKS WILL BE TESTING WEEK WHERE WE COMPLETE EXERCISES AND RECORD SCORES HERE SO WE CAN SEE IMPROVEMENTS IN ALL AREAS IMPORTANT TO NETBALL. ALL YOU NEED IS A BALL, TIMER, SOME SPACE, AND THE HOME COURT APP. GOOD LUCK!



ACTIVITY	WEEK 1	WEEK 6	WEEK 10	IMPROVEMENT
BALL CONTROL HEAD WAIST COMBINATION				
STRENGTH PUSH UPS SIT UPS BURPEES WALL SITS				
HOME COURT REACTION ORDERD REACTION SPLIT STANCE				

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ACTIVITY	WEEK 1	WEEK 6	WEEK 10	IMPROVEMENT
PASSING				
CHEST				
RIGHT SHOULDER				
LEFT SHOULDER				
SHOOTING				
ANYWHERE'S				
COMFORT ZONE				
SINGLE LEG				
MOTIVATION				
HOW ARE YOU FEELING ABOUT TRAINING?				