

# 101 Youth Netball Drills Age 7-11 - , Chris Sheryn

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Designed specifically for players aged 7 to 11, 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. Author: Sheryn, Anna Author: Sheryn, Chris Publisher: A&C Black Illustration: Y Language: ENG Title: 101 Youth Netball Drills Age 7-11 Pages: 00000 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2012-09-06 SKU-13/ISBN: 9780713671940 Category: Sports & Recreation : Basketball - General

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