

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Hold the ball in front of the body and throw the ball up with 2 hands, clap hands together as many times as possible, then re-catch the ball – repeat 10 times
2. Stand with feet apart and weight evenly on both feet
  - Hold the ball in the centre of the legs, pass it around the outside of one leg and then back to the centre as quickly as possible – repeat 10 times
  - Repeat activity on the opposite leg
3. Stand with feet shoulder width apart and weight evenly on both feet
  - 'Around the World': pass the ball around the body, start at the knees and work up to the head, then back down again – repeat pattern 10 times
4. Stand with one foot in front of the other in a straight line
  - Hold the ball in both hands in the middle of the legs, pass it around the front leg as quickly as possible – repeat 10 times
  - Repeat activity with the opposite foot forward
5. Stand with feet shoulder width apart and weight evenly on both feet
  - Tap the ball with one hand against the wall at shoulder height – repeat 20 times
  - Repeat activity using the opposite hand

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Hold the ball in both hands at waist height, toss it above the head and hook the catch with one hand, bring the ball back to waist height into both hands as fast as possible – repeat 10 times
  - Repeat activity using the opposite hand
2. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - 'Half Pendulum': rest the ball in both hands at the waist. Move the ball with an outstretched arm from the waist to level with one shoulder and then back to the start position – repeat 10 times
  - Repeat activity using the opposite hand
3. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - 'Full Pendulum': rest the ball at your waist in both hands. Move the ball with an outstretched arm from the waist to level with the one shoulder and back to the start position then repeat to the opposite side – repeat 10 times
4. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - With the ball held in both hands at waist height, toss it just out of the hands and snatch the catch as fast as you possible – repeat 20 times
5. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Tap the ball with right hand against the wall aiming to move from position 3 o'clock to 12 o'clock then swap to the left hand and move the ball from position 12 o'clock to 9 o'clock. Tap the ball back to the start – repeat 10 times

#### Card N5

1. Stand up tall on one foot maintaining balance
  - Pass the ball around the body at different heights (ankles, knees, hips, waist, head) – 10 times
  - Repeat activity in the opposite direction
  - Repeat activity in both directions standing on the opposite foot
2. Stand up tall on one foot maintaining balance
  - With the ball held in both hands at waist height, toss it above the head and snatch the catch, bring the ball back to waist height as fast as possible – repeat 20 times
  - Repeat activity standing on the opposite foot
3. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Tap the ball with one hand against the wall from above the shoulder down to the hip and back again – repeat 10 times
  - Repeat activity using the opposite hand

#### Card N6

1. Stand up tall on one foot maintaining balance
  - Flick the ball so it leaves the hand approximately 10cm and then re-catch in the same hand – repeat 10 times
  - Repeat activity standing on the opposite foot
2. Stand with feet apart with weight even on both feet
  - 'Figure of 8': start with the ball in the centre of the legs, pass it around the outside of one leg, then back to the centre and then around the other leg as fast as possible – repeat pattern 10 times
3. Stand with one foot in front of the other in a straight line
  - Start with the ball in both hands in the middle of the legs, pass it around the back leg as quickly as possible – repeat 10 times
  - Repeat activity with the opposite foot forward
4. Stand with feet shoulder width apart and weight evenly on both feet, 2m away from a wall
  - Chest pass the ball against a wall, touch the thighs with both hand before catching the ball – repeat 20 times



### Card N7

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Using one hand bounce the ball around the body – repeat 10 times
  - Repeat activity in the opposite direction
2. Sitting on the ground with legs crossed in front
  - While sitting throw the ball into the air and stand to catch before it bounces – repeat 10 times
3. Lie on the back with knees bent and feet flat on the ground
  - Pass the ball from one hand to the other hand with arms extended and level with the shoulders, as quickly as possible for 20 passes
  - Pass the ball from one hand to the other hand with arms extended above the head as quickly as possible for 20 passes
4. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Using one hand bounce the ball to hit the ground in front of the body and catch it in the other hand – repeat 10 times
  - Repeat activity in the opposite direction
5. Stand with feet shoulder width apart and weight evenly on both feet, 2m away from a wall
  - Chest pass the ball against a wall as quickly as possible for 30 seconds
  - Repeat and try to beat the score

### Card N8

1. Lie on the back with knees bent and feet flat on the ground
  - Chest pass the ball with two hands into the air and catch – repeat 10 times
  - Chest pass the ball with two hands into the air, clap hands together as many times as possible, then re-catch the ball – repeat 10 times
2. Lie on the back with knees bent and feet flat on the ground
  - With one arm extended into the air, flick the ball so it leaves the hand approximately 10cm and then re-catch in the same hand – repeat 10 times
  - Repeat activity using the opposite hand
3. Stand up tall on one foot maintaining balance
  - With the ball held in both hands at waist height, toss it just out of the hands and snatch the catch as fast as possible – repeat 20 times
  - Repeat activity standing on the opposite foot
4. Stand with feet shoulder width apart and weight evenly on both feet, 2m away from a wall
  - Chest pass the ball against a wall, clap hands together and then touch the thighs with both hand before catching the ball – repeat 20 times

## Home Programs

The following programs can be provided to athletes to complete at home. Programs are provided for shooting and ball handling. They are divided into Novice, Proficient and Expert and should be provided to the athlete based upon their skill level.

### Ball Work

#### Novice

##### Card N1

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
  - Pass the ball around the waist 10 times
  - Repeat activity in the opposite direction
2. Stand with feet shoulder width apart and weight evenly on both feet
  - Pass the ball around the knees 10 times
  - Repeat activity in the opposite direction
3. Stand with feet shoulder width apart and weight evenly on both feet
  - Combination: pass the ball around the knees, then around the waist – repeat pattern 10 times
  - Repeat activity in the opposite direction
4. Stand with feet shoulder width apart and weight evenly on both feet
  - With the ball held in both hands at waist height, toss it above the head and snatch the catch, bring ball back to waist height as fast as possible – repeat 20 times
5. Stand with feet shoulder width apart and weight evenly on both feet, 2m away from a wall
  - Chest pass the ball against a wall so the ball can be caught – repeat 20 times

##### Card N2

1. Stand with feet shoulder width apart and weight evenly on both feet
  - Pass the ball from one hand to the other hand at waist height as quickly as possible for 20 passes
  - Pass the ball from one hand to the other hand at shoulder height as quickly as possible for 20 passes
  - Pass the ball from one hand to the other hand above head height as quickly as possible for 20 passes
2. Stand with feet shoulder width apart and weight evenly on both feet
  - Combination: pass the ball from one hand to the other hand at waist height for 5, then at shoulder height for 5, then above head height for 5 – repeat pattern 10 times
3. Stand with feet shoulder width apart and weight evenly on both feet
  - Hold the ball in the hand, flick the ball using the fingers and wrist so it leaves the hand approximately 10cm and then re-catch in the same hand – repeat 10 times
  - Repeat activity using the opposite hand
4. Stand with feet shoulder width apart and weight even on both feet
  - Hold the ball in the hand, flick the ball using the fingers and wrist so it leaves the hand approximately 10cm and then catch with the opposite hand – repeat the pattern 10 times
5. Stand with one foot in front of the other, 3m away from a wall
  - Shoulder pass the ball against a wall so the ball can be caught – repeat 20 times for each hand