

**Campbelltown District Netball Association**  
**Umpires - Offseason Program**

1 Dec	8 Dec	15 Dec	22 Dec	29 Dec	5 Jan	12 Jan	19 Jan	26 Jan
<b>AEROBIC CONDITIONING (do the following each week)</b>								
100 skips daily	100 skips daily	150 skips daily	200 skips x 5 days	200 skips daily	250 skips daily	300 skips daily	350 skips daily	400 skips daily
For a good example of how to skip properly. Note you turn your wrists not your arms! <a href="http://www.youtube.com/watch?v=wyEXnFeiJAI">http://www.youtube.com/watch?v=wyEXnFeiJAI</a> (1st 2 min)								
Run 400m walk 400m (repeat as many times as shown in next row) Run at a pace so that you can run all the way without stopping								
x2 2 days	x3 2 days	x4 2 days	x4 2 days	x6 3 days	x8 3 days	x10 3 days	x10 3 days	x10 3 days
Jog as far as you can without stopping. (Do this on days that you don't do the 400m runs)								
1 day per week	1 day/wk	1 day/wk	1 day/wk	1 day/wk	1 day/wk	1 day/wk	2 day/wk	2 day/wk
D=	D=	D=	D=	D=	D=	D=	D=	D=
							D=	D=
<b>SPRINT AND AGILITY TRAINING 2 days per week (not same as 400m) Warm-up first</b>								
Day 1								
1) Jog length of court & build up pace in centre third				Sprint each distance and walk back to start Rest after each distance set				
2) Sprint 5m jog 5m x3 (ie length of court)								
1) x 6 2) x 6	1) x 8 2) x 8	1) x 10 2) x 10	Rest	10x5m 6x10m 6x20m	6x5m 3x10m 3x20m 3x10m 6x5m	4x30m 6x20m 12x10m 24x5m	10x5m 5x10m 5x20m 5x10m 10x5m	6x30m 9x20m 18x10m 24x5m
Day 2								
T Drill x 6	Illinois agility test x 3	T Drill x 10	Rest	Tabata sprints - Sprint 20sec Slow Jog 10sec X 8	Illinois agility test x 5	Jog from far TVL to own TVL Drive to 1m past GP x 10	Jog from far TVL to own TVL Drive to 1m past GP PAUSE Return x 10	Jog from far TVL to own TVL Drive to 1m past GP PAUSE adjust to TVL return to GL PAUSE Return to far TVL x 10

Name

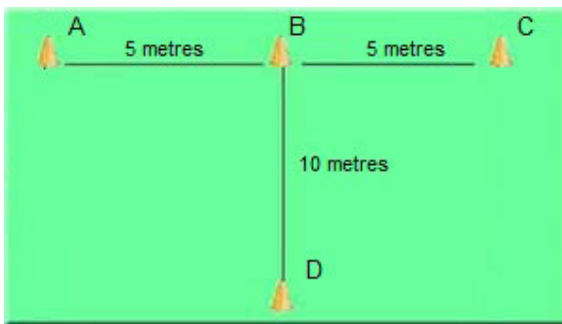
# Campbelltown District Netball Association

## Umpires - Offseason Program

### T Drill

This drill requires you to touch a series of cones set out in "T" shape whilst side stepping and running as fast as possible.

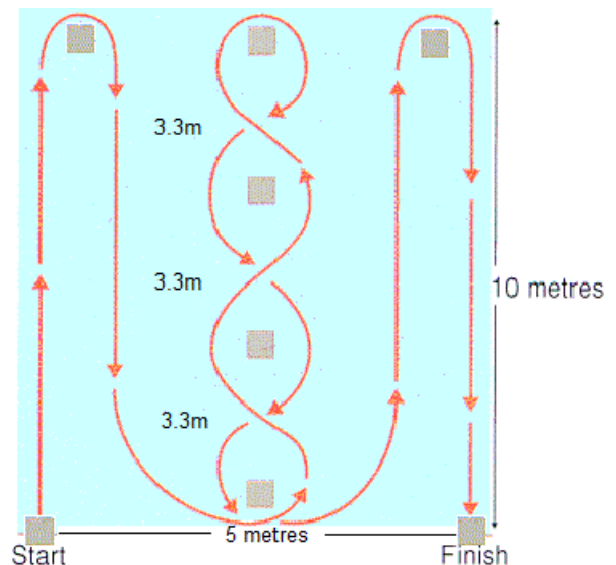
- Warm up for 10 minutes
  - Place 3 cones 5 metres apart on a straight line (A, B, C) and a 4th cone (D) is placed 10 metres from the middle cone (B) so that the 4 cones form a 'T'.
  - Stand at the cone (D) at the base of the "T" facing the "T"
  - Run to and touch the middle cone (B), side step 5 metres to the left cone (A) and touch it, side step 10 metres to the far cone (C) and touch it, side step 5 metres back to the middle cone (B) and touch it and then run 10 metres backwards to the base of the 'T' and touch that cone (D)
- You can time this with a stopwatch and record the time.



### Illinois agility test

This test requires you to run the red line route in the diagram below as fast as possible.

- Warm up for 10 minutes
- Set up the course as detailed in the diagram
- Stand at the "Start" cone
- Go through the course by running around the cones following the red line route shown in the diagram to the finish
- Time your runs and compare.



Name

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Record what you do each day below

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 Dec							
8 Dec							
15 Dec							
22 Dec							
29 Dec							
5 Jan							
12 Jan							
19 Jan							
26 Jan							

Name

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### Umpires - Offseason Program

Record what you do each day below **SAMPLE**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 Dec	50 skips 2x400m	50 skips Run throughs	50 skips	50 skips 2x400m	50 skips T drill	50 skips	50 skips Run 1k
8 Dec	100 skips 3x400m	100 skips	100 skips Run throughs	100 skips 3x400m	100 skips Illinois	100 skips	100 skips Run 1.2k
15 Dec							
22 Dec							
29 Dec							
5 Jan							
12 Jan							
19 Jan							
26 Jan							

Name