



**REMOTE  
LEARNING**



## Evo Netball Passport

Welcome to your Evolution Netball Skills Passport

This is your netball passport and is yours to complete throughout term 3 while we are away from netball training. There are several exercises in this book that we want you to complete before we see you again in term 1 of the 2021/2022 season.

It is an accumulating passport which means that each day your completed session will contribute to an over all score at the end of the term. Your aim is to complete all boxes by the end of Term 3. You can split these so you are doing an equal amount each day or do more some days than others – it is entirely up to you!

Use the link to see demonstrations of the exercises via YouTube or contact Coach Thenneh on [tconteh@evosportsqatar.com](mailto:tconteh@evosportsqatar.com) if you are unsure.

Please share progress with your coaches and team mates so we can motivate and celebrate each other.

Good luck and have fun!

# REMOTE LEARNING





# CHEST PASSES

Your challenge - across Term 3 to pass 1,000 chest passes.

Each box represents 25 passes

[Chest Pass Technique Video](#)

25				





# SHOULDER PASSES

Your challenge - across Term 3 to pass 1,000 chest passes.  
Each box represents 25 passes. Repeat for each arm.

## Shoulder Pass Technique Video

25				





# FITNESS

Your challenge - across Term 3 to run/ walk 120km.  
Each box represents 3km.

3km				





# SHOOTING

Your challenge - across Term 3 to Shoot 2,000 successful goals.  
Each box represents 50 successful shots. Repeat for each arm.

## Shooting Technique Video

50				

