

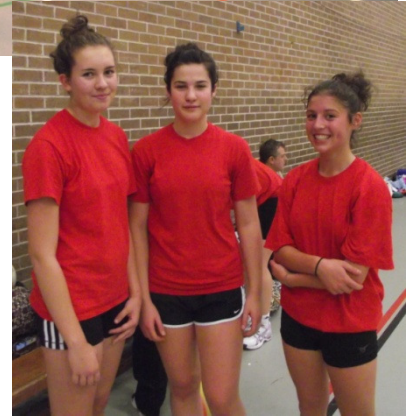
First Training Session for the Wales U15 Squad

The newly formed Wales U15 Squad, under the leadership of Louisa Daniell with Assistant Coach Wendy Lewis and Team Manager Tricia Chapman, met at Carmarthen Leisure Centre on Sunday 13th October.



Players met in the conference room, where we did some team bonding by getting to know one another and discussing the itinerary. We discussed the aims for future training sessions, games and highlighted long term goals e.g. preparing us mentally and physically for the next stage in our netball training and developing ready for the U17 Level.

Once we completed all the stationary stuff, we went to the court to work on our movement. We did the badminton and the skipping exercise which was a lot harder than we expected! We then skipped like rocky balboa! - which was really intense (Lowri excelled at this point!).



After a healthy lunch, we focused on game play. With a set number of passes to complete through the court, every mistake a team member made (e.g. dropped ball, footwork) resulted in a whole team punishment of sprinting. Every time we achieved the goal, LD threw in more defence and restricted our areas in which we could move. As fatigue set in, we lost some of our concentration and focus which meant we had to work even harder!



We then played a match against West Wales hub (my hub) as we had gate crashed their session!! That was tough as we had to play as a new team and were unfamiliar with each other. However, after a few minutes we started to find our form and we managed to play well in various combinations. Chloe (James), Eloise and Harriet shot really well. Centre court attack- Georgi, Lowri and Chloe D were slick and the

defence were awesome; Esme Georgia, Caitlin, Demi and Emily. Demi went down at this point unfortunately with her ankle (though good news is she has only damaged her ligaments and not broken anything).

To conclude our first training session, we went swimming. We had to do as many lengths as we could during the time given. Then we had to devise water games, which included;- Mushroom- how long you could hold your breath under water for in a Bomb position! (Chloe was a tank!), British bull dogs- swim the width of the pool without getting caught by a blind bull dog (I was rubbish as I could only stand up properly in the shallow end!!), Handstand- who could hold their handstand for the longest (I'm sure Eloise had a snorkel!!) and Under water swim- Esme was Nemo!!

It was brill! Big hand to Murray helping Tricia to understand Facebook on the iPad!! I hope the next training session is as fun and challenging as the first, as we all seemed to gel well together!

Training Session Report by Wales U15 Squad Member Hari Truman