

Saturday 7th January 2011

Welsh Under 15's Training Session 2012

The Wales U15 netball squad travelled to Sophia gardens for a long days training session with a few unexpected surprises!!! As it was short notice sadly not all players could make it however nine managed to make it.

We would all like to welcome Rebecca Murray back to our squad as she been injured for eight weeks with a broken thumb, even though she has supported her team mates every session by turning up for every game! thanks Rebecca :)

We started our day with skipping and sprinting followed by a yo yo test with the U21 welsh team. Next we were all split up with the U21s into defence, mid court and shooters. The tasks we completed were; fast feet, plank for our strength, stretching as high as we could reaching for the nets and an agility test . It was tremendous experience working and training along the U21s as they gave us a lot of encouragement and support.

As the U17s turned up at 1pm we went for our well earned lunch break. After lunch we completed a warm up with the tennis ball going into defence, mid court and attacking groups - doing 30 passes and 30 bounce passes.

This made sure we were ready for our short game against the U17s which proved to be a very interesting game with Emily, Lowri and Chloe feeding the ball well to Eloise and Chloe who both where shooting fantastically and looking out for each at all times. Myself and Georgia tried to stay very tight to our opposition connecting well together and getting as many interceptions as we could. The score first quarter was 5-2 the U17s.

Louisa made a few changes in the second quarter to give everyone a game - Emily changed to centre, Hari WA, Rebecca came on for her first game as GK and I came off for Georgia to go GD.

I think Hari and Emily worked well together as they made the game a lot faster, with Chloe Dyke defending well. Eloise and Chloe kept the goals going in the net, with the second quarter ending 10-7 to U17s total result 15-9 to the U17s.

As a nice surprise to us all, Louisa had organised a game against MJ Movers ladies netball club.

The starting line up was Eloise GS, Chloe GA, Hari WA, Lowri C, Chloe WD, Demi GD and Rebecca GK.

We fought hard in this quarter but it wasn't our strongest as the result was 8-10 to MJ Movers.

Louisa made a few changes in second quarter - as Emily came on as C and Georgia as GK. This made the game very fast in centre court and very strong in defence. Myself and Georgia upped our game and fought hard in the circle putting a lot of pressure on the MJ movers shooters. Eloise and Chloe where on top form (if I must say myself :))!! getting all their shots in with a result at the end of the second quarter 24-21 to Wales U15s.

Some more changes for third quarter - GS Chloe, GA Eloise and WD Lowri this proved also to be a strong quarter finishing 35-28 to us.

The fourth quarter, with a few changes Hari GA, WA Lowri, Demi WD, Georgia GD and Rebecca GK, we kept our game together - strong as ever with a fantastic end result 45-37 to Wales U15s. All the girls enjoyed a good training session today putting in a lot of hard work but well worth it! Would like to thank MJ Movers ladies netball team for giving us a hard and exciting game wishing you all the best in the future.

We all enjoyed today's training - think there will be a few aching girls in the morning!

Looking forward to next week as we all travel up to north Wales for a full training session with our full squad as a few of our girls were sadly missed today.

