ONLINE

* [Solo Sessions - YouTube](https://www.youtube.com/channel/UCtkLCIbDu7_NxV6JNkpls9w)
* [NETFIT](https://netfitnetball.com/)
* [Ball skills drill](https://www.facebook.com/watch/?v=546484616252354)
* [Trish's Netball - YouTube](https://www.youtube.com/channel/UCczUtvM82rnfbTz_asLZqYQ/videos)
* [Inspire Netball Group - YouTube](https://www.youtube.com/channel/UCSkyJ-WS4lPovgqSO0yh4pQ)
* [Sunshine Coast Lightning - YouTube](https://www.youtube.com/c/SunshineCoastLightningTV/videos)
* [At-home netball drills with Paige Hadley](https://www.heraldsun.com.au/sport/netball/athome-netball-drills-with-paige-hadley-training-with-the-stars/video/6d0b03b7dcb07a744ce58c59c2730483)

DOCUMENTS

* [NV Advanced Footwork & Agility Drills](https://vic.netball.com.au/sites/vic/files/2020-09/Footwork%20%26%20Agility%20Drills%20%28Advanced%29%20-%20NV_0.pdf)
* [NV Ball Handling Skills](https://frankstonnetball.com.au/wp-content/uploads/2021/06/Ball-Handling-Skills-NV.pdf)

SUBSCRIPTION BASED

* [Sportplan](https://www.sportplan.net/s/Netball/drills-to-do-at-home.jsp)
* [thenetballcoach.com](https://www.thenetballcoach.com/)
* [Energy Netball](https://energynetball.com.au/)
* [Netball Coach TV](https://www.netballcoach.tv/netball-drills/)

FOR KIDS

[Vixens at Home - Melbourne Vixens](https://melbournevixens.com.au/community/vixens-at-home)

LEARNING

* [The KNEE Program - Netball Australia](https://knee.netball.com.au/)
* [NETBALL RULE BOOK](https://netball.com.au/sites/default/files/2020-01/INF_NETBALL%20RULE%20BOOK%20MANUAL%202020.pdf)
* [Coaching Resources - Netball Australia](https://netball.com.au/coaching-resources)
* [Sport Integrity Australia eLearning](https://elearning.sportintegrity.gov.au/login/index.php)
* [MyNetball](https://mynetball.resultsvault.com/Login.aspx?ReturnUrl=%2f)
* [Training for Coaches | Sport Australia](https://www.sportaus.gov.au/coaches_and_officials/coaches)
* [INF Foundation Coaching Manual](https://netball.sport/wp-content/uploads/2016/11/INF-Foundation-Coaching-Manual.pdf)

WELLBEING

* [Sleep Well](https://d2cx26qpfwuhvu.cloudfront.net/englandnetball/wp-content/uploads/2016/04/02163249/Sleep-on-it-Wellbeing-1.pdf)
* [Jigsaw](https://jigsaw.ie/)
* [Headspace](https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/)
* [Smiling Mind](https://www.smilingmind.com.au/)
* [‎Three Good Things](https://apps.apple.com/au/app/three-good-things-a-happiness-journal/id1242079576)
* [Sport and Life Training](https://sportandlifetraining.com.au/resources/)

SUPPORT

* Lifeline – 13 11 14
* Lifeline Text (between 6pm-12am) – 0477 13 11 14
* Beyond Blue – 1300 22 46 36
* Kids Helpline – 1800 55 1800