

# SAMUEL FRENCH SAMPLE PERUSAL

---

This sample is an excerpt - an appetiser, if you will - from a full Samuel French title.

This sample is just for you to try out, and it can't be used for performance, downloaded, printed or distributed in any way.

Take it for a whirl and see if it tickles your fancy!

**For more information about licensing this or other shows, or to browse thousands more plays and theatre books to buy please visit our website.**

[www.samuelfrench.co.uk](http://www.samuelfrench.co.uk)  
or, in the US [www.samuelfrench.com](http://www.samuelfrench.com)

# **BOUNCING BACK**

by Gail Young

|| SAMUEL FRENCH ||

[samuelfrench.co.uk](http://samuelfrench.co.uk)

Copyright © 2017 by Gail Young  
All Rights Reserved

*BOUNCING BACK* is fully protected under the copyright laws of the British Commonwealth, including Canada, the United States of America, and all other countries of the Copyright Union. All rights, including professional and amateur stage productions, recitation, lecturing, public reading, motion picture, radio broadcasting, television and the rights of translation into foreign languages are strictly reserved.

ISBN 978-0-573-11422-9

[www.samuelfrench.co.uk](http://www.samuelfrench.co.uk)

[www.samuelfrench.com](http://www.samuelfrench.com)

**FOR AMATEUR  
PRODUCTION ENQUIRIES**

**UNITED KINGDOM AND WORLD  
EXCLUDING NORTH AMERICA**  
[plays@SamuelFrench-London.co.uk](mailto:plays@SamuelFrench-London.co.uk)

020 7255 4302/01

**UNITED STATES AND CANADA**  
[info@SamuelFrench.com](mailto:info@SamuelFrench.com)

1-866-598-8449

Each title is subject to availability from Samuel French,  
depending upon country of performance.

**CAUTION:** Professional and amateur producers are hereby warned that *BOUNCING BACK* is subject to a licensing fee. Publication of this play does not imply availability for performance. Both amateurs and professionals considering a production are strongly advised to apply to the appropriate agent before starting rehearsals, advertising, or booking a theatre. A licensing fee must be paid whether the title is presented for charity or gain and whether or not admission is charged.

The professional rights in this play are controlled by Samuel French Ltd, 24-32 Stephenson Way, London, NW1 2HD.

No one shall make any changes in this title for the purpose of production. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form, by any means, now known or yet to be invented, including mechanical, electronic, photocopying, recording, videotaping, or otherwise, without the prior written permission of the publisher. No one shall upload this title, or part of this title, to any social media websites.

The right of Gail Young to be identified as author of this work has been asserted in accordance with Section 77 of the Copyright, Designs and Patents Act 1988.

# THINKING ABOUT PERFORMING A SHOW?

**There are thousands of plays and musicals available to perform from Samuel French right now, and applying for a licence is easier and more affordable than you might think**

---

From classic plays to brand new musicals, from monologues to epic dramas, there are shows for everyone.

Plays and musicals are protected by copyright law so if you want to perform them, the first thing you'll need is a licence. This simple process helps support the playwright by ensuring they get paid for their work, and means that you'll have the documents you need to stage the show in public.

Not all our shows are available to perform all the time, so it's important to check and apply for a licence before you start rehearsals or commit to doing the show.

## LEARN MORE & FIND THOUSANDS OF SHOWS

Browse our full range of plays and musicals and find out more about how to license a show

**[www.samuelfrench.co.uk/perform](http://www.samuelfrench.co.uk/perform)**

Talk to the friendly experts in our Licensing team for advice on choosing a show, and help with licensing

**[plays@samuelfrench.co.uk](mailto:plays@samuelfrench.co.uk) 020 7387 9373**

# Acting Editions

**BORN TO PERFORM**

**Playscripts designed from the ground up to work the way you do in rehearsal, performance and study**

*Larger, clearer text for easier reading*



*Wider margins for notes*



*Performance features* such as character and props lists, sound and lighting cues, and more

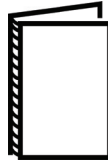


## + CHOOSE A SIZE AND STYLE TO SUIT YOU



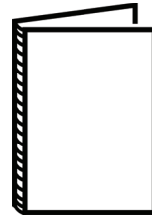
### **STANDARD EDITION**

Our regular paperback book at our regular size



### **SPIRAL-BOUND EDITION**

The same size as the Standard Edition, but with a sturdy, easy-to-fold, easy-to-hold spiral-bound spine



### **LARGE EDITION**

A4 size and spiral bound, with larger text and a blank page for notes opposite every page of text. Perfect for technical and directing use

**LEARN MORE**

**[samuelfrench.co.uk/actingeditions](https://samuelfrench.co.uk/actingeditions)**

## ABOUT THE AUTHOR

Gail has directed and acted with community theatre groups for many years in the Chester and Wirral area of north-west England. She turned her hand to writing in 2005, and took her first full-length play *Cheshire Cats* to the Edinburgh Fringe in 2006 with Guilden Sutton Players. The production was a 'Fringe Sell-Out Show 2006', was published by Samuel French in 2011, and has subsequently been performed worldwide, translated into other languages, and toured abroad.

Her second full-length play *Bothered and Bewildered* was a sell out at the Forum Studio Theatre in October 2014 with Tip Top Productions, was published by Samuel French in the spring of 2015, and is currently being performed up and down the UK and abroad.

Her latest full-length play, *Bouncing Back*, premiered at The Forum Studio Theatre in June 2016 to enthusiastic full houses, and focuses on the world of women returners to the sport of netball. All three plays are full-length comedy dramas with a social conscience, and focus on problems and issues that face women, families and friends in modern times.

See [www.gailyoungplaywright.com](http://www.gailyoungplaywright.com) for more information on all of Gail's work.

## AUTHOR'S NOTE

I have always wanted to write a play about sport. I've seen many productions over the years that have focused on this subject and I've always found them uplifting. Having played in various school netball teams as goal defence, and being an older sister to both a PE teacher and a netball coach, there was only ever going to be one game that I would put pen to paper about. Netball, netball and netball. The Olympics may scorn it and view it as not worthy of a place on that particular world stage but we girls know better don't we? The truth of the matter is that this sport is enjoying a massive rise in popularity, with women of all ages and from all walks of life running (albeit some slower than others !) back to their local netball courts to join in the fun. Even better – the Netball World Cup is coming to Liverpool in 2019! So what better sport to celebrate?

I had an absolute blast doing the research for *Bouncing Back*, and a huge heartfelt thank you goes from me to the Golborne Back 2 Netball initiative which is run under the watchful eyes of their chairwoman, committee, and coach. They and all the team members made me feel so welcome at training sessions, league matches and social events, and happily put up with me wandering around with a pad and a pen eavesdropping on all the team talks (amongst other things...). You're all stars, and I couldn't have written it without you.

**Other plays by GAIL YOUNG  
published by Samuel French**

Bothered and Bewildered

Cheshire Cats

**FIND PERFECT PLAYS TO PERFORM AT  
[www.samuel french.co.uk](http://www.samuel french.co.uk)**

*Bouncing Back* premiered as a Gail Young Production at The Forum Studio Theatre in Chester in June 2016 with the following cast and crew:

<b>CHARACTER</b>	<b>CAST MEMBER</b>
<b>ANGIE TASKER</b> .....	Molly Clarke
<b>ANNA BELL</b> .....	Emma Careless
<b>ASBO</b> .....	Fiona MacSween
<b>COUNCILLOR DRAKE</b> .....	Mike Heathcote
<b>JACKIE GOODWIN</b> .....	Eileen Reisin
<b>JANET WATSON</b> .....	Vicki Daniels
<b>KATH MAXWELL</b> .....	Kat Wilson
<b>MICKY OWENS</b> .....	Joanne Sartorius
<b>PHOTOGRAPHER</b> .....	Luke Disley
<b>ROB EVANS</b> .....	Neil Mason
<b>SARAH MORRIS</b> .....	Theresa Bennett
<b>TINA ROGERS</b> .....	Emma Hind
<b>TRACEY NEVILLE</b> . . .	Tracy Neville (who kindly recorded her lines for the show!)
<b>TRISHA WILSON</b> .....	Rachel Sumner
<b>DJ</b> .....	Luke Disley
<b>MASCOT</b> .....	Neil Mason

**CREW**

Co-Directors.....	Gail Young and Phil Cross
Choreography .....	Phil Cross
Producer .....	Brian Fray
Lighting Design .....	Phil Cross
DSM .....	Abbie Taylor
Video Operative .....	Abbie Taylor
Sound Design .....	Brian Fray
Lighting Operative.....	Josie McHugh

Special thanks from Gail Young go to Phil Cross for his inventive lighting design and choreography for the training and match sequences, and to Brian Fray for an absolutely brilliant soundscape. Thanks guys xx

See the following for production shots of the premiere of *Bouncing Back*  
[www.gailyoungplaywright.com](http://www.gailyoungplaywright.com)  
[www.facebook.com/BouncingBackGailYoung](https://www.facebook.com/BouncingBackGailYoung)

*This play is dedicated to women returners to sport.  
May they live long and prosper.*

## CHARACTER PROFILES

### **Trisha Wilson** Coach 40s

Trisha is a self-employed netball coach. Her husband passed away a couple of years ago, and she is struggling to juggle work and money/ being a single mum to her teenage daughter. Strong character with a hard exterior and soft interior. Passionate about the sport and her role in developing women returners to netball.

### **Rob Evans** Caretaker 40s

Confirmed bachelor. Meets Trisha who reminds him a lot of his mum (who was also a single mother). He is the caretaker/manager of the local run-down sports hall, initially sceptical about how the Back 2 Netball initiative is going to work out... Will the girls win him round? First love is football..

### **Kath Maxwell** Netballer GA 30s

GA – goal attack. Big mates with Janet (they are old school friends). Has been dragged to the initial training session by Janet as they both played netball at school. Lacks confidence at first but rediscovers her love for the game.

### **Janet Watson** Netballer WD early 30s

WD – wing defence. Janet – old school pal with Kath. Works in a bank and thinking of starting a netball team at work. Persuades Kath to come along to the Back 2 Netball sessions with her.

### **ASBO** Netballer GS Playing age 30–40

GS – goal shooter. ASBO – the nickname says it all. Single. Competitive. Has issues. She is an ex-soldier who is suffering from post traumatic stress disorder but has refused counselling. Has a drink problem.

### **Anna Bell** Netballer GD Playing age early 30s

GD – goal defence. A born organiser. She has secured the funding to start the Back 2 Netball training sessions and hired Trisha to coach the group. Mum of young twins and wife of the needy John. The rock of the team and a natural choice for team captain.

**Micky Owens** Netballer WA early 40s

WA – wing attack. The glamour girl of the team. In denial about the aging process and in love with her nails. Has a young daughter and a hubby who wants her to stay as fit and trim as possible.

**Angie Tasker** Netballer sub 20

Super sub. Angie has taken a year out from university as she has been ill with glandular fever. Now at home with Mum and Dad and recovering. Youngest member of the squad but wiser than her years. Attends the training sessions with the encouragement of her next-door neighbour Sarah.

**Sarah Morris** Netballer C late 30s

C – centre. A nurse. Working mum. Fit, with loads of energy which is why she is made the centre in the team. Caring individual. Revisiting the game she loves.

**Jackie Goodwin** Netballer sub mid 40s

Substitute. Overweight. Mother of teenagers. Lacking self-confidence. But absolutely loves the game of netball and hero worships Tracey Neville – the England coach – and Manchester Thunder. Desperate to get fit, lose weight and be part of the team.

**Tina Rogers** Netballer GK 30s

GK – goal keeper. Divorced. Calls a spade a spade. Sister-in-law to Anna which is how she found out about the Back 2 Netball training sessions. Needs to get out there after her divorce and focus on other things.

**Councillor Drake** Male 40–60

Minor role but very important in the final scene of Act I. Slightly pompous local councillor who loves all the attention he receives from the netball players at the photo shoot for the local press.

**Photographer** Male 20s–30s

Local photographer in Act I organising a rowdy and excited netball squad for their first photo shoot in their new team strip for the local press. Bit of a jack-the-lad type. Will double up as the DJ in the Manchester Thunder scene at the end of Act II.

**Mascot:** Can double up with the actors playing either Councillor Drake or Rob Evans.



## ACT I

### Scene One

*A run-down sports hall in the north-west of England. Wooden floors, various pitch markings on the floor, very bare. At one end is a large untidy notice board with too many posters on it all fighting for attention.*

**ROB**, the centre caretaker/manager enters. He is athletic-looking, wearing sports gear. He takes down out of date posters from the notice board and places a new notice on it, standing back to read it aloud.

**ROB** (*reading aloud*) “The Veterans Challenge Football Tournament. 14th June. Sixteen Teams blah blah blah... It is estimated that over 300 people will take part (*aside*) We live in hope! ...Councillor Drake will be presenting trophies on the day (*aside*) He’d do anything for a bloody photo opportunit. If you want to be part of this event or attend the regular football coaching session for veterans throughout the year contact our reception desk”... That should rake in a few pennies...

**ROB** decides the football notice is not prominent enough. He checks out a zumba notice that is already on the board.

Zumba...

**ROB** takes the zumba notice down from its very prominent position and places the football notice there. The zumba notice is shoved to a less central place on the board. He looks at another notice that he has in his hand.

Netball...

*Laughs to himself. Finds a space on the outer margins of the board.*

*Puts the netball poster up haphazardly. Leaves the hall.*

**TRISHA**, *the netball coach, enters dressed as a coach should be. She comes in and out with various pieces of training equipment and netballs. She starts to set the room up for the training session and her mobile phone goes off. While she is on the phone* **ROB** *enters.*

**TRISHA** *(on the phone)* Hello. Oh hi love...pie and chips...in the freezer... I've left some veg out – fresh – carrots and broccoli. Don't overboil them... Livvy... Livvy...are you listening...the pie is frozen so don't forget to read the heating instructions properly...yeah...yeah...back about ten. Make sure you get your homework done while I'm out too... OK ...see you later. *(She hangs up)*

**ROB** Do you think she'll live?

**TRISHA** Sorry? Oh – me daughter! Yeah yeah... She never reads the instructions on anything. Just says, "Well it looks cooked to me!" and bangs it on the plate.

**ROB** How old is she?

**TRISHA** Fourteen going on forty...

**ROB** My sisters used to drive me mum round the bloody bend when they were teenagers. Bet she gives you and her dad a few headaches...

**TRISHA** *(abruptly interrupting)* Her dad's dead.

*Awkward pause. TRISHA carries on putting the equipment out.*

**ROB** Sorry – I didn't mean to...

**TRISHA** *(interrupting)* Don't apologise. It was a while ago now...we're coping...she's coping...

**TRISHA** *checks her watch.*

The girls will be here soon so if you can open up those windows over there that'll be great thanks.

**ROB** Oh...right...right then...won't be a minute...

**ROB** *exits. TRISHA studies the notice board. Swaps the football poster and the netball posters on the board. She surveys her equipment, realises she has forgotten something.*

**TRISHA** Rope ladders...rope ladders... Christ! I've left them in the car.

**TRISHA** *rushes off. ROB re-enters.*

**ROB** I've done that... (*Realises TRISHA has left*) Oh...

*He notices the repositioning that has gone on with the notice board. Laughs to himself.*

The cheeky little mare...

**ROB** *busies himself swapping the football and netball posters on the board. As he does so KATH and JANET enter in training gear. They carry their bags and a bottle of water. Not sure of her surroundings, KATH approaches ROB.*

**KATH** Excuse me.

**ROB** Hello.

**KATH** Is this the right place for the netball coaching?

**ROB** *points at the netball net.*

Sorry – I didn't notice that.

**ROB** Better make that the first part of the training session then – how to recognise the nets!

*He exits.*

**KATH** Cheeky git! Who the bloody hell does he think he is!

**JANET** Oh don't take it so seriously – he was just having a laugh.

**KATH** I didn't want to come in the first place...

JANET Don't be so negative...

KATH I bloody hated netball at school.

JANET No you didn't.

KATH I did.

JANET You didn't – you just hated that PE teacher we had.  
Before that you were always in the school team...

KATH Yeah. Mrs Buxton. Bossy cow. Enough to put you off sport for life.

JANET Look – we're here now so let's enjoy it.

*JANET picks up a netball that is with the coaching equipment and tosses it to KATH who drops her bottle of water to catch the netball. JANET laughs.*

There you go – you've still got it. Have a go at a shot – go on.

KATH Give over will you.

JANET Go on – you were a brilliant shot at school...

*KATH approaches the net. She is just about to take the shot when TRISHA re-enters the room with the rope ladders. KATH quickly chucks the ball to JANET.*

TRISHA Hi. First to arrive? You two must be keen. Nice to meet you – my name's Trisha.

*She shakes JANET's hand.*

JANET I'm Janet Watson.

TRISHA Oh yeah – I remember talking to you on the phone when you enrolled. And this must be your friend, Kath?

KATH Yes – that's me.

TRISHA So...if I remember rightly you're a defender (*points to KATH*) and you're a shooter (*points at JANET*)

JANET (*laughs*) No – the other way round.

TRISHA Sorry. (*Points at JANET*) Defender. (*Points at KATH*) Shooter.

KATH Well – it was a long long time ago – I’m not sure how good I’ll be now...

TRISHA Don’t worry about it – you’ll all be in the same boat tonight.

JANET What boat's that then?

TRISHA Women returners to netball.

*As TRISHA speaks the other women enter the hall (ASBO, MICKY, TINA, ANGIE, SARAH, and JACKIE) chatting to each other and putting their kit down on the hall floor. ASBO is ferociously chewing gum. She picks up a netball, bounces it very confidently and has a few shots at the net. KATH looks at JANET.*

KATH (*whispering*) Shit! She’s big.

JANET ...solid...

KATH ...scary...

TRISHA (*claps her hands for attention from the women*) Hello ladies, hello. Lovely to see so many of you here – and on time too. I’m Trisha Wilson – I’ll be your coach in the Back 2 Netball sessions. (*She checks her watch*) I should wait for Anna really seeing as she’s organised this, but it’s eight o’clock so we’d better get started...sit yourselves down on the benches (*the women sit on the wooden benches*) and I’ll run through what you can expect from the training sessions.

ASBO Winning!

TRISHA Sorry?

ASBO Winning – that’s what we want isn’t it girls?

TRISHA Yes, well... I’m sure we all want that erm... (*Looks to ASBO for her name*)

ASBO ASBO

TRISHA ASBO?

ASBO Yeah... ASBO...

TRISHA ASBO? Is that your real... (*ASBO glares at her*) OK ...erm... ASBO...as I was saying...

*ANNA bursts into the hall.*

ANNA Soooo sorry I'm late everyone. Soooo so sorry Trisha. My twins have got that bloody virus that's going round.

TINA That tummy bug?

ANNA Yeah – so they're either fighting for the loo or throwing up at the moment.

TINA Too much information Anna...

ANNA Sorry Trisha. I meant to get here earlier to collect the subs and introduce you to everyone but I had to arrange for me mum to come and mind the kids coz John just can't cope when they're ill. He's never been good at nursing anyone – almost faints if he has to have a needle and he's even worse if anyone's throwing up so...

TINA (*interrupting*) Alright alright. We've all got the message. You're too soft with John – what you really mean is that he was planning on going out...

ANNA No, no Tina...it's the...

TINA Don't try and kid us, he's my little brother Anna – I know what he's like...

*Awkward pause.*

ASBO Aye aye – bit of a domestic!

*The other girls giggle. TRISHA takes up the slack.*

TRISHA No worries Anna. Just glad you're here. You can sort the subs out at the end of the session if that's ok?

*ANNA nods and sits on the bench with the others. TRISHA carries on with the meeting.*

Anna got in touch with me when she managed to secure a bit of funding from the council, so I think she deserves a round of applause for taking the initiative and making this all happen tonight.

*Round of applause from the women. TRISHA continues.*

Right. There's a few health and safety issues I need to check out. First of all – does anyone have any injuries or health issues that I need to be aware of?

*Much shaking of heads, but SARAH looks at ANGIE, who puts her hand up.*

Yes...? Sorry – I don't know all your names yet...

ANGIE Angie Tasker.

TRISHA Angie.

ANGIE I'm still recovering from...

SARAH She hasn't been too well lately.

TRISHA I'm sorry to hear that.

ANGIE I'm ok for the training but not for the games at the moment, I still get a bit tired – so is it alright for me to come to these sessions? I've cleared it with my doctor and he says I should be ok.

TRISHA Let's see how it all goes tonight Angie, and we'll agree how you progress from there. How's that?

ANGIE Thanks.

SARAH See! I told you it would be alright.

TRISHA Just listen to your body – I'm sure you'll be fine.

SARAH I'll look after you Angie – I'll block any bolshie buggers on the pitch!

TRISHA OK – moving on. Chewing gum...

*ASBO stops chewing. Pulls a "who me?" face. Some of the others start giggling at her.*

Not a good idea when you're participating in any sort of sport so if you can get rid of it now and make sure you don't bring any to future sessions please.

*ASBO removes the gum, walks over to the bin and dumps her gum.*

Thanks.

**ASBO** That's alright... Miss...

*ASBO curtsies and then re-joins the others on the bench.*

**TRISHA** Jewellery – you need to get rid of that – it's regarded as a weapon. So can you do that now. And tie your hair back next time please.

*The girls take out earrings and any bracelets etc.*

And last but not least – NAILS. Hold up the palms of your hands.

*They all do so. TRISHA walks up and down inspecting them.*

**MICKY** Nails?

**TRISHA** You'll get your hands checked by the referee in every game you play and if they are not short enough you'll be told to clip them back there and then. Looking at you lot some of you need to do that tonight when you get home.

**KATH** I've only had them done today.

**TRISHA** Well if you're serious you'll have to make some sacrifices won't you girls.

**MICKY** My Geoff won't like that at all. He pays for mine and they've cost a fortune.

**TRISHA** I'll be checking them at the next session so you've been warned. Right. We'll just do a bit of a round robin to introduce yourselves...starting with you Anna.

**ANNA** Me?

**TRISHA** Well stand up then. You're the one who's got the ball rolling on all of this.

**ANNA** Ok then. Anna Bell – and I LOVE netball. Last played about ten years ago before I had the twins – I spotted this opportunity for a bit of funding – and I just thought “Sod it” and I applied for it.

**TINA** And you got it!

ANNA Yep. I got it. And I got in touch with Trisha to coach us, and here we are.

TRISHA What do you want to get out of it all Anna.

ANNA What do I want? To play again – I love the game – and to get fit.

TINA (*interrupting*) And to be with her mates...

ANNA *sits down.*

TRISHA Go on...give us your name...

TINA Tina, I'm Anna's sister in law. Well, it's no secret – I split up with me husband last year – (*To the other girls*) He ran off with that old bitch from the bingo, Chrissy Clarke – do you know her? She's been desperate for a toyboy and the soft sod fell for it... Anyway, I just needed to get out there again – so Anna said come down to the netball with me – and here I am.

TRISHA When did you last play?

TINA I haven't played since I was at school – I left when I was sixteen.

TRISHA So that's...?

TINA Twenty years ago. Hard to believe isn't it? I don't look a day over 21...

TRISHA Thanks Tina. ASBO?

ASBO Christ...the bloody creeping death! Do I have to? (*Pause as TRISHA stares at her*) Ok then... I just want to do something competitive again – and maybe lose a bit of weight.

JACKIE Yeah – me too.

TRISHA And you are?

JACKIE Jackie Goodwin. I want to get fit but I can't stand going to the gym coz it's full of size 8 young women. I feel a right frump next to 'em all! Anyway, I've been watching the netball on Sky – that's what's got me interested in coming tonight. And I went to a Manchester Thunder League netball game the other week with some mates...

ANNA/ASBO/TINA *are really impressed.*

ASBO You lucky bugger. Bet that was brilliant.

JACKIE It was bloody fantastic.

ASBO I fancy going to see them as well.

ANNA Let's sort out a group outing...

MICKY The Thunder League? What's the Thunder League?

ASBO What's the Thunder League? Call yourself a netballer...

ANNA It's the netball version of the football Premiere League.

TINA You know – all the top-class players play in it

JACKIE AND – did you know? In 2019 the Netball World cup's coming to Liverpool!

*Lights snap to a heavenly glow. We hear a harp. The NETBALLERS all look up as one except for TRISHA.*

ALL The netball world cup. Ooooooh.

*Lights snap back to the hall.*

TRISHA There you go girls. You'll be in with a chance of playing in the world cup if you train hard enough. You've got a few years to get yourselves fit enough for selection.

*Laughing from the NETBALLERS.*

ANNA Hey Jackie – was Tracy Neville there? She's amazing.

*Lights snap to a heavenly glow. We hear a harp. The NETBALLERS all look up as one. An image of TRACY NEVILLE is seen in the heavens.*

ALL Tracy Neville. Aaaaah. She's an angel.

*Lights snap back to the hall.*

JACKIE I looked and looked but I didn't see her. Tracey's the England coach now isn't she?

*Lights snap back to the heavenly glow.*

ALL *(softly chanting initially and building to a crescendo)*  
 Engerland... Engerland... Engerland... *(The NETBALLERS  
 all jump up as though they are cheering the team on)*  
 ENGERLAND...ENGERLAND...

*Main lights snap back to the hall.*

TRISHA Hello? Are we all still in the room?

JACKIE Sorry... I just get a bit carried away...

TRISHA Moving on *(looking at SARAH)* And you are?

SARAH Sarah Morris. I was the centre in the school team and I loved it. That was years ago I know – and I'll probably be rubbish now...but I'm going to have a go!

TRISHA Have you played since leaving school?

SARAH No, but I've tried to keep myself fit. You know...jogging every other day and going to the gym when I can fit it in. My only worry is that I'm a nurse so my shifts might interfere a bit with the training...

TRISHA Don't worry too much about that...and you are? *(She looks at ANGIE)*

ANGIE Angie. Sarah's one of our neighbours and she's told me about tonight. I just hope I'm fit enough to keep up with everyone else.

TRISHA I'm sure you'll be fine Angie. *(Looking at KATH)* How about you?

*Pause. KATH is very nervous.*

KATH Me? Hello everybody... I'm Kath and I... God. I'm really nervous talking in front of everyone...isn't that silly!

TRISHA Don't be. You're all new tonight. Go on...

KATH Well... Janet... *(She indicates her friend JANET)*

JANET That's me!

KATH Janet's a good pal of mine and she persuaded me to come along. We used to play the game together at school, and I've been a bit of a stay-at-home mum with the kids for the last

few years, bit mumsy – you know – so anyway – here I am and...

**JANET** Here WE are and I'm made up that Kath has come. I think we'll have a ball.

**ASBO** A netball!

*Mock cheer from the others.*

**JANET** Yeah, a "netball". I can't wait to get started. I'm thinking about starting up a netball team at work – at the bank – and thought I'd better get fit first and these sessions were advertised – so here I am!

**TRISHA** Thanks Janet. And that just leaves you. (*Indicates MICKY*)

**MICKY** Just me! Little old me! I'm Micky, and... I'm...erm... thirty nine...

**JANET** On the way to the big four zero...

*The others laugh.*

**MICKY** (*talking over JANET*) Like I was saying, my name's Micky Owens. I'm... thirty nine...I'm a mum. I've got a little girl, Lisa. She's ten and an absolute angel. I love her to bits.

**TRISHA** Thanks Micky...

**MICKY** (*talking over TRISHA*) What else? Oh yes, I'm married to Geoff. He's a star – so attentive – and he suggested this for me as a keep fit exercise coz he knows I used to play in the team at school.

**TRISHA** OK, moving on...

**MICKY** (*carrying on*) Anyway, I work at the local opticians part time – Olivers – on the high street. Do you know it? Anyway, Geoff likes me to look as trim as possible. And he can be at home to look after Lisa the nights that the netball's on – so it all fits in really... Mind you, he's not going to be happy about the nails. Not at all. He does like me to look feminine. I mean, I do as well, and nice nails are all part of that aren't they? Still, it's a small sacrifice isn't it? Giving up a little bit of our femininity in the name of sport...

*Momentary silence as they all stare at MICKY. TRISHA moves the conversation on.*

**TRISHA** Brilliant. Thanks everyone... Right – I'm going to set the equipment up for a circuit session that will improve both your overall fitness and netballing skills. After we've done that we can have a little practise game, so get yourselves ready while I'm setting things up...

*TRISHA busies herself setting up the circuit. Rope ladders on the floor, skipping rope in one corner, mini hurdles set up, small flat discs set up on the floor a bit like stepping stones. While she is doing this the women get a drink, ditch their sweatshirts, tie their hair up. There is a BING BONG loudspeaker announcement from ROB...*

**ROB** *(on the loudspeaker)* Would the owner of the old blue Range Rover currently blocking the front entrance come and move it to an actual car parking space. Thank you.

*TRISHA curses to herself, checks she has her car keys in her trackie bottoms pocket and runs out. ANNA carries on setting out the hurdles for TRISHA. ASBO picks up a netball and tries some practise shots. SARAH picks up a ball and she, JACKIE and ANGIE start passing the ball around between themselves. Whilst this activity is going on MICKY approaches KATH and JANET.*

**MICKY** Don't I know you two from school?

**KATH** School?

**MICKY** Yeah – St Bede's – I'm sure you two were there when I was...

**JANET** I don't recall...

**MICKY** *(interrupting)* Yeah we were – we had the same PE teacher, Mrs Buxton, remember? She used to take us for netball training?

**KATH** I remember that grumpy cow alright – but I can't place you... Micky?

MICKY I was a few years ahead of you two...me name's really Michelle – you'd know me as Michelle O'Rourke, me maiden name? Remember?

JANET Michelle O'Rourke?

KATH Really? Get away...

*ANNA shouts over to MICKY.*

ANNA Micky – give me a hand with this rope ladder, it's all tangled up.

MICKY Coming! (*To KATH and JANET*) See you...

*MICKY runs over to ANNA. KATH and JANET observe her.*

KATH Bloody Hell.

JANET Michelle O'Rourke. Who'd have thought it?

KATH Christ! She's lost weight. She was a right two-ton Tessie at school.

JANET She's lost those NHS glasses too.

KATH Contact lenses! Yeah – they make SUCH a difference.

JANET Not to mention the hair colour.

KATH Wonder what colour she really is underneath that blonde mane?

JANET Grey probably...or heading that way...

KATH Mmmmm. Mind you the colour suits her...

JANET And the teeth! Amazing...that brace paid off in the end...

KATH Do you think she's had Botox?

JANET I don't know about that but I know one thing for definite.

KATH What's that?

JANET She's not thirty nine...

*They both giggle.*

*TRISHA rushes back into the sports hall.*

**TRISHA** Sorry about that everyone. Thanks for setting things up Anna. Right then. I'll just talk you through the way this will work.

*TRISHA holds up the skipping rope.*

Skipping! Nice uncomplicated exercise that you can all do in your own back gardens as well. Great for overall fitness, balance, timing...

*TRISHA moves to the rope ladder.*

Sarah – you said you've kept fit so you've talked yourself into this. Come over here and we'll demonstrate how this works.

*SARAH joins TRISHA at the rope ladder. She is positioned side on at the edge of the rope ladder which is on the floor in a straight line. TRISHA picks up a netball.*

OK – you're going to step in and out of the steps on the rope ladder side on while you and I pass the netball back and forth to one another – small fast side steps. Let's try it.

*TRISHA and SARAH do a quick demo for the others.*

Have we all got that?

*SARAH is puffing and blowing a bit.*

You ok?

**SARAH** Just getting me puff back...

**TRISHA** Remember folks, little side steps – try and do it as fast as you can without injuring yourself. Sarah and Angie and ASBO can start with that exercise.

*The others nod agreement to TRISHA but look a bit unsure behind her back.*

Jackie and Janet and Anna can do the mini hurdles exercise to begin. You need to do this side on (*she demonstrates*) and then forward (*she demonstrates*) OK? Little fast steps again girls.

**ANNA/JACKIE/JANET** Fine.

**TRISHA** (*moving to the wobble boards to demonstrate*) And if Mickey, Kath and Tina can work on these (**TRISHA demonstrates**) to improve your balance that would be brilliant. And when I give the command on the whistle it is time for your group to move in a clockwise direction round the hall.

**ASBO** (*aside*) “On the whistle!” Sounds like one man and his dog...

*The women all move as if to start the circuit. TRISHA intervenes.*

**TRISHA** BUT before we start all of that we need to warm up. We’ll kick off with a warm-up jog on the spot, so find yourself a bit of individual space – and go!

*TRISHA blows her whistle. The girls jog and chat. They grow more and more shattered as the exercises progress till nearly at a standstill by the time they do the arm exercises at the end of the scene.*

High knees.

*The girls do the exercise.*

And heel flicks. (*Whistle*)

*The girls do the exercise. Really puffing and blowing at the end of it all.*

Now I want you to bend your knees and take tiny fast side steps to one end then back again. (*Whistle*)

*The girls do the exercise. It looks quite funny.*

And again, the other way round – faster (*whistle*)

*The girls do the exercise faster – looks even funnier.*

Remember. Those little steps really make you strong on the court. Last warm up exercise – bend your legs and hold and leap like a frog go round in a circle. (*Whistle*)

*The girls do the exercise – lots of frog noises and giggling.*

Too much giggling there girls. Stand up – arm stretches while you walk around and then we’ll start the circuit...

*They all do arm stretches and walk around.*

Let’s crack on. Go at your own pace and have some fun as well as working hard. Start on the whistle.

*TRISHA blows a short sharp blast on her whistle – the girls rush to their respective places on the circuit, and get started on their exercise. Much noise and excitement as they get to grips with the first exercise on the circuit. TINA blows a short sharp blast on her whistle. Momentary blackout and the lights snap up on the NETBALLERS having moved round clockwise and on to the next stage of the circuit. This continues and becomes faster and faster until the netballers are frozen in the moment on some exercises and lights snap on and off at a manic pace. Lights then snap on and stay on to reveal the NETBALLERS all on the verge of collapse and TRISHA winding up the session.*

Well done girls. Did you enjoy that?

**NETBALLERS** (*exhausted*) (*various*) Yeah/Great/Shattered/Thanks.

**TRISHA** Great. Same time next week then. Goodnight ladies.

*The NETBALLERS gather their stuff together and exit.*

*ROB enters as they leave. He is holding financial papers in his hand. TRISHA is busy packing away the training equipment. He approaches her.*

**ROB** Hiya. How did your first session go?

**TRISHA** Fine. (*Still packing away the training gear*)

**ROB** You’ve got your work cut out with those girls but I bet they’ve all been looking forward to...

**TRISHA** Look – I haven’t got a lot of time Rob. I need to get home.

**ROB** Right. Yeah...anyway... I just needed to see you about this – the hire charges for the hall.

**TRISHA** What about them?

**ROB** It's about...

**TRISHA** (*interrupting*) We've paid up front for the thirteen weeks of the league haven't we?

**ROB** Yes, but what's happ...

**TRISHA** (*interrupting again*) Well if I've paid what do you need to see me for?

**ROB** I think there's been a misunderstanding about the...

**TRISHA** (*interrupting again*) Look – I got the hire monies from Anna along with the coaching fees and then I hired the hall to hold the sessions in – if you've got any issues about...

**ROB** (*interrupting*) Can I get a word in?

**TRISHA** Sorry?

**ROB** I appreciate that you're in a rush but you haven't let me finish a sentence yet!

**TRISHA** Sorry...

**ROB** Thank you. Anyway, as I was saying...

*TRISHA's mobile phone rings.*

**TRISHA** Excuse me. I'll have to take this... Hello. Hiya Livvy. No, I'm on my way home now. I should be there in about twenty minutes. No...don't worry about the dog. I'll walk her round the block when I get home. OK love – see you soon. Bye... Bye...

**ROB** Look, it can wait if you like.

**TRISHA** No, no...but just get to the point will you Rob.

**ROB** You've underpaid for the hire of the hall.

**TRISHA** Underpaid! By how much?

**ROB** One hundred and sixty pounds.

**TRISHA** WHAT?

**ROB** I think there's been a mistake and...

**TRISHA** I'll say there's been a bloody mistake! One hundred and sixty pounds more? You're joking aren't you?

**ROB** The hire charges for the hall have gone up recently – admin must have sent out the old hourly rates to you and Anna. I don't know why this has happened and...

**TRISHA** Neither do I. One hundred and sixty pounds? Those girls think they've paid the full amount for the thirteen-week period. I just haven't got that Rob...

**ROB** I'm really sorry about all of this.

**TRISHA** Not half as sorry as I am. I'll have to get the extra subs in and let you know when I've got it...anyway, I haven't got time to argue the toss now... Livvy's been on her own all night and...

**ROB** No, no. You're right, you get off to your daughter – that's the most important thing...

**TRISHA** I'm not happy about this Rob...

**ROB** Look, I'm sorry for the mix up but...

**TRISHA** (*abruptly interrupting*) Yeah yeah yeah...some other time...

*She shoots out of the door. ROB watches her go. Looks at the financial paperwork again and shakes his head. Picks up his mobile. Rings a number.*

**ROB** Mum? You ok? Good. No...no... I'm still at work. Do you need anything? I could pick up some milk from the garage on my way home and drop it off if you need any...but if you're ok...good. What was that? How's *my* day been? (*He looks at the paperwork in his hand and shakes his head*) Fine, fine... Listen, I'll pop round tomorrow and we can have a cup of tea and put the world to rights...yeah...yeah... love you too Mum. See you tomorrow.

*ROB hangs up. Looks at his paperwork again and heaves a sigh. He exits as the lights dim on the scene.*

## Scene Two

*The netball court a couple of weeks later. ANGIE is on the court practicing her shooting skills. ROB enters to pin a football notice on the board. He places it centrally – moving the netball notice to the outer margins of the board – chatting to ANGIE as he does so.*

**ROB** Hiya.

**ANGIE** Hi.

**ROB** You're early aren't you?

**ANGIE** I know. Is that ok? I just wanted to get a bit of practise in before we start the training session.

**ROB** It's fine. You carry on.

*He watches her have a shot at goal.*

Is that your position then – shooter?

**ANGIE** Goal shooter, yeah, it is – well, I mean... I used to play goal attack but I'm not as fit as I used to be, so I'm trying to become more of a goal shooter.

**ROB** You know, I always think you need to be a bit like a sniper to get goals consistently – have that killer instinct. That's what it's like in football anyhow.

**ANGIE** I don't know about that. I've never thought of myself as having a killer instinct.

**ROB** But you're focused aren't you – I mean, you must have really concentrated on getting fit again...

**ANGIE** How did you know about that?

**ROB** Sarah mentioned it to me... I know her coz me mum attends a clinic she looks after. Hey – I hope you don't mind me saying...

**ANGIE** No, No. Don't be daft...

*Pause. ANGIE tries another shot.*

**ROB** Do you think you stand a better chance of getting in the team as a goal shooter?

**ANGIE** Maybe in a couple of months... I won't make the team straight away... I mean...the netball games are an hour long. I'd probably collapse! I've packed in uni for a bit because I've been so tired all the time...

**ROB** Have you had to pack in uni?

**ANGIE** For a while...just taken a year out...it's all been a bit of a shock to my system... Glandular fever's literally a pain in the neck!

*She takes another practise shot.*

**ROB** Hey – not everyone has to be on the pitch all the time to make a difference you know. Look at how many last-minute substitutions in football have turned the game around. It'll be the same for you.

**ANGIE** Do you think so?

**ROB** I know so. Get yourself on that subs bench and practise hard and you'll be part of that team faster than you think. Anyway, I'd better go – the veteran footballers are playing outside tonight...five-a-side. I have to keep an eye on them. They don't move very fast but they're all hooligans at heart!

*ANGIE laughs. ROB goes to leave.*

See you.

*He exits as SARAH enters.*

Hey up. Here's another early bird!

**SARAH** Hiya Rob. How's your mum?

**ROB** Oh...you know...getting there...

**SARAH** Recovering from a hip replacement is a long haul.

**ROB** You're right. You know me mum though – she'll bounce back, she always does...

**SARAH** Tell her I was asking after her.

**ROB** I will. See you Sarah.

**SARAH** See you Rob...

**ROB** *exits. SARAH turns to ANGIE.*

I'm sorry I couldn't pick you up tonight Angie, but I've had to come straight from work. Did your dad give you a lift down?

**ANGIE** I jogged down.

**SARAH** Angie!

**ANGIE** What?

**SARAH** That's four miles! If your mum and dad knew they'd go mad. You know you're not supposed to overdo things.

**ANGIE** Well I won't tell them if you don't.

**SARAH** I won't tell them, but just think on – the last thing you need is a relapse.

**ANGIE** Stop worrying! Can I cadge a lift home?

**SARAH** Course you can...come on then...chuck us the ball...

*They chuck the ball backwards and forwards to each other.*

*TRISHA/ANNA and ASBO enter carrying all the kit for the circuit session. ANNA and ASBO start putting the equipment out.*

**ANNA** Hi girls.

**SARAH AND ANGIE** Hiya.

**TRISHA** You're keen. How long have you been here?

**ANGIE** About half an hour. I'm just trying to get in a bit of extra practise...

*ASBO bounces one of the netballs up to the net and has a shot. As she does so TRISHA surveys the notice board, and swaps round the netball notice and the football notice.*

**ASBO** Hey – you're not after the goal shooter slot in the team are you?

ANGIE No. No... I'm just...

SARAH (*interrupting*) What if she is?

ANNA Leave her alone ASBO. You carry on putting in the practise Angie. You're getting better every session.

ASBO Alright, alright you two. I was only joking... Christ! Keep your hair on.

*The other NETBALLERS enter gossiping, put their bags and water bottle down, and some scrape their hair back into pony tails.*

TRISHA Hello ladies. Nice to see we're all on time tonight. If you can sit on the benches as quickly as possible.

*The NETBALLERS assemble themselves.*

Hands.

*The NETBALLERS all hold up their hands in the air with the palms facing TRISHA – a bit like well trained puppies. TRISHA marches up and down looking at them. Stops in front of MICKY and hands her the nail clippers.*

MICKY Aar ey. I asked her to do them really short...

TRISHA Not short enough. Get over to that bin and clip those nails back...

*MICKY does so – the others shouting “Geoff won't like that”. ‘How much did he pay for those?’ and laughing at her...*

TRISHA *stands by ASBO.*

Gum.

ASBO I'm not...

TRISHA You are! Get it in the bin.

*ASBO goes to the bin and gets rid of her gum.*

*MICKY re-joins the group while TRISHA is talking and trots up to her and shows her nails. TRISHA nods that*

# WAIT, THERE'S MORE!

---

Please visit our website to buy the full script, apply for a license to perform this show (if it's available), or to explore hundreds of similar titles.

[www.samuelfrench.co.uk](http://www.samuelfrench.co.uk)

or, in the US [www.samuelfrench.com](http://www.samuelfrench.com)

To be the first to know about new books, licensing releases, and enjoy other theatre-related larks, do follow us on our spangley social media channels.



**Samuel French London**



**SamuelFrenchLtd**