

Walking Netball Warm-Up

LIVE STRONGER
FOR LONGER
PREVENT FALLS & FRACTURES

ACC SportSmart



NetballSmart

This warm-up is to prepare players for Walking Netball, as well as improve their strength and balance. This warm-up is designed to be completed working across court, using the width of the court for each exercise. Visit www.netballsmart.co.nz for more NetballSmart resources.

Part A – Walking

WALKING

- Long strides, swing arms, keep eyes forward and chest proud.



HIGH KNEES

- Raise knees to hip height, while rolling shoulders forward.



BUTT KICKS

- Heels higher than knee height, while rolling shoulders back.



WALKING BACKWARDS

- Long strides, swing arms, keep eyes forward and chest proud.



SIDE STEP

- Keep knees soft. Open/close step and arms together.
- Lead with the right/left foot for one width each.



ZIG-ZAG WALK

- Taking three steps in one direction, plant your outside foot, creating sharp 90-degree angle continue in other direction.



STEP-STEP-FREEZE

- Perform two wide steps before holding your balance on a single leg – e.g. left step, right step, balance on left.



Part B – Strength and Balance

STEP-STEP-PIVOT

- Three steps in one direction, plant outside foot and pivot one step forward and back before changing direction. (Note the photos are showing the pivoting movement).



TIP-TOE WALK AND REACH

- Tiptoe walking with arms stretched overhead.



SQUAT AND CALF RAISE

- Feet positioned hip-width apart, squat bending through knees and hips to reach towards the ground. Return to standing, rising onto your toes and reaching overhead.
- Repeat 10 times on the sideline.



WALKING LUNGE

- Keep feet hip-width apart, eyes forward while completing walking lunges.
- Ensure the knee of the front leg aligns over foot, and heel stays down.



HIP OPENERS

- Lift knee to hip height and horizontally abduct (take knee away from your mid-line).



Part C – Partner Passes

For all passing activities:

- Stand tall with your feet shoulder-width apart.
- Point your toes and hips toward your partner.
- Step toward your partner as you pass.
- Push through the ball with both hands.
- Flick your wrists to complete the pass.
- Follow through with your fingers pointing at your partner.
- Keep your eyes up and make sure your partner is ready to receive the ball.

Developed in collaboration
with Sport Canterbury



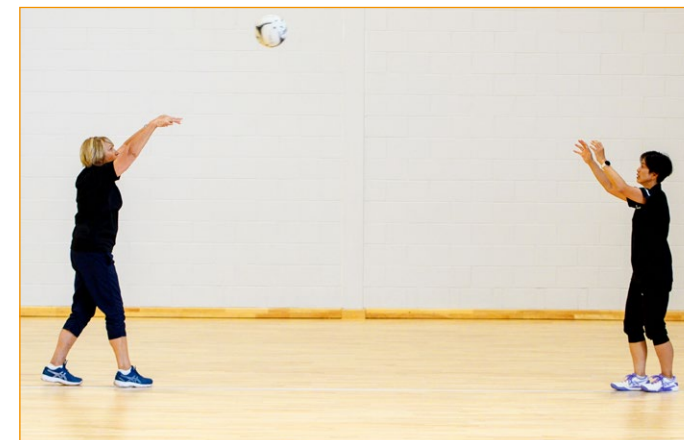
CHEST PASS

- Hold the ball at your chest, with thumbs behind and fingers around.
- Keep elbows tucked in during chest passes.
- Pass firmly – keep it flat and quick.



OVERHEAD PASS

- Hold the ball above your head with strong hands and slightly bent elbows.
- Step toward your target, extend arms high, and drive the ball forward.
- Flick the wrists for a straight pass, throw the ball over the imagined defender, and follow through with fingers pointing at your target.



BOUNCE PASS

- Hold the ball low and in front.
- Step toward your partner, aiming two-thirds of the way.
- Push the ball down and forward, flicking your wrists to bounce it.
- Keep the pass flat and fast, following through with fingers pointing to the bounce spot.
- Keep your eyes up to see the space before passing.



SHOULDER PASS

- Stand side-on to your target.
- Hold the ball high at your shoulder, and step forward with your opposite foot.
- As you throw, drive your arm through smoothly and flick your wrist for extra power.
- Follow through toward your partner, keeping the pass flat, fast, and direct.
- Keep your eyes up and make eye contact with your partner before you throw.

