

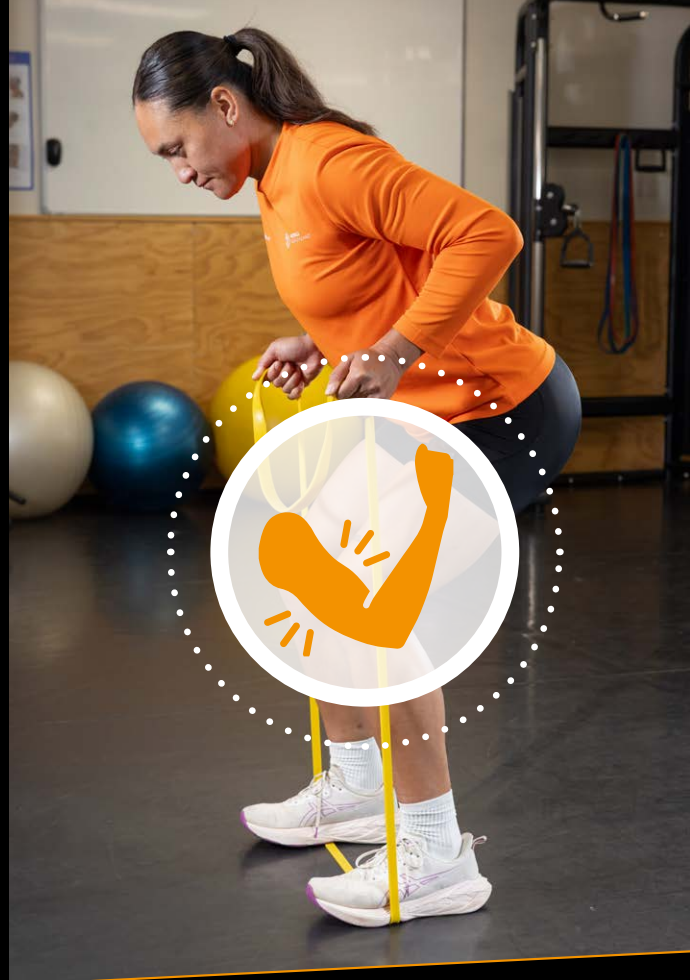
# Functional Strength Foundations

Netball is a strength and power-based sport. Building strength, especially in young Netballers, helps improve on court performance and protect against lower limb injuries.



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## MOBILITY



### 90/90 HIP ROTATIONS

1 set x 8 reps

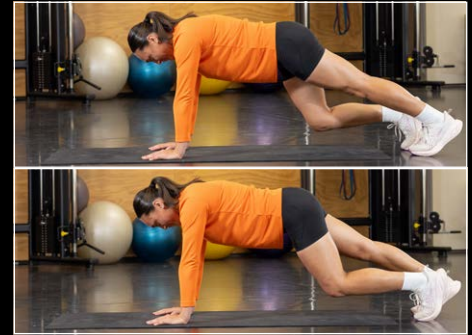
*Sit tall, keep chest up, rotate slowly without lifting feet off the ground, place hands on the ground for support if needed.*



### PLANK TO TOE TAP

1 set x 10 reps

*Brace core, lift hips, reach across to opposite toe, return to a plank position.*



### DYNAMIC CALF PUMPS

1 set x 12 reps

*Push heel down, move with control, alternating sides.*

## ACTIVATION



### SINGLE-LEG BALANCE HALO

1 set x 30 seconds each side

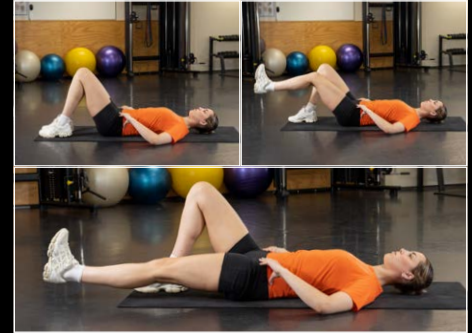
*Stand tall, soften knee, keep hips level, and brace core, move plate slowly around head.*



### I/Y/T/W

1 set x 2 reps of each shape

*Draw shoulders back and down, squeeze shoulder blades, and avoid shrugging.*



### PELVIC WALKOUTS

1 set x 6 reps each side

*Brace core, keep hips steady, extend leg low without arching back.*

# STRENGTH SESSION

This resource combines isometric and dynamic movements to build strength and reinforce key exercises and techniques.

Focus on posture, alignment, and core engagement throughout the entire movement, ensuring each exercise is performed with smooth, controlled motion.



## SINGLE-LEG ROMANIAN DEAD LIFT

3 sets x 8 reps

*Hinge at hips, soft knee, keep back straight, shoulders level, and control return.*



## LATERAL LUNGE HOLD

3 x 10 sec = 1 rep 3 sets x 4 reps

*Step wide, bend knee over toes, keep chest up, and avoid knee collapsing.*



## DUMBBELL STEP-UP

3 sets x 6 reps (each side)

*Drive through heel, stand tall, core engaged, and control the descent. Add dumbbell in each hand, when comfortable with movement.*



### **CALF RAISE HOLD**

3 x 10 sec hold = 1 rep 3 sets x 3 reps

Rise onto toes, keep ankles straight, and lower slowly without bouncing.



### **BANDED OR DUMBBELL BENT OVER ROW**

3 sets x 8 reps

Hinge at hips, keep back flat, pull to ribs, and squeeze shoulder blades together.



### **DUMBBELL BENCH PRESS**

3 sets x 8 reps

Feet flat on floor core braced, elbows on a 45-degree angle.



### **BICYCLE CRUNCH**

3 sets x 12 reps

Rotate from trunk, keep core braced, place hands by ears to avoid pulling on your neck.



### **BIRD DOG HOLD**

3 x 5 sec hold 4 sets x 1 rep on each side

Brace core, extend arm and leg long, keep hips square, and hold steady without arching.



### **HAMSTRING BRIDGE**

3 sets – 6 reps each side

Single or double leg. Toes up, drive through heels to lift, lower slowly and controlled.