

Isometric 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.



Scan the QR code below or visit www.netballsmart.co.nz for more information and links to videos.

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ACC SportSmart



NETBALL
NEW ZEALAND
POHĀRAWHITI AOTEAROA



NetballSmart

MOBILITY



WORLD'S GREATEST STRETCH

1 set x 6 reps each side

Keep hips square, rotate from your upper back, reach tall, and reach elbow to the ground.



CHILD'S POSE TO COBRA

1 set x 10 reps

Relax shoulders, lengthen spine, press hips down, and avoid arching lower back.



SHOO THE CHICKENS

1 set x 6 reps each side

Hinge at hips, lower back flat, sweep low without rounding shoulders.

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 strength session combines an isometric hold with a dynamic movement to build stability and strength. Start by holding the position – focus on posture, alignment, and core engagement. Then, without resting, move straight into the dynamic exercise with smooth, controlled motion.

An isometric exercise is when you make your muscles work by holding a still position without moving.



WALL SIT + SQUAT
(30 sec hold + 5 squats) – 5 sets x 1 rep



**SINGLE-LEG GLUTE BRIDGE HOLD +
SINGLE LEG GLUTE BRIDGE**
(10 sec hold + 5 SL glute bridges) – rest 10
sec between sets. Complete 5x.



LUNGE HOLD + REVERSE LUNGE
(10 sec + 5) – do this on each side,
5 sets x 1 rep (each side)



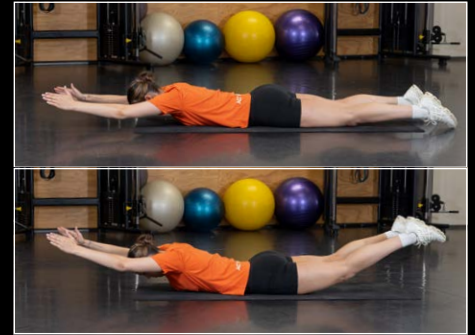
LOW BOX JUMP

3 sets x 5 reps, find a small box
(max 20cm high)



BENCH OR WALL PUSH-UP HOLD + PUSH UP

(5 sec + 5 push ups) – 5 sets x 1 rep



SUPERMAN HOLD + SUPERMAN

(5 sec + 5) – 5 sets x 1 rep



PLANK + PLANK LEG LIFT

(5 sec + 5) – do this on each side,
5 sets x 1 rep (each side)



DEAD BUG HOLD + DEAD BUG

(5 sec hold + 5) – do this on each side,
5 sets x 1 rep (each side)

REHYDRATE AND REFUEL

Aim to eat a high protein recovery
snack within 60 minutes.
Find some great options in the
Smart Nutrition resource.

