NetballSmart Dynamic Warm-Up

Warming-up before Netball prepares you for the upcoming activity. Cooling down prepares you for the rest of the day, while recovery prepares you for the next training session or game.

3 Tips!

- Prepare and warm-up well using the NetballSmart Dynamic Warm-Up.
- The NetballSmart Dynamic Warm-Up decreases injury.
- Recover well and prepare for the next training.

NetballSmart Dynamic Warm-Up

The Warm-Up is designed to prevent common Netball injuries and enhance performance. Prepares the body to jump, land and stop correctly.

DO IT 2-3 TIMES A WEEK.

- Proven to decrease ACL and lower limb injuries by at least 40%

Netball Injuries

- There are 8,000 new Netball related ankle injuries per year.
- Knee injuries cost over $11m in New Zealand annually (July 2016-June 2017)

Recovery

There are two types of recovery: Passive and Active

- Passive recovery includes rest, sleep, massage and meditation.
- Active recovery includes cool downs, rolling, stretching and hydrotherapy (hot/cold).

Cool Down

The cool down begins the recovery process

- It may assist in decreasing muscle soreness post activity.
- Include jogging and walking.
- Stretching of all main muscle groups.

Recovery helps prevent over-training.

- Recovery prepares you for the next training session.
- Nutrition and hydration supports recovery - replace fluid and energy lost while playing Netball.
- Water is adequate hydration recovery for most Netball players.
- Examples of healthy post-activity snacks are in the Smart Preparation resource.