**Smart Preparation**  
Smart Preparation prepares the mind and body before you reach the court

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### Sleep

- **8**
  - Sleep more than 8 hours a night and you will play better

- **8h**
  - Research shows that having 8 hours a sleep, 5 days a week improves performance and decreases injury rate.
  - Get a good night sleep before trainings and game days.

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### Food

- **ENERGY IN = ENERGY OUT.**
  - Eat well to play well

- **Check your shoes… how’s the tread?**

**TWO HOURS BEFORE GAME TIME EAT:**

- **BREAKFAST**
  - Cereal, yoghurt and fruit, scrambled eggs on toast

- **LUNCH**
  - Salad and meat sandwich or wrap, scrambled eggs on toast, toasted sandwich

- If you have eaten more than two hours before a game, have a snack one hour before a game. i.e. sandwich or banana.

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### Fluid

- **Drink 500ml in the hour before the game. Plus drink during and after the game.**

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### Environment

- Consider both the physical and social aspects of a player environment. The environment is important for player growth, enjoyment and injury prevention.

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### Ensure Fair Play

- **Team Spirit**
- **Joy**
- **Support**
- **Respect**

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### Footwear

- Choose Netball shoes not running shoes to play the game.
- Netball shoes or cross trainers are designed for quick changes in direction.

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### Physical Preparation

- Build strength to cope with the physical demands of Netball.
  - Do the NetballSmart Dynamic Warm-Up 2-3 times a week.
  - Do 2-3 on your feet training sessions a week. i.e. running, circuits.

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**NETBALL NEW ZEALAND**

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