Smart Movement leads to a quality Netball experience and decreased injury rate. Smart Movement is developing a player's movement skill and technique correctly which allows them to compete and enjoy their sports.

**3 Tips!**
- Practise your landings!
- Strength supports you and your game
- Smart Movement leads to a quality Netball experience and decreased injury rate

**TIME ON COURT**
We want players to be “physically capable and competent movers.” This means that they have the fundamental movement skills, the Netball specific movement skills and the strength needed to play the game.

Players that are physically capable and competent have more time on court, are less likely to get injured and therefore are constantly improving their performance.

**GROW YOUR PLAYERS**

**TIME ON COURT** = **PCCM** (Physically Capable Competent Movers) + **STRENGTH** + **SPORT SPECIFIC MOVEMENT SKILL**

**FMS** (Fundamental Movement Skill) is needed for Netball:
- **Running**
- **Agility**
- **Coordination**
- **Balance**
- **Jumping**
- **Landing**
- **Throwing**
- **Catching**

Players need to regularly practise these FMS so they can effectively put them into a game - improving performance and decreasing injury risk.