



NetballSmart Dynamic Warm-Up



ACC SportSmart



Introduction – NetballSmart Philosophy and Practice

Warming up before playing Netball prepares the body, heart and mind for the upcoming activity. Netball players require a high degree of movement competency, skill and physical capability to cope with the movement patterns that are repeatedly used throughout a game.

Due to the nature of the game - explosive, powerful movements, repeated landings and the restrictive nature of the footwork rules - Netball has a high inherent injury risk.

Anterior cruciate ligament injuries are devastating knee injuries that occur in sports such as Netball. This injury will put an athlete out of sport and Netball for up to a year, with some players never returning to the game. In addition, ankle sprains are very common in Netball due to characteristics of the game.

The NetballSmart Dynamic Warm-Up helps prevent both of these common Netball injuries.

When the NetballSmart Dynamic Warm-Up is done 2-3 times a week it decreases lower limb injuries by at least 40 per cent. It also improves performance and physiologically prepares an athlete to train and play the game.

Based on the FIFA 11+ Warm-Up, the NetballSmart Dynamic Warm-Up is specifically developed for Netball and aims to enhance performance and prevent injuries at all age groups and levels.

The Warm-Up includes strengthening, running, dynamic preparation, and Netball specific preparation.

This approach helps an athlete develop the movement skill and strength necessary for Netball as well as prepare the body to train and play.

An effective coach or Netball conditioner will play a key role in enhancing performance and injury prevention by using the NetballSmart Dynamic Warm-Up for every training and game.

Overview – NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm-Up has two variations:

The warm-up for **training** should include:

- Part A: Strengthening
- Part B: Running warm-up
- Part C: Dynamic preparation
- Part D: Netball specific preparation

The warm-up for a **game** should include:

- Part B: Running warm-up
- Part C: Dynamic preparation
- Part D: Netball specific preparation

It is vital that the strengthening component is part of the training warm-up and is ideally done two times a week. The warm-up for a game does not include the strengthening.

The training warm-up takes between 15 and 20 minutes and as the coach and athlete gets more proficient, they will become more efficient. But remember it is not just a warm-up it is also strengthening, plus it teaches athletes jumping and landing mechanics as well as some basic ball skills.

There are three levels within Part A and Part C of the warm-up. Each athlete does only one level. An athlete/team should work at the level they can achieve, with a view to progressing through to Level 3 as they improve in strength, movement, competency and physical capability. Hence, the warm-up has a progressive nature to it.

In this resource there are step-by-step guidelines and photos to support the teaching of the warm-up. At each level, we have included photos which show both good and poor technique. We have also included a video link which helps to further illustrate the best technique.

For all resources go to www.NetballSmart.co.nz.



**PART A:
STRENGTHENING**

Part A – Strengthening

The practice warm-up starts with the strengthening component, and then progresses onto the more dynamic activity. Strength is very important in Netball. By starting with the strengthening component and then progressing onto the more active components it follows the physiological principles .

There are four strengthening exercises. There are three levels for each strengthening exercise.

The athlete does one level of each exercise. Start at the level your athlete is proficient at and progress as the athlete improves

	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part A: Strengthening	1. The Bench i. The Bench - Static. Static bench on forearms (or hands) and feet. Lift pelvis off the ground. ii. The Bench - Alternate Legs (hold each 2 seconds). Continue for 20 – 30 seconds iii. Bench on forearms (or hands) and feet. Lift one leg and hold for 20-30 seconds	3 x 20-30 sec 3 x 20 – 30 sec 3 x 20 – 30 sec hold, alternative sides
	2. Hips – Sideways Bench i. Sideways bench - static. On elbow (or hand) and knee on ground or leg straight. Top leg out straight. Lift pelvis and maintain position. ii. Sideways bench raise and lower hips. On elbow (or hand) and legs out straight, raise and lower hips. iii. Sideways bench with leg lift. On elbow (or hand) and legs out straight. Lift hips, lift top leg and lower. Continue for 20 - 30 seconds.	2-3 x 30s ea side 2-3 x 30s ea side 2-3 x 30s ea side
	3. Hamstrings i. Beginner Nordic hamstring or Single leg Romanian Dead Lift (RDL) ii. Intermediate Nordic hamstrings or Single leg Romanian Dead Lift (RDL) iii. Advanced hamstring Single leg Romanian Dead Lift (RDL) throw and catch ball	3-5 or 3-5 each leg 7-10 or 5 each leg 10 each leg
	4. Balance i. Single leg stance – hold the ball (or imaging holding ball). Progress to moving ball around back. ii. Single leg standing throwing ball with partner iii. Single leg stance – test your partner. Facing partner. Hand on opposite shoulder of partner, tap each other. Keep balanced if possible or return to starting position. Continue for 30 seconds.	2 x 30 sec ea side 2 x 30 sec ea side 2 x 30 sec ea side

PART A: STRENGTHENING The Bench

Exercise 1: The Bench - Static

Level 1/3

This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements you do when training and playing Netball.

X 3 20 - 30 SECONDS

Back straight.
Head to heel as strong as steel.

TIP'S - DO'S

- Supporting on forearms or on hands and feet, lift your upper body, pelvis and legs until your body is in a straight line from head to foot.
- Back straight and butt down.
- Elbows or hands are directly under your shoulders.
- Pull your shoulder blades back and together.
- Do not sway or arch your back.
- Do three bench, hold for 20-30 seconds.



TIP'S - DON'TS

- Don't let back sag.
- Don't lift pelvis too high.
- Ensure elbows/hands are under shoulders.



PART A: STRENGTHENING The Bench

Exercise 1: The bench - alternate leg

Level 2/3

This bench and alternative leg lift exercise strengthens your core muscles, which is important to ensure stability of the body in all movements you do when training and playing Netball.

X 3

20 - 30 SECONDS

As you lift your leg, keep your back straight and strong.

TIP'S - DO'S

- Supporting on forearms or on hands and feet, lift your upper body, pelvis and legs until your body is in a straight line from head to foot.
- Back straight and butt down.
- Elbows or hands are directly under your shoulders.
- Pull your shoulder blades back and together.
- Do not sway or arch your back.
- Lift one leg slightly off ground.
- Do not move body or lift butt.
- Hold two seconds and lower.
- Continue alternate leg lifting for 20-30 seconds.
- Do three each side.

TIP'S - DON'TS

- Don't let back sag.
- Don't lift pelvis too high.
- Ensure elbows/hands are under shoulders.



PART A: STRENGTHENING The Bench

Exercise 1: The bench - lift and hold

Level 3/3

This exercise further strengthens your core muscles, which is important to ensure stability of the body in all movements you do when training and playing Netball.

X 3 20 - 30 SECONDS

As you lift your leg
keep back straight and strong

TIP'S - DO'S

- Supporting on forearms or on hands and feet, lift your upper body, pelvis and legs until body is in a straight line from head to foot.
- Back straight and butt down.
- Elbows or hands are directly under your shoulders.
- Pull your shoulder blades back and together.
- Do not sway or arch your back.
- Lift one leg slightly off ground.
- Do not move body or lift butt.
- Hold 20-30 seconds and lower.
- Do three each side.

TIP'S - DON'TS

- Don't let back sag.
- Don't lift pelvis too high.
- Ensure elbow and hands are under pelvis.



PART A: STRENGTHENING Sideways bench

Exercise 2: Sideways Bench - Static Level 1/3

The Sideways Bench Static exercise strengthens your lateral core muscles. It is important to stabilise your body in all movements, especially your hips and knees.

X 2-3 20 - 30 SECONDS

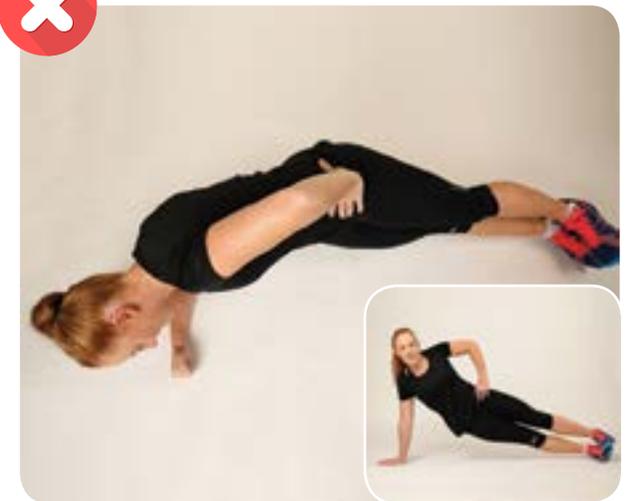
Back straight.
Strong like a plank.

TIP'S - DO'S

- Back straight and place your elbow on sweatshirt or on your hand.
- Bottom leg bent if necessary or leg straight.
- Elbow/hand directly under shoulder.
- Lift pelvic off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Keep your pelvis stable and do not let it tilt downwards.
- Hold pelvic lift for 20-30 seconds.
- Do 2-3 sets each side.

TIP'S - DON'TS

- Ensure entire body is in a straight line.
- Don't let pelvis sag.



PART A: STRENGTHENING Sideways Bench

Exercise 2: Sideways Bench – Raise and Lower Level 2/3

This exercise strengthens your lateral core muscles. It is important to stabilise your body in all movements, especially your hips and knees.

X 2-3

20 - 30 SECONDS

Strong
and control the lowering.

TIP'S - DO'S

- Back straight and place your elbow on sweatshirt or on your hand.
- Bottom leg bent if necessary or leg straight.
- Elbow/hand directly under shoulder.
- Lift pelvis off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Keep your pelvis stable and do not let it tilt downwards.
- Lower your hips to the ground and raise them back up again.
- Repeat for 20-30 seconds.
- Do 2-3 sets each side.

TIP'S - DON'TS

- Ensure entire body is in a straight line.
- Don't let pelvis touch the ground on lowering.



PART A: STRENGTHENING Sideways Bench

Exercise 2: Sideways Bench Leg Lift

Level 3/3

This exercise strengthens your lateral core muscles. It is important to stabilise your body in all movements, especially your hips and knees.

X 2-3

20 - 30 SECONDS
each side

Strong body.
As leg lifts don't sag.

TIP'S - DO'S

- Back straight and place your elbow on sweatshirt or on your hand.
- Bottom leg bent if necessary or leg straight.
- Elbow/hand directly under shoulder.
- Lift pelvis off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Keep your pelvis stable and do not let it tilt downwards.
- Lift pelvis off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Lift your uppermost leg up and slowly lower it down again.
- Repeat for 20-30 seconds.
- Do 2-3 sets each side.

TIP'S - DON'TS

- Ensure entire body is in a straight line.
- Don't let pelvis sag as top leg is lifted.



PART A: STRENGTHENING Hamstrings

Exercise 3: Nordic Hamstring - Beginner / RDL hamstring beginner alternative

Level 1/3

3-5

Nordic Hamstring **OR**

3-5

RDL each leg

This exercise strengthens your rear thigh muscles. These muscles are vital for stabilising your knee.

Nordic Hamstring - Beginner

Hamstring Beginner Alternative - Beginner

Back straight.
Head up.

TIP'S - DO'S

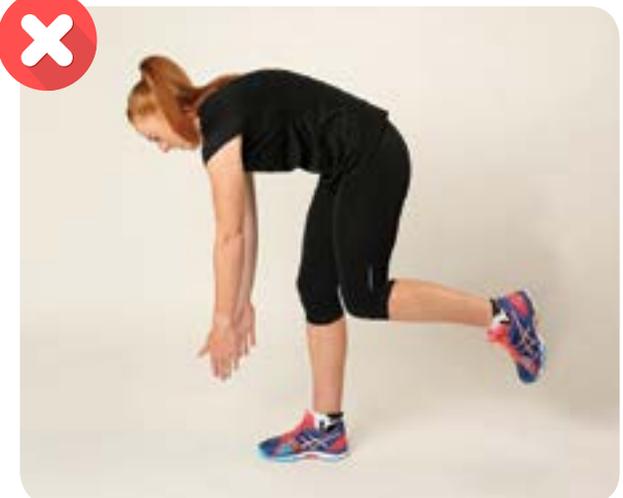
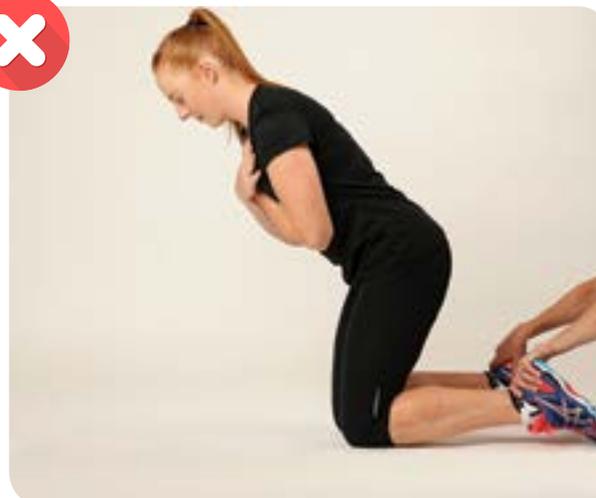
- Kneeling on a soft surface/sweatshirt, knees hip-width apart and crossing arms across chest. Partner kneels behind with both hands gripping lower legs just above the ankles.
- Body completely straight from the head to the knees.
- Slowly lean forward, trying to hold the position with hamstrings.
- Return to upright and repeat.
- Do 3-5 times.

OR Alternate Single Leg Romanian Dead Lift

- Hold onto stick/ball.
- Head up and back straight.
- Front leg knee bent 20 degrees.
- While keeping back straight, bend forward at the hip.
- Return to upright and repeat.
- Do 3-5 each leg.

TIP'S - DON'TS

- Don't bend at the hips. [Nordic]
- Keep back straight. [Both]
- Don't bend the back. [Both]



PART A: STRENGTHENING Hamstrings

Exercise 3: Nordic Hamstring - Intermediate / RDL hamstring intermediate alternative

Level 2/3

7-10

Nordic Hamstring **OR**

5

RDL each leg

This exercise strengthens your rear thigh muscles. These muscles are vital for stabilising your knee.

Nordic Hamstring - Intermediate

RDL hamstring intermediate alternative

Back straight.
Head up.

TIP'S - DO'S

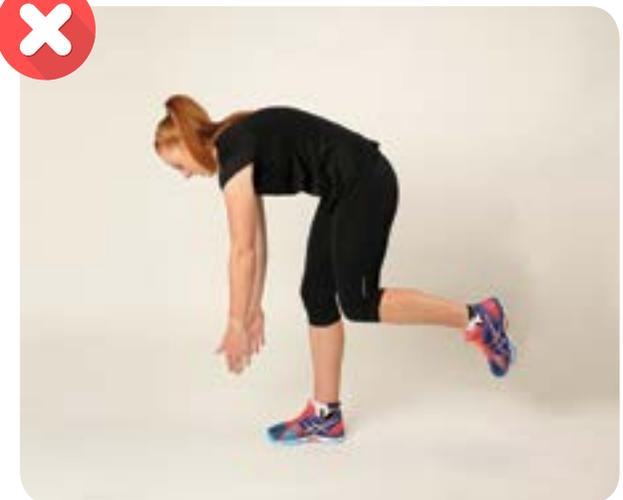
- Kneeling on a soft surface/sweatshirt, knees hip-width apart and crossing arms across chest. Partner kneels behind with both hands gripping lower legs just above the ankles.
- Body completely straight from the head to the knees.
- Slowly lean forward, trying to hold the position with hamstrings.
- Return to upright and repeat.
- Do 7-10 times.

OR Alternate Single Leg Romanian Dead Lift

- Hold onto stick/ball.
- Head up and back straight.
- Front leg knee bent 20 degrees.
- While keeping back straight, bend forward at the hip.
- Return to upright and repeat.
- Do 5 each leg.

TIP'S - DON'TS

- Don't bend at the hips. [Nordic]
- Keep back straight. [Both]
- Don't bend the back. [Both]



PART A: STRENGTHENING Hamstrings

Exercise 3: RDL Advanced

Level 3/3

This exercise strengthens your rear thigh muscles. These muscles are vital for stabilising your knee.

5

RDL each leg

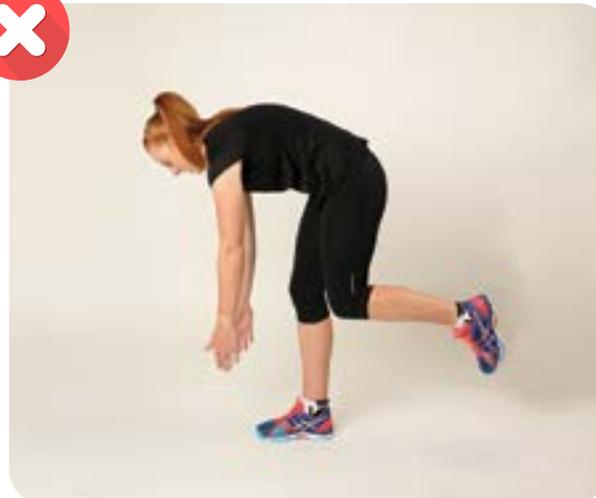
Back straight.
Head up. Balance

TIP'S - DO'S

- In pairs, face each other 3 metres apart.
- Start in the standing position with feet shoulder width apart, holding a netball.
- Balance on one leg.
- Holding onto ball.
- Head up and back straight.
- Front knee bent 20 degrees.
- Whilst keeping back straight, bend forward at the hip and return to upright.
- Throw partner the ball.
- Do 5 each leg.

TIP'S - DON'TS

- Don't bend in back.
- Keep back straight.
- Control balance and body when upright.



PART A: STRENGTHENING Balance

Exercise 4: Single Leg Stance - Hold the Ball

Level 1/3

Single Leg Stance improves leg muscle coordination and balance.

x2 each leg / 30sec

Strong
and steady.

TIP'S - DO'S

- Stand on one leg and hold the ball in front of you in both hands.
- Bend your knee and hip a little so your upper body leans slightly forwards.
- Keep your balance and hold your body weight on the ball of your foot for 30 seconds.
- Change legs and repeat.
- Do two sets.

This exercise can be made more difficult by:

- Lifting your heel slightly off the ground.
- Passing the ball around your waist.

TIP'S - DON'TS

- Keep trunk over stabilising leg.
- Don't let knee sag inwards.
- Don't let pelvis sag.



PART A: STRENGTHENING Balance

Exercise 4: Single Leg Stance - Throwing ball with partner

Level 2/3

Single Leg Stance improves leg muscle coordination and balance. Throwing and catching a ball makes balance more challenging.

x2

each leg / 30sec

Strong
and steady.

TIP'S - DO'S

- Start by standing 2–3 metres apart from your partner.
- Balance on one leg.
- Bend your knee and hip a little so upper body leans slightly forwards.
- Keep balance and throw ball to partner.
- Continue for 30 seconds.
- Change legs and repeat.
- Do 2 each side.



TIP'S - DON'TS

- Keep trunk over stabilising leg and don't let it move to the side.
- Don't let knee sag inwards.
- Don't let pelvis sag.

PART A: STRENGTHENING Balance

Exercise 4: Single Leg Stance - Test Your Partner

Level 3/3

Single Leg Stance improves leg muscle coordination and balance. Pushing partner off balance works all aspect of balance - leg, pelvis, hips and trunk.

x2 each leg / 30sec

Strong and steady. Resist your partner.
Keep foot off ground.

TIP'S - DO'S

- Stand at arm's length from your partner.
- Balance on one leg [the same leg].
- Bend knee and hip a little so upper body leans slightly forwards.
- When viewed from the front, your hip, knee and foot of supporting leg are in a straight line.
- While trying to keep your balance, your partner attempts to push you off balance in different directions.
- Keep returning to the starting position.
- Continue for 30 seconds, then change legs and repeat.



TIP'S - DON'TS

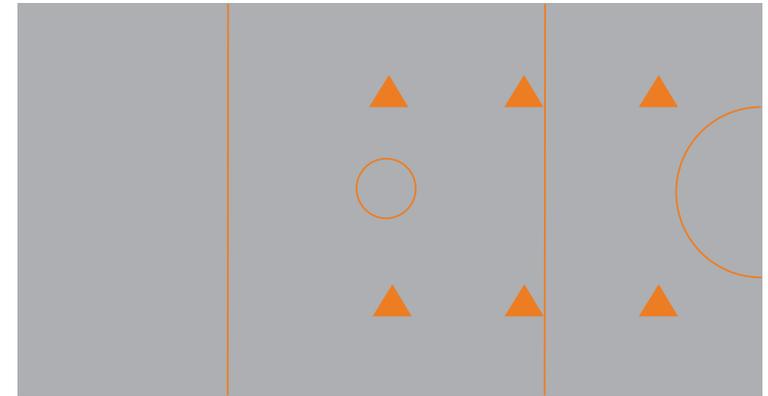
- Don't lose control of your trunk.
- Don't lose balance.
- Don't put foot on the ground.



**PART B:
THE RUNNING
WARM-UP**

PART B: THE RUNNING WARM-UP

This is where the game warm-up starts and the practice warm-up continues. Place 2 cones or sticks out every 3 metres on-court as shown. There are six running warm-up exercises, all six should be completed.



<p>Part B: Running Warm-up</p> <p>Place 2 cones out every 3 metres between base line and centre court</p>	<p>5. Running Straight Ahead. Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.</p>	<p>2 x 15 metres</p>
	<p>6. Running Hip Out. Run to first cone, stop, lift knee forwards and rotate knee out to side and put foot down. Run to next cone and repeat with other leg.</p>	<p>2 x 15 metres</p>
	<p>7. Butt Kicks and skipping. Butt kick to first cone [kicking feet up to butt], skip to next cone, butt kick to third cone. Continue for length of 15m and back.</p>	<p>2 x 15 metres</p>
	<p>8. Running – Circling Partner. Run to first cone, side shuffle inwards towards and around partner and back out to cone. Run to next cone and repeat. Continue length of 15m and back.</p>	<p>2 x 15 metres</p>
	<p>9. Running – Shoulder Contact. Run to cone, side shuffle to the middle, jump shoulder to shoulder contact. Land in good stable body position. Continue length of 15m and back.</p>	<p>2 x 15 metres</p>
	<p>10. Running - Quick Forwards and Backwards Sprints. Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.</p>	<p>2 x 15 metres</p>

PART B: RUNNING

Exercise 5: Running Straight Ahead

It is time to warm up the body for training. We run every day so it comes naturally, but there are some things to remember and these will help rhythm and technique. For this exercise jog to the last cone and back.

x2 15 metres

Stay tall,
head to heel as strong as steel.

TIP'S - DO'S

- Keep your upper body straight.
- Hips, knees and feet should be aligned.
- Vary direction as it happens on the Netball court.
- Run to half way/centre court and back.



TIP'S - DON'TS

- Don't let trunk sway or sag.
- Don't let knee sag/drop inwards.
- Don't let trunk fall forwards.

PART B: RUNNING

Exercise 6: Running Hip Out

Running and hip out helps stretch your thighs, activates the hip muscles and increases mobility.

x2 15 metres

Stay tall,
zip up through your core.

TIP'S - DO'S

- Jog to the first cone, stop and lift knee forwards.
- Rotate knee to the side and put your foot down.
- Make sure you keep your body upright, pelvis horizontal and engage your core – we need a solid and strong core in Netball.
- Hip, knee and foot of the supporting leg should be aligned.
- Don't let the knee of your supporting leg buckle inwards.
- When you get to the last cone, turn and repeat with your alternate hip out on the way back to the start.



TIP'S - DON'TS

- Don't let trunk sway.
- Don't let pelvis move.
- Don't let knee sag/drop inwards.

PART B: RUNNING

Exercise 7: Butt Kicking and Skipping

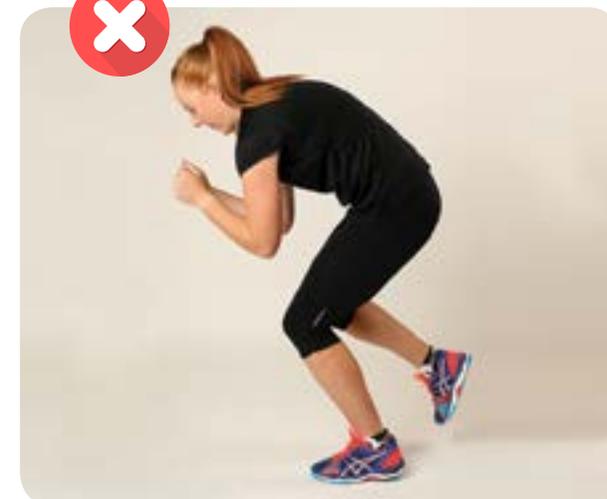
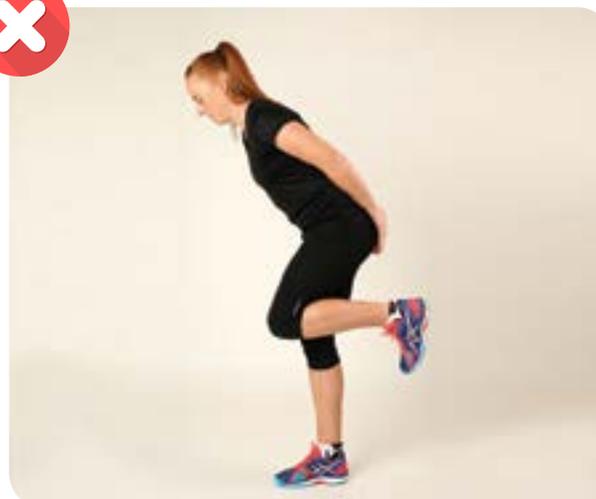
Butt kicks activate the hamstrings and skipping stimulates muscle co-ordination of the lower limb muscles.

x2 15 metres

Stay tall.
Heel kicks up to butt.

TIP'S - DO'S

- Run to the first cone, kicking your heel up to your butt.
- Keep the body upright and knees in line with the hips.
- Skip to the second cone.
- Keep body upright and your core strong.
- Repeat sequence out to last cone and back.
- Your hip, knee and foot of the supporting leg should be aligned.



TIP'S - DON'TS

Butt Kicks

- Don't bend trunk forward.
- Don't bring knee forward [keep it in line with other leg.]

Skipping

- Don't bend trunk forward.
- Don't let knee sag/drop inwards

PART B: RUNNING

Exercise 8: Running Circling Partner

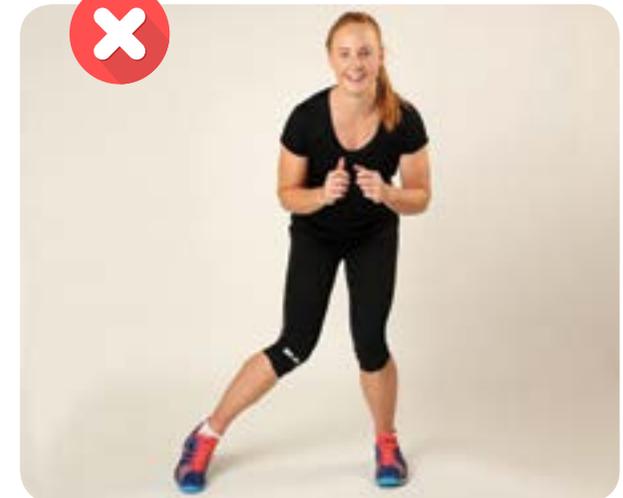
Running Circling Partner is a great exercise that focusses on change of direction, communication and it works your hip muscles while also warming-up your legs.

x2 15 metres

Sharp crisp side step.
Stay tall, eyes up.

TIP'S - DO'S

- Run forwards as a pair to the first set of cones.
- Shuffle sideways at a 90-degree angle towards your partner.
- Shuffle an entire circle around each other.
- Ensure you are looking straight ahead.
- Shuffle sideways back out to the first cone.
- Concentrate on bending your hips and knees slightly and carry your body weight on the balls of your feet.
- Run to next cone and repeat.
- When you reach the last cone, turn and repeat on the way back.
- Keep movements crisp and sharp.



TIP'S - DON'TS

- Don't let knees sag/drop inwards as side stepping and push off.
- Don't bend forwards as side stepping.

PART B: RUNNING

Exercise 9: Running Shoulder Contact

Running Shoulder Contact is a great way to dynamically warm-up legs and prepare for jumping and landing.

x2 15 metres

Head to heel as strong as steel.
Bend hips and knees, land softly.

TIP'S - DO'S

- Jog to the first cone.
- Shuffle sideways at a 90-degree angle towards your partner.
- In the middle, jump sideways towards your partner to make shoulder-to-shoulder contact.
- Land on both feet with hips and knees bent, don't let your knees buckle inwards.
- Shuffle back to the first cone.
- Then jog to the next cone and repeat the exercise.
- When you have reached the last cone, turn and repeat the exercise on the way back.



TIP'S - DON'TS

- Don't land with knees sagging/dropping inwards.
- Don't land with trunk falling forward.

PART B: RUNNING

Exercise 10: Quick Forwards and Backwards Sprints

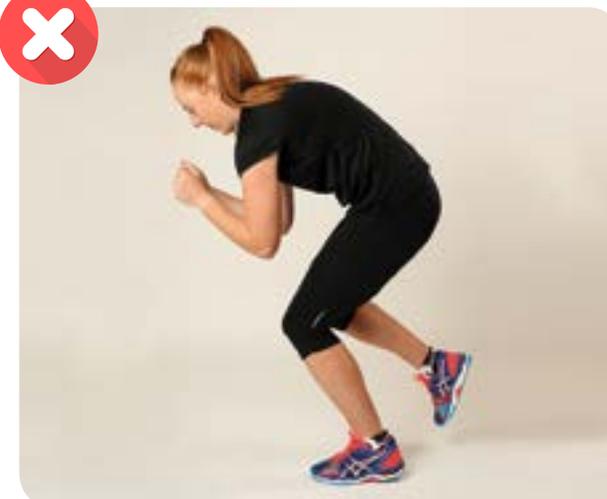
Running quick forwards and backwards sprints helps practice acceleration and deceleration when sprinting. A lot of injuries occur with the explosiveness of starting and stopping so this is a great exercise.

x2 15 metres

Stay tall, crisp stop & change direction.
Knee bend in line with foot .

TIP'S - DO'S

- In pairs, run quickly to the second cone then run backwards to the first cone, keeping hips and knees slightly bent.
- Repeat this, running two cones forwards and one cone in reverse.
- Make sure your upper body is straight.
- Hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.
- Turn at the last cone and repeat on the way back.



TIP'S - DON'TS

- Don't let foot turn when changing direction.
- Don't let knee sag/drop inwards as decelerate and props backwards/ forwards.
- Don't let trunk fall forwards when changing direction.



**PART C:
DYNAMIC
PREPARATION**

This section is called dynamic preparation. This section helps prepare the body for the specific movements needed to play Netball.

Squatting and lunging are fundamental movement patterns in Netball. They need to be practiced and mastered to make landing and stopping efficient [for performance] and safe [for injury prevention]. Jumping and landing is a natural progression of squatting and lunging.

Jumping and landing needs to be practiced in the warm-up so that the athlete is prepared for the jumping and landing components of the game.

There are three levels. Start your athletes/team at the level they are capable of performing and progress as your athletes improve. Always monitor quality of movement.

Part C: Dynamic Preparation	11. Squats	
	i. Squats	10
	ii. Squat, calf raise and body extension	10
	iii. Single leg squat	10
	iv. Combination of all three	
	12. Walking Lunges	
	i. Walking lunges	5 each side
	ii. Walking lunges and calf raise	5 each side
	iii. Walking lunges, calf raise and body extension	5 each side
	13. Jumping and landing	
	i. Vertical jump and land on 2 feet in a stable body position [SBP]	5
	ii. Lateral jump– jump sideways 1m off one leg and land on other leg,	5 each side
	iii. Broad jump – jump forward 1m off two and land on one foot hold one sec in a stable body position on one foot	5 each side
	14. Jumping, turning and landing	
	i. Vertical jump and turn 90 degrees and land in SBP	5 turns each side
	ii. Vertical jump and turn 180 degrees and land in SBP	5 turns each side
iii. Vertical jump and turn 270 degree and land in SBP	5 turns each side	

PART C: DYNAMIC PREPARATION Squats

Exercise 11: Squats

Level 1/3

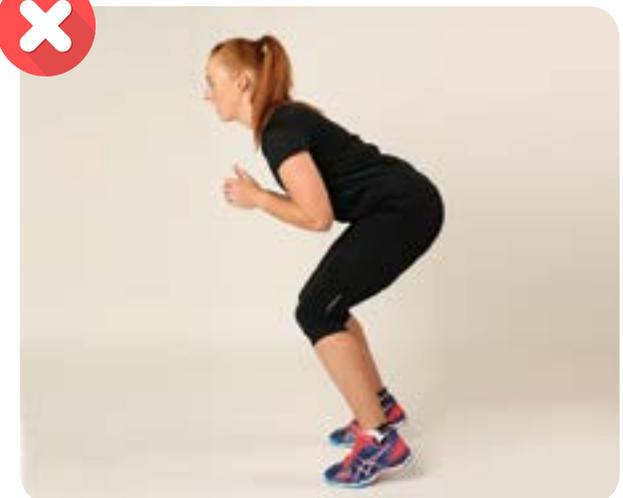
Squats strengthen your quadriceps, gluteal and hamstring muscles. They improve movement control during jumping, landing and stopping. Focus on one level and then once proficient the warm-up may include elements of Level 1, 2 and 3. For example, 4 squats, 4 squats with calf raise and body extension and 4 single leg squats or other combinations.

x 10

Tall trunk. Push back through hips.
Knees apart (enough room for a ball)

TIP'S - DO'S

- Stand with feet hip-width apart and hands out in front.
- Bend in hips, knees and ankles until knees are flexed to 90 degrees.
- Ensure your knees are in line with your feet.
- Do not let your knees buckle in.
- Lean your upper body forwards slightly.
- Straighten and then slowly down again.
- Do 10 squats.



TIP'S - DON'TS

- Don't let knees sag/drop inwards
- Don't move weight forwards onto toes.
- Don't bend your back.
- Don't bend trunk forward.

PART C: DYNAMIC PREPARATION Squats

Exercise 11: Squats, Calf Raise and Body Extension

Level 2/3

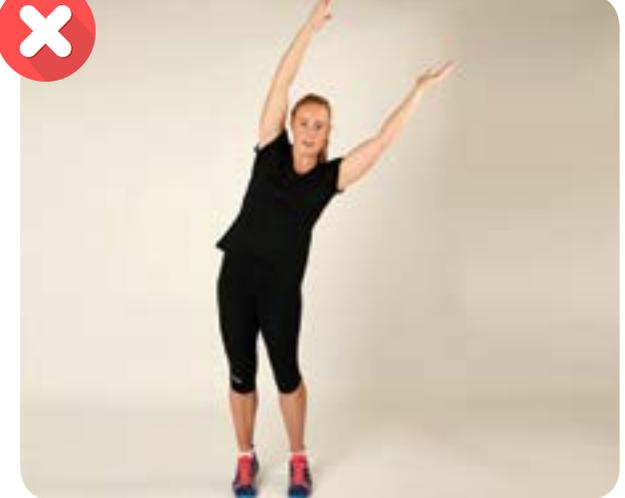
Squats strengthen your quadriceps, gluteal and hamstring muscles. They improve movement control during jumping, landing and stepping.

x 10

Tall trunk. Push back through hips.
Knees apart and then reach up high.

TIP'S - DO'S

- Stand with feet hip-width apart and hands out in front.
- Bend in hips, knees and ankles until knees are flexed to 90 degrees.
- Ensure your knees are in line with your feet.
- Do not let your knees buckle in.
- Lean your upper body forwards slightly.
- Straighten and move slowly down again, then stretch up onto toes and extend arms above head.
- Repeat 10 times.



TIP'S - DON'TS

- Don't let knees sag/drop inwards
- Don't move weight forwards.
- Don't bend your back.
- Don't bend trunk forwards.
- Don't narrow base of support.
- Don't lose control of trunk.

PART C: DYNAMIC PREPARATION Squats

Exercise 11: Single Leg Squats

Level 3/3

Single leg squats strengthens and improves movement control of single leg activities such as changing direction, landing and stopping. This is vital in Netball.

x 10 each leg

Stay tall.
Control your knee.

TIP'S - DO'S

- Stand on one leg.
- Hold raised leg slightly behind the supporting leg.
- Slowly bend in your hip and knee so that your knee bends to 90 degrees if possible.
- Straighten up again.
- When viewed from the front, the hip, knee and foot are in a straight line.
- Lean upper body forward slightly and keep it stable.
- Do not let knee buckle inwards – your bent knee should not extend beyond the toes.
- Do 10 each leg.



TIP'S - DON'TS

- Don't let knees sag/drop inwards.
- Don't bend in back.
- Don't lose control of trunk.

PART C: DYNAMIC PREPARATION Walking Lunges

Exercise 12: Walking Lunges

Level 1/3

Walking Lunges strengthen your hamstrings and gluteal muscles. It improves your movement control on one leg and prepares the body for stopping.

x 5 each leg

Stay tall. Base hip width apart.
Bend down, not forward.

TIP'S - DO'S

- Stand with feet hip-width apart and with your hands on hips.
- Lunge forwards slowly at an even pace.
- Bend your hips and knees until your leading knee is flexed to 90 degrees.
- Hip, knee and foot should be in a straight line.
- Bent knee should not extend beyond your toes.
- Keep your upper body straight and strong and your pelvis horizontal.
- Lunge towards the cones and back.
- Do 5 lunges on each leg.



TIP'S - DON'TS

- Don't narrow base of support.
- Don't let knee sag/drop inwards.
- Don't move knee in front of toes.
- Don't bend trunk forward.

PART C: DYNAMIC PREPARATION Walking Lunges

Exercise 12: Walking Lunges and Calf Raises

Level 2/3

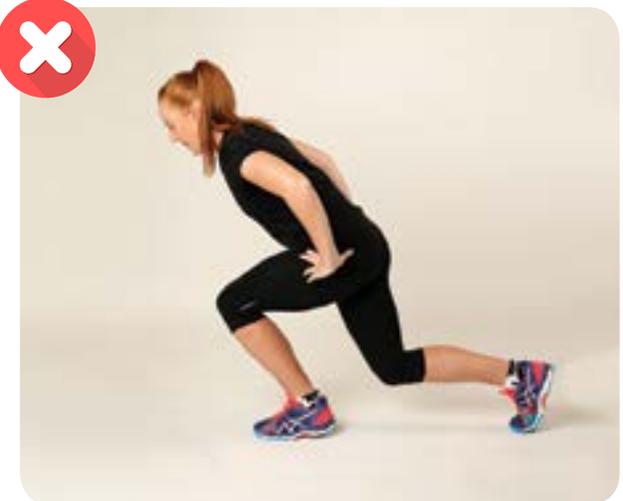
Walking Lunges strengthen your hamstrings and gluteal muscles. It improves your movement control on one leg and prepares the body for stopping.

x 5 each leg

Stay tall. Base hip width apart.
Bend down, not forward.

TIP'S - DO'S

- Stand with feet hip-width apart and with your hands on hips.
- Lunge forwards slowly at an even pace.
- Bend your hips and knees until leading knee is flexed to 90 degrees.
- Hip, knee and foot should be in a straight line.
- Your bent knee should not extend beyond your toes.
- Keep your upper body straight and strong and your pelvis horizontal.
- Bring feet together at the end of the lunge and rise up on your toes.
- Do 5 lunges on each leg.



TIP'S - DON'TS

- Don't narrow base of support.
- Don't let knee sag/drop inwards.
- Don't move knee in front of foot.
- Don't bend trunk forwards.

PART C: DYNAMIC PREPARATION Walking Lunges

Exercise 12: Walking Lunges, Calf Raise and Body Extension

Level 3/3

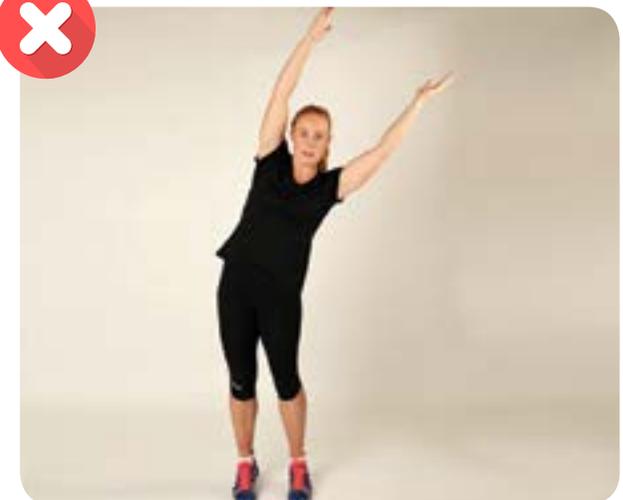
Walking Lunges strengthen your hamstrings and gluteal muscles. It improves your movement control on one leg and prepares the body for stopping.

x 5 each leg

Stay tall. Reach tall.
Bend down, not forward.

TIP'S - DO'S

- Stand with feet hip-width apart and with your hands on hips.
- Lunge forwards slowly at an even pace.
- Bend your hips and knees until leading knee is flexed to 90 degrees.
- Hip, knee and foot should be in a straight line.
- Your bent knee should not extend beyond your toes.
- Keep your upper body straight and strong and your pelvis horizontal.
- Bring feet together at the end of the lunge and rise up on your toes and extend arms above head.
- Do 5 lunges on each leg.



TIP'S - DON'TS

- Don't narrow base of support
- Don't let knee sag/drop inwards
- Don't move knee in front of foot.
- Don't bend trunk forwards.

PART C: DYNAMIC PREPARATION Jumping and Landing

Exercise 13: Vertical Jump

Level 1/3

Vertical jump and land on two feet in a stable body position. This exercise improves your jumping power and movement control on landing.

x 5

Land softly.
Bend in hips and knees.

TIP'S - DO'S

- Stand with feet hip-width apart.
- Slowly bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for one second, jump and land.
- Land with hands in the catching position.
- Straighten whole body with arms extended above head while jumping.
- Land softly on the balls of feet and slowly bend hips, knees and ankles as far as possible. Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps.



TIP'S - DON'TS

- Don't let knees sag/drop inwards
- Don't land with straight legs. No rigid landing.
- Don't land forward on toes.
- Don't bend trunk forward.



PART C: DYNAMIC PREPARATION Jumping and Landing

Exercise 13: Lateral Jump

Level 2/3

Jump sideways off one leg landing on the other leg. This exercise improves your jumping power and movement control on landing.

30
sec

OR

2 x 5

each leg

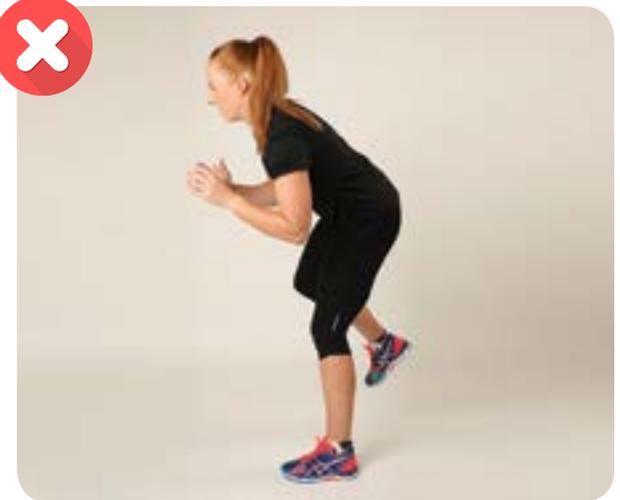
Bend hips and knees.
Control the knee.

TIP'S - DO'S

- Stand on one leg.
- Bend hips, knee and ankle slightly and lean upper body forwards slightly.
- Do not let knee buckle inwards.
- Jump approximately 1m to the side from 1 leg to the other leg.
- Land gently on the ball of your foot and bend your hips, knee and ankle.
- Do not let your knee buckle inwards.
- Hold this position for about a second and then jump onto the other leg.
- Keep your upper body stable and facing forwards with your pelvis horizontal.
- Repeat for 30 seconds.
- Or 2 x 5 each leg.

TIP'S - DON'TS

- Don't let knee sag/drop inwards
- Don't land with straight knees. No rigid landing.
- Do not land with trunk forward.



PART C: DYNAMIC PREPARATION Jumping and Landing

Exercise 13: Broad Jump

Level 3/3

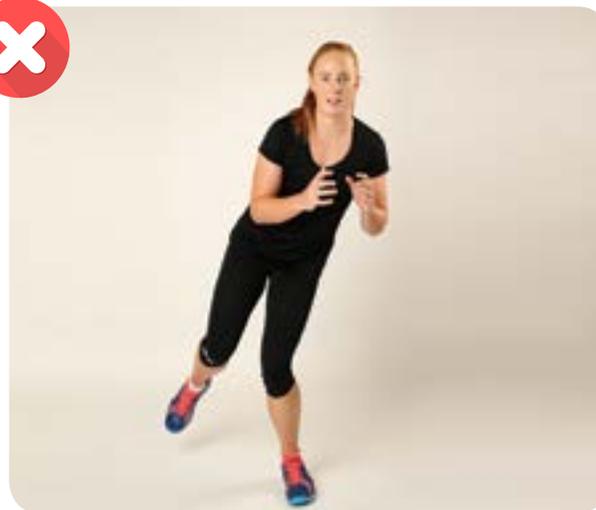
This exercise improves your jumping power and movement control on landing.

x 5 each leg

Land softly. Control knee alignment.
Bend hips and knees.

TIP'S - DO'S

- Stand with feet hip-width apart.
- Bend hips, knees and ankles.
- Do not let your knees buckle inwards.
- From this position jump forwards off two feet and land on one foot.
- Land softly on the ball of your foot and bend hips, knees and ankles.
- Jump distance is dependent on ability to control and stick the landing.
- Hold landing for 1 second.
- Lean your upper body forwards slightly throughout the exercise.
- Do 5 landings each side.



TIP'S - DON'TS

- Do not let knee sag/drop inwards.
- Do not land with straight knees. No rigid landings.
- Do not land with trunk forward.

PART C: DYNAMIC PREPARATION Jumping, turning and landing

Exercise 14: 90 degrees turn and land in stable body position

Level 1/3

Vertical Jumps with a turn improves jumping power and movement control on landing. Turning in the air and landing is common in Netball.

x 5 each direction

Turn in air.
Stong body. Land and bend.

TIP'S - DO'S

- Stand with feet hip-width apart.
- Bend your hips, knees and ankles until your knees are flexed to 90 degrees.
- Lean your upper body forwards slightly.
- Hold this position for one second then jump and turn 90 degrees in the air and land.
- Control body in the air – use your core.
- Land with your hands in the catching position.
- While jumping, straighten your whole body.
- Land softly on the balls of your feet and slowly bend your hips, knees and ankles as far as possible.
- Make sure your knees do not buckle inwards on jumping or landing.
- Do 5 jumps each direction

TIP'S - DON'TS

- Don't let knees sag/drop inwards
- Don't land forward on toes.
- Don't land with straight knees. No rigid landing.
- Don't land with trunk forward.



PART C: DYNAMIC PREPARATION Jumping, turning and landing

Exercise 14: 180 degrees turn and land in stable body position

Level 2/3

Vertical Jumps with a turn improves jumping power and movement control on landing. Turning in the air and landing is common in Netball.

x5 each direction

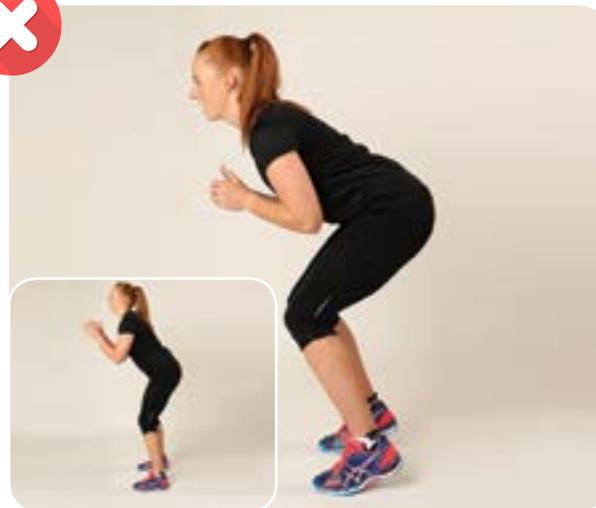
Turn in air.
Stong body. Land and bend.

TIP'S - DO'S

- Stand with feet hip-width apart.
- Bend hips, knees and ankles until your knees are flexed to 90 degrees.
- Lean your upper body forwards slightly.
- Hold this position for one second then jump and turn 180 degrees in the air and land.
- Control your body in the air – use core.
- Land with your hands in the catching position.
- While jumping, straighten whole body.
- Land softly on the balls of your feet and slowly bend hips, knees and ankles as far as possible.
- Make sure your knees do not buckle inwards on jumping or landing.
- Do 5 jumps each direction.

TIP'S - DON'TS

- Don't let knee sag/drop inwards.
- Don't land forwards on toes.
- Don't land with trunk forward.
- Don't land with straight knees. No rigid landing.



PART C: DYNAMIC PREPARATION Jumping, turning and landing

Exercise 14: 270 degrees turn and land in stable body position

Level 3/3

Vertical Jumps with a turn improves jumping power and movement control on landing. Turning in the air and landing is common in Netball.

x 5 each direction

Turn in air.
Stong body. Land and bend.

TIP'S - DO'S

- Stand with your feet at hip-width.
- Bend your hips, knees and ankles until your knees are flexed to 90 degrees.
- Lean your upper body forwards slightly.
- Hold this position for one second then jump and turn 270 degrees in the air and land.
- Control your body in the air – use core.
- Land with your hands in the catching position.
- While jumping, straighten your whole body.
- Land softly on the balls of feet and slowly bend your hips, knees and ankles as far as possible. Make sure your knees do not buckle inwards on jumping or landing.
- Do 5 jumps each direction.

TIP'S - DON'TS

- Don't let knees sag/drop inwards.
- Don't land forward on toes.
- Don't land with trunk forward.
- Don't land with straight knee's. No rigid landing.





**PART D:
THE NETBALL
SPECIFIC
PREPARATION**

PART D: THE NETBALL SPECIFIC PREPARATION

This component of the warm-up progresses the athlete to Netball specific activity, running, cutting and stopping and is the final preparation before the ball drills.

Stopping is fundamental in Netball and should be practised before the game or training starts. Often the first ball an athlete takes requires the athlete to stop.

In addition, you should factor a stopping activity into the first Netball drill. Planting and cutting is an important movement pattern in change of direction and dodging.

Control on one leg is very important for injury prevention.

Part D: Netball Specific Preparation	15. Running and Stopping. Run to first cone at 75- 80% speed and stop. Use either a double foot or 1-2 foot landing. Continue length of 15 metre and back stopping at each cone.	2 x 15m
	16. Running- Plant and Cut. Run at 80-90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 metre and back	2 x 15m
	17. Prop, Prop & Stick. Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position.	15m and jog back

PART D: DYNAMIC PREPARATION

Exercise 15: Running and Stopping

This quick cardio section of the warm-up helps prepare you for running and stopping to catch a ball. Due to the nature of Netball rules there is a lot of sudden stopping in the game. It is important to prepare for this. Do either a double foot or 1-2 foot landings to stop.

x2 15 metres

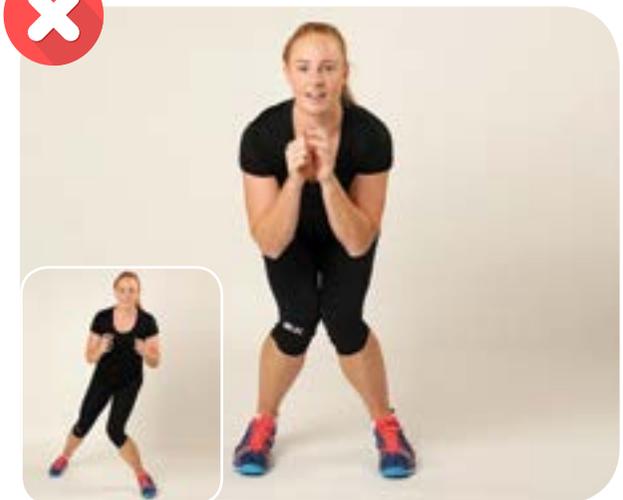
Stay tall.
Bend in hips and knees.

TIP'S - DO'S

- Run to first cone 75-80% and perform a 1-2 foot/Or 2 foot landing.
- Make sure your upper body is straight.
- Hip, knees and feet should be aligned.
- Do not let your knee buckle in when stopping.
- Run to each cone and stop. Reaching the last cone turn and repeat on the way back to the start.
- Make sure you stop properly and have control (remember the player has 3 seconds with the ball).

TIP'S - DON'TS

- Don't let knee sag/drop inwards.
- Don't bend your back.
- Don't let knee move forwards in front of foot.



PART D: DYNAMIC PREPARATION

Exercise 16: Running – Plant and Cut

This exercise can be used to help prepare the body for propping and changing direction that occurs in Netball.

x2 15 metres

Strong trunk. Crisp movement.
Bend and push.

TIP'S - DO'S

- Jog four to five steps towards cone.
- Plant on the left leg and cut to change direction to the right and accelerate again.
- Do not let knees buckle inwards as plant and cut.
- Place the left leg under your centre of gravity – not out to the side.
- Sprint for 5–7 steps at 80–90% of maximum pace.
- Then decelerate and plant on the right foot and cut to change direction to the left.
- Repeat the exercise until reaching the last cone, turn and repeat on the way back.

TIP'S - DON'TS

- Don't plant foot out wider than hips.
- Don't let knee sag/drop inwards as change direction.
- Don't let trunk move outside of base of support.



PART D: DYNAMIC PREPARATION

Exercise 17: Prop, Prop and Stick

This exercise prepares your lower limbs for multiple single leg activity which occurs in Netball. It is important to be able to stick and hold one foot landings with control and for 3 seconds. This exercise can be used to help prepare the body for propping and changing direction that occurs in Netball.

x1 15 metres

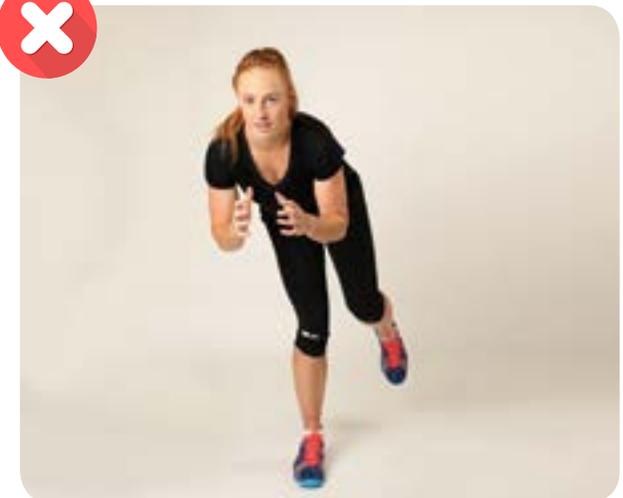
Strong trunk. Bend hips and knees.
Control knee.

TIP'S - DO'S

- Stand on left leg, prop forward and to the right, landing on the right leg.
- Bend in the hip and knee on landing, keep the body upright and do not let the knee buckle inwards.
- Ensure your landing is soft.
- Immediately prop to the left and land on the left.
- Bend in the hip and knee on landing, keep the body upright and do not let the knee buckle inwards. Ensure landing is soft.
- Immediately prop to the right and land on the right.
- Bend in your hip and knee on landing, keep the body upright and do not let the knee buckle inwards.
- Ensure landing is soft.
- Hold this landing with control for 3 seconds.
- Continue forward until the last cone. Jog back.

TIP'S - DON'TS

- Don't let knee sag/drop inwards.
- Don't let trunk move outside base of support.
- Don't land with straight knees. No rigid landing.





For more information visit www.netballsmart.co.nz



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