



 **NetballSmart**

# Prepare to Play

A skill based programme to aid transition to Game Play.

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NEW ZEALAND  
POI TARAWHITI AOTEAROA

Get fit, build strength and core, develop balance and great Netball movement patterns. This coaching programme will prepare the Netball player for game play by developing great movement and Netball skills to improve performance and minimise injuries. It also offers ideas for important team preparation – to help build a positive, connected and motivating environment.

The programme has been specifically developed for the Covid-19 level transitions, but can also be used as a resource to transition through the pre-season phase. It focuses on non-contact skill development.

Contact a NetballSmart Development Officer (NSDO) or Coach Lead in your zone to learn more about it. See the contact details on page 30.

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# NetballSmart Prepare to Play

Providing opportunities for coaches to support newcomers, returning players, social players or any person wanting to build strength and stability, increase fitness and prepare to play Netball in a fun environment.

The resource has been structured:

- to ensure physical distancing at Level Two Covid-19 can be achieved
- to provide grid/distancing NetballSmart Dynamic Warm-Up options
- to provide transition games to support skill development
- to provide game-like options at the end with minimal inter-personal contact
- to allow adaptation and add extra challenges as Netball progresses back to game play.

## Who will Deliver the Programme?

Coaches of every level can deliver this programme and the NetballSmart Development Officers/Coach Leads/Coach Developers based in the Zones are available to upskill and assist.

## Health and Safety Guidelines for Level 2

- Keep training numbers to a minimum. Train with your team only, have team meetings online and no spectators.
- If unwell stay at home.
  - » Have you asked?
  - » Are you unwell, have a cough runny nose, sore throat, or have you been in contact with anyone who has?
- Sanitise or wash hands before and after every practice.
  - » Sneeze/cough into the elbow.
  - » Don't touch your face.
- Contact during physical activity will occur but this should be minimised as much as possible.
  - » Otherwise keep 1m away.
- Sanitise the ball...
  - » and any other Netball equipment before and after every practice.
  - » Each team should have hand sanitiser.
- Bring their own...
  - » filled drink bottles, towels, any equipment, pen, and hand sanitiser to practice.
  - » Have a post recovery snack at home.
- Get in, train and go home.
  - » Do not linger in changing rooms and toilets.
- Separate your team from other teams training at the same venue.
  - » Are you aware of venue requirements?
- Contact log.
  - » Record details of every player at practice.
  - » <https://sportnz.org.nz/covid-19/sector-advice/contact-tracing/>

## Length of Programme

Length of programme depends on the length of Covid-19 Level 2 – however the resource can be used through the season and game play activity can replace the “physical distancing” game-like options.

This programme allows for flexibility to meet the needs of the school Netball and Netball clubs primarily. Netball New Zealand (NNZ) will continue to develop resources to grow the “Prep to Train” Resource.

## Participation

This programme has been developed for the Intermediate and Secondary School players but is also a useful resource for Netball players who wants to prepare well for a season and get the most out of their Netball. It complements other Netball Programmes that have been developed by NNZ and supports a NetballSmart transition to game play.

## Programme Design

The theme for this programme is building body weight strength, core strength and stability – all of which is vital in Netball to play well and minimise injury. The programme promotes Smart Movement by building jumping, landing decelerating, and stopping capability and capacity. In addition, the programme provides some great physical distancing Netball related activity.

Each session includes the NetballSmart Social Power Warm-up, Body Weight Strengthening, Core Control and Stability, Landing Skill Development and finishes off with some fun Netball activities. Activities can be adapted to meet the needs/level of the participants abilities.

## Progressing Loading and Training

Coming out of Lockdown there is no guarantee Netball players will have been training or preparing for the introduction of Netball. The addition of the Body Weight Strengthening and Core Control and Balance programmes to this resource will help to prepare the players for the game. The NetballSmart website has additional programmes that could be used to help the Netball players ability to progress and adapt to loading. <https://www.netballsmart.co.nz/>

### Things to consider:

- Ensure the players have at least one rest day per week.
- Progress the week – see below as a potential idea.
- Encourage the players to develop strength, core and balance to physically prepare their bodies to play. Alternatively use the home programmes on the website.
- Ensure landing and stopping is part of the training to transition players from lock down to game play. This will aid performance and help to minimise injury risk.
- If the Netball Player is playing Netball only, the below weekly planners provides a rounded approach.
- If the player is involved in multiple sports, work with the player to help plan their weeks.

Week 1 and 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Netball court /field-based circuit <b>OR</b> Choose a running or biking session	Home-based circuit	Rest	Core control and stability <b>Do 8 exercises from the core control and stability programme</b>	Rest Go for a walk	Netball court /field-based circuit <b>OR</b> Choose a running or biking session	Core control and stability Go for a walk or bike ride <b>Do 6 exercises from the core control and stability programme</b>

Week 3 and 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Netball court /field-based circuit <b>OR</b> Choose a running or biking session	Body weight strengthening <b>Do 8 exercises from the body weight strengthening programme</b>	Rest or Netball training	Core control and stability <b>Do 8 exercises from the core control and stability programme</b>	Rest Go for a walk	Netball court /field-based circuit <b>OR</b> Choose a running or biking session	Combined body weight strengthening and core control and stability Go for a walk or bike ride <b>Do 6 exercises from each programme</b>

## Individual Guidelines to Consider

Ask the players what they have been doing during the off season/lock down period:

» Have you done any physical training over the past 6 weeks?

Ask the players rank where they feel they fit.



Netflix/Baking

(0-1 sessions of activity per week)



A few workouts per week

(2-4 sessions of activity per week)



Busy training

(>4 sessions of activity per week)

★ If a player has been inactive over the Lockdown period support a progressive loading plan.

- Promote the use of NetballSmart programmes to build strength, core, and balance – these are readily available on the NetballSmart website.
- Encourage the players to use the Running, Biking and Body Weight Circuits plus Preparation Programme (both on the NetballSmart website) to develop their fitness and capacity.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home Circuit from NetballSmart Programmes	Combined Body Weight Strength and Control core and Stability <b>Select 4 exercises from each programme</b>	Netball Training	Rest or Home Circuit from NetballSmart Programmes	Home Circuit from NetballSmart Programmes <b>Select a running or biking session from NetballSmart Programmes</b>	Combined Body Weight Strength and Control core and Stability <b>Select 4 exercises from each programme</b>	Rest

★ If a player has been doing some training during off season/Lockdown period support a progressive loading plan that fits in with the addition of Netball training.

- Promote the use of NetballSmart programmes to build strength, core and balance – these are readily available on the NetballSmart website <https://www.netballsmart.co.nz/>.
- Encourage the players to use the Running, Biking and Body Weight Circuits plus Preparation Programme (both on the NetballSmart website) to develop their fitness and capacity.
- Use the tables on the previous page to guide their week.

★ If a player has been very active over the off season/ Lockdown period ensure the Netball that is added is complementing their programme. The player may need to modify their own programme to fit in the Netball training. Remember they should have a rest day each week.

The NetballSmart Development Officers (NSDOs)/Coach Lead will help support if necessary.  
You can find their contact details at the end of this resource.

## How to Use this Resource

### This resource includes:

- Off Court training Ideas
- NetballSmart Social Power Warm-up (this warm-up has been chosen as it avoids contact)
- Stage 1 Body Weight Strengthening Programme
- Stage 1 Core Control and Stability
- Landing Skill Development Level 1 and 2
- Transition Skills
- Netball-Specific Games
- Cool Down

Sessions will be prepared and designed by the deliverer/Coach who will construct a programme using all components from the NetballSmart resources and then guide the participants through the exercises/activities.

## How to Put a Training Session Together

NetballSmart Social Power Warm-Up Variations > <b>Page 12-13</b>	Body Weight Strengthening Exercises Select 2-4 > <b>Page 14-15</b>	Core Control and Stability Exercises Select 2-4 > <b>Page 16-17</b>	Landing Skills Exercises Select 2-4 > <b>Page 18-19</b>	Transitions Skills > <b>Page 20-21</b>	Netball Specific Games > <b>Page 22-26</b>	Cool Down and Recovery > <b>Page 27-28</b>
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Or select Netball Court Circuit activities from the Netball Preparation Programme resource to complement the training session (you can find this resource here: <https://www.netballsmart.co.nz/>)

# Off Court Team Training Ideas

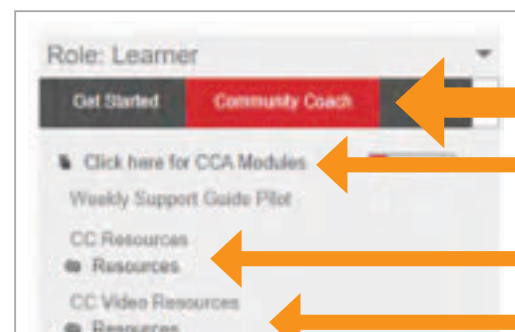
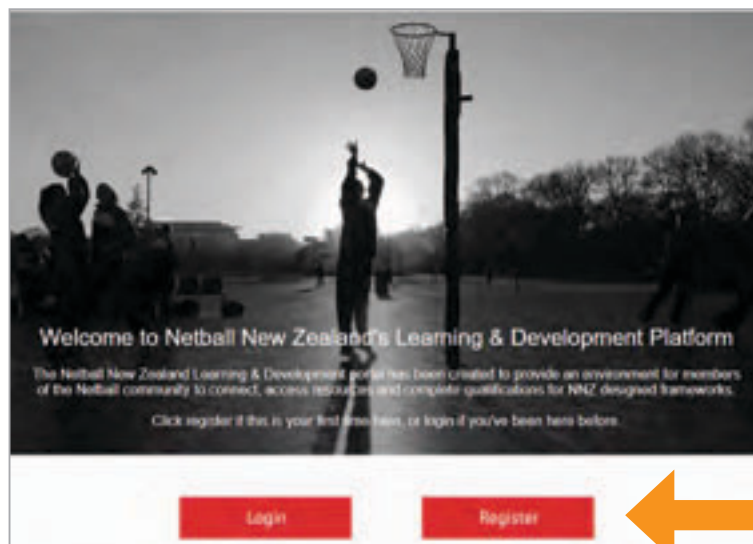
Pre season is not only a great time to prepare the body for Netball, but you can also use this time to start the teams 'off court' preparation, which taps into the social, spiritual and cognitive wellbeing of your players.

These ideas and activities are just examples for you to adapt, to suit your team's needs. They could be done:

- Together as a team at your training venue.
- Together as team in an online Zoom or Facebook chat.
- In subgroups – either face to face or online.
- Some could be done individually.

## Online Learning Opportunities

There is reference to Netball New Zealand's online tools and templates throughout these examples, which can be found by going to <https://netballnz.brackenlearning.com/> and registering yourself, and then heading to 'Get Started' and 'Community Coach' sections.





## Building your Team Culture

A great team culture is incredibly important for helping players find a sense of belonging and fun within their Netball team. It will help create special bonds which will enable your team to function well both on and off the court and will keep the players coming back to Netball year after year. Here are some ideas to get you started:

- Create a set of team values – check the tips sheet at Netball NZ's online learning platform, [Netball NZ's online learning platform](#)
- Plan a team building day out.
- Create a team theme for the season, some examples are:
  - » A trip to Mount Everest, the South Pole etc.
  - » An inspirational sports team with a great journey.
  - » An army-based theme.
- Work on your Player to Coach and Player to Player relationships:
  - » Get to know each other through some conversational ice breakers or team building games – google has hundreds of these that you could adapt.
  - » Help players get to know their strengths as well as their teammates strengths – the following link is a great tool for highlighting a person's strengths: [click here](#)
  - » Get each player to outline why it is they play netball, what got them into it, their favourite memories etc.
  - » Find out what your players preferred learning style is by getting them to do the following questionnaire and sending you their results: [click here](#)

For more ideas, check out the tips from our Silver Ferns and ANZ Premiership Coaches [click here](#) or head to [Netball NZ's online learning platform](#) and go through the **'Building Effective Relationships'** workshop.

## Goal Setting

Pre season is a time where you could help players come up with some individual goals, that can be set regardless of any Covid-19 restrictions. Some examples to prompt your player's thinking are:

- What physical goals could you set?
  - » Jumping a certain height or length.
  - » Achieving X number of push-ups.
  - » X number of passes in a minute.
  - » Achieving a set number on the yoyo.
- What social goals can you set?
  - » Connect with X, Y and Z friends.
  - » Call a grandparent.
  - » Do something helpful for a family member or a neighbour.
  - » Give out x number of compliments or positive comments each week.
- What spiritual goals can you set?
  - » Download a mindfulness app and try it 3 x per week.
  - » Take a walk-in nature 3 x per week and notice what you see, smell, hear and feel.
  - » Try a yoga practice from YouTube.

- What cognitive goals could you set?
  - » Read a book each night for 30mins before bed instead of using a screen or device.
  - » Join an online book club.
  - » Practice reflection once a week e.g. what did I learn this week, what was the highlight of the week, what was the biggest challenge etc.
  - » Practice gratitude each night before bed – write down three things you are grateful for before going to sleep.

For ideas on how to set team goals, check out [Netball NZ's online learning platform](#)

## Learn More About the Game

The more your players know about the game, the better they will be at picking up on patterns and structures that the opposition may be using, and therefore the better chance they'll have to adapt and make decisions quickly on court.

- Find YouTube clips of the Silver Ferns. Get players to watch their position for 10 minutes and then reflect on some questions, for example:
  - » What things did they do well?
  - » What things did you notice that were not working?
  - » What was the opposition doing that allowed the player to play freely?
  - » What was the opposition doing that restricted the players abilities?
- By using the same YouTube clip, you could teach your players about analysing the game using statistics. Check out the statistics templates on [Netball NZ's online learning platform](#)
- Encourage players to brush up on the Netball rules by doing the short online module on [Netball NZ's online learning platform](#)

## Mental Skills

Preparing mentally is often overlooked, however it is just as important as physical preparation. To be able to cope under pressure we must learn and practice our mental skills and techniques before we get there. These are some ideas to get your team started:

- Discuss imagery with the team and perhaps create individual imagery scripts.
- Practice some relaxation techniques.
- Discuss the impact of self-talk and unpack what self-talk your players are currently using. If their self-talk is negative help them come up with positive affirmations to replace these.

**Tips on these techniques are in the Mental Skills workshop on Netball NZ's online learning platform.**

Or check out the tips from Silver Ferns and All Blacks mental skills experts:

[Silver Ferns Psychologist Rod Corban 1](#)

[Silver Ferns Psychologist Rod Corban 2](#)

[All Blacks Mental Skills Manager Gilbert Enoka](#)

# Resources



# SOCIAL NETBALLSMART POWER WARM-UP



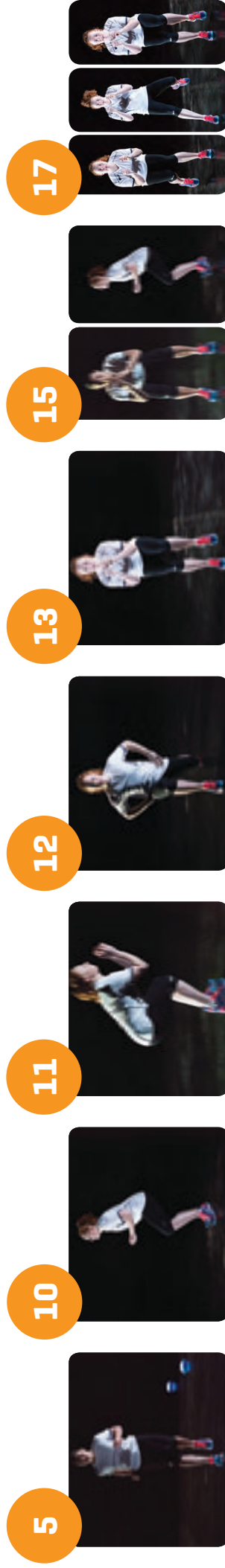
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The power warm-up can be done in a confined space [on the sideline].

	Social NetballSmart Power Warm-Up	Time/Distance/Reps
Part B: Running Warm-Up Place 2 cones out every 3 metres between base line and centre court or do on the spot.	5. <b>Running Straight Ahead or Running on Spot.</b> Run to centre of court and back You can vary direction of running path. or run on spot.	2 x 15 metres or 2 x 20 sec
	(N/A) <b>Side Shuffle to left x 3, Side Shuffle to right x 3.</b>	Repeat 3 times
	10. <b>Running - Quick Forwards and Backwards Sprints.</b> Run forward 3 steps and backwards 3 steps on spot.	Repeat 2-3 times
Part C: Dynamic Preparation	11. <b>Squats</b> i. Squat, calf raise and body extension	10
	12. <b>Walking Lunges</b> i. Walking lunges, calf raise and body extension	5 each side
	13. <b>Lateral jump.</b> Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 foot and hold for 1 second.	3 each side
Part D: Netball Specific Preparation	15. <b>Running, Stopping and Jump, Turn and Land.</b> Run to first cone at 75-80% speed or run on spot x 5 each leg. Stop in a double foot landing. Jump and turn 90/180 degrees and return. Run to next cone or run on spot x 5 each leg. Do a 1-2 foot landing. Jump and turn 90/180 degrees and return. Continue length of 15 metres and back or do 2-3 times.	2 x 15 metres
	17. <b>Prop, Prop and Stick.</b> Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position.	15 metres and jog back or on spot 3 each leg.

Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under Resources when you visit [netballnz.co.nz/useful-info/netball-smart](https://netballnz.co.nz/useful-info/netball-smart)

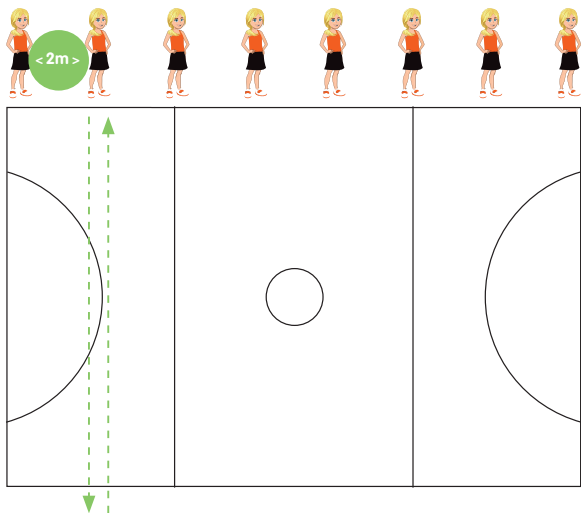


# NetballSmart Social Power Warm-Up: Physical Distancing Options

Choose ONE of the following options:

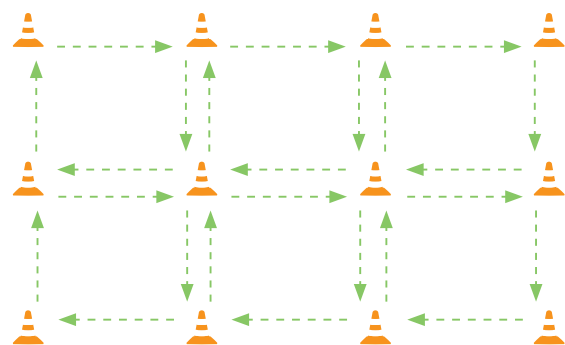
## 1. Across Court NetballSmart Dynamic Warm-Up (NSDWU)

- Spread out 2m apart along the side-line of the court.
- Use the full width of the court.
- Move across the court and back as a team.
- Run through the NetballSmart Social Power Warm-Up as outlined.



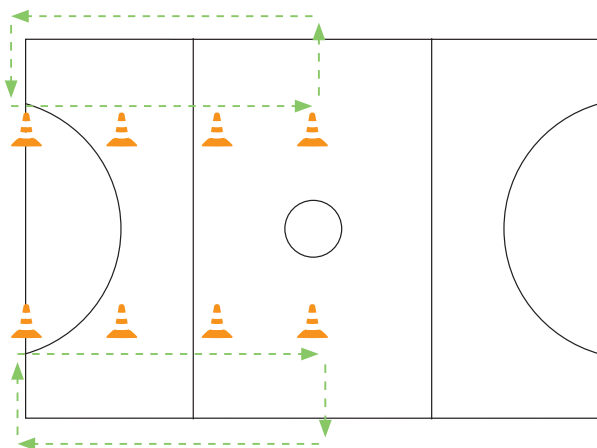
## 2. Grid NSDWU

- Set up a grid with cones 5m apart.
- Each player starts on their own cone and moves from cone to cone in a clockwise direction.
- Change direction of movement throughout to keep things interesting.
- Run through the NetballSmart Social Power Warm-Up as outlined.



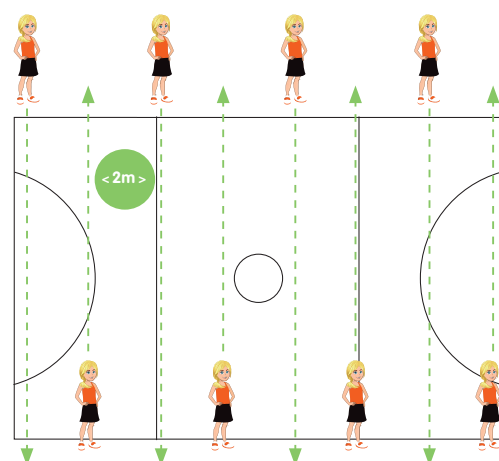
## 3. Longitudinal NSDWU

- Set up two lines of cones from the baseline to the centre circle.
- Each player starts on a cone and runs the length of the cones and back to the baseline while maintaining a 2m distance from the person in front of them.
- Run through the NetballSmart Social Power Warm-Up as outlined.



## 4. Opposite cross court NSDWU

- Half the team lines up on each side-line facing into the court.
- Players stand in the gap between the two people opposite.
- Run to the opposite side-line and back maintaining a safe distance whilst passing teammates.
- Run through the NetballSmart Social Power Warm-Up as outlined.



# Stage One: Body Weight Strengthening Programme

Netball players need to have good core strength and limb control to jump, land and change direction. Strength helps develop the fundamental movement patterns required for Netball, improving performance and reducing injury risk. This programme is designed for novice/younger Netball players and should be done 2-3 times per week. Minimal equipment is required.



## BODY WEIGHT SQUATS

Ensure good squat technique. Push back through hips. Knee in line with toes and not in front of toes.

**DO 20 REPS | DO 2 SETS**  
**Hold a ball**

OR



## ADVANCED BODY WEIGHT SQUATS

Progress to holding weight.

**Do 20 REPS | DO 2 SETS**

Or isometric wall squats. In good squat position. Pelvis against wall. Back away from wall.

**HOLD 45 - 60 SEC | DO 6**



## SINGLE LEG BRIDGING

Extend 1 leg out. Lift pelvis off ground. Keep thighs in line with each other.

**DO 10 EACH SIDE**  
**DO 2 SETS**



## STEP UPS

Step up onto box. Bend knee up to 90°. Keep trunk stable.

**DO 10 EACH LEG**  
**DO 2 SETS**



## RDL

Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.

**DO 10 EACH LEG**  
**DO 2 SETS**

**Progression: Add weight**



## LUNGE

Strong body and pelvis level. Keep feet shoulder width apart. Knee in line with foot. Knee not in front of foot.

**DO 10 EACH LEG**  
**DO 2 SETS**

**Progression: Use weight above head**



## CALF RAISES

Double leg calf raises.

**DO 10 - 15**  
**DO 2 SETS**

Progress to single leg raises.

**DO 12 EACH LEG**  
**DO 2 SETS**



## LATERAL LUNGE

Lunge out to side, strong body pelvis level. Knee in line with foot. Knee not in front of foot.

**DO 10 EACH LEG**  
**DO 2 SETS**



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## Stage One: Body Weight Strengthening Programme



### THE BENCH

**HOLD 10 - 30 SEC | DO 6**

Or bench up to a press up and down to a bench.

**DO 5-10 TIMES**



OR



### SWISS BALL BRIDGING OR HAMSTRING BRIDGE

With a swiss ball. Lift pelvis/hips of the ground. Roll ball in and out keeping pelvis/hips off ground.

**DO 10 ROLLS | DO 2 SETS**

Or using a box or chair, lift pelvis off ground and lower.

**DO 10 | DO 2 SETS**



OR



### PRESS UPS

Press ups is important for core and throwing a ball.

If you can't do a full press up, do it on a bench or chair.

**DO 10 TIMES**

**DO 2 SETS**



### SINGLE LEG SQUATS

Push back through hips. Knee in line with foot and body straight and stable. Squat back onto a box/chair.

**DO 10 EACH LEG**

**DO 2 SETS**



### SINGLE BRIDGE

On a straight arm maintain this position with a strong core. Straight line.

**HOLD 10 - 30 SECS**

**DO 5 EACH SIDE**



### NETBALL/MEDBALL TWISTS

In V sit position rotate ball from left to right. Maintain a good position with a straight back.

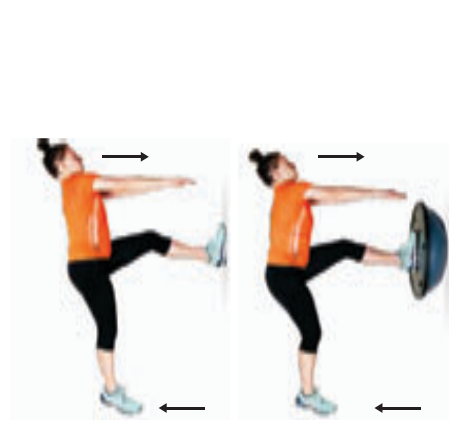
**DO 10 EACH SIDE**

**DO 2 SETS**

# Stage One: Core Control and Stability for Netball

## SIMPLE 30 MINUTE WORKOUT

Netball is a dynamic game involving extreme body movements. Controlling the core and ensuring stability on landing assists performance and helps reduce injury risk. Work on this simple programme 2-3 times a week and develop core control and stability on the court.



### SIDEWAYS BENCH & KNEE TO CHEST

Lift pelvis off ground. Keep pelvis stable and control rotation of the body. Bend knee to chest.

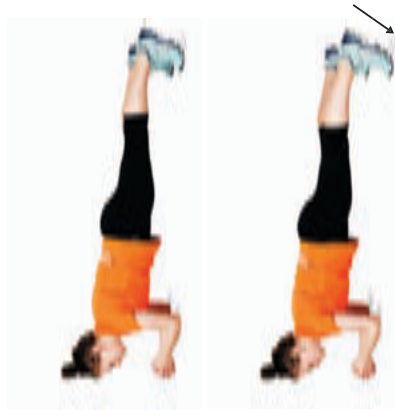
**DO 8 EACH LEG**



### BENCH AND LIFT LEG OUT TO THE SIDE

Keep pelvis stable and back stable. Control rotation of the body.

**DO 8 EACH LEG**



### MOUNTAIN CLIMBER

Press up position and bend knee to chest. Keep back completely straight.

**DO 8 EACH LEG**

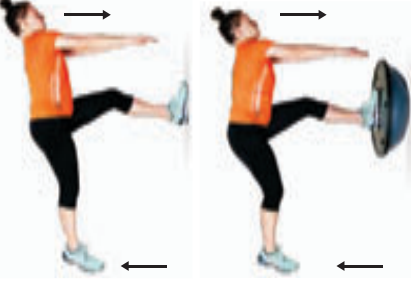


### RDL

Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.

**DO 8 EACH LEGS**

Make it more difficult. Do it on a bosu ball.



### ROTATE BALL OR MEDBALL AROUND HEAD

Keep trunk stable.

**DO 8 EACH DIRECTION**



### RDL AND OPEN OUT

Do RDL and then open out. Keep stable. Return to RDL position and then stand up.

**DO 8 EACH LEG**



### BALL THROW

Ball throw in pairs. Move ball around waist and throw back. Stabilise trunk.

**DO 8 EACH LEG**

Vary pass: Overhead, chest, bounce pass.



### BALANCE & ROTATE

Balance on one leg with ball at chest. Rotate leg to one side and ball to the opposite side. Repeat in other direction.

**DO 8 EACH LEG**



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## Stage One: Core Control and Stability for Netball

Simple 30 minute workout



### LUNGE AND ROTATE

Lunge forward with knee in line with foot. Trunk strong. Rotate arms to the side of the front leg. Control rotation.

**DO 8 EACH LEG**



### PRESS WITH ARM LIFT

Press up position and pull one elbow back into retraction. Keep back completely straight.

**DO 8 EACH ARM**



### LEG SWINGS

Swing leg out to side, across front of body and then out and behind the body. Keep trunk stable and maintain balance.

**DO 8 EACH LEG**

**ADD BALL - HOLD BALL IN HAND**



### PROP FORWARD AND LAND WITH BALL

Prop forward and land on line on court. Land with ball out to side [landing leg]. Ensure trunk is strong and straight. Knee is in line with foot. Knee bent.

**DO 8 EACH LEG**



### BIRD DOG

Keep back straight and extend opposite arm and leg. Hold for 5 seconds.

**DO 8 EACH SIDE**



### LEG SWINGS TO LANDING

Swing leg from back to front while hopping forward. Land on one foot. Bend knee in line with foot. Keep trunk stable and maintain balance.

**DO 5-8 EACH LEG**

# Landing Skills: Level 1

Completing 10 mins of this Landing skill module offer a NetballSmart Dynamic Warm up or during a skills and activity session helps reduce injuries and improve performance. Players may be at different levels of this programme at any one time so adjust it for individual members of the team.



## Vertical jump and stick landing

Ensure good squat technique.  
Bend in hips and knees.  
Push back through hips.  
Soft landing in squat position.  
Control trunk.

**5x: 2 Sets**



## Vertical jump, turn and stick landing

Ensure good squat technique - no kissing knees.  
Bend in hips and knees.  
Push back through hips.  
Jump and turn in the air 90, 180, 270, 360.  
Soft landing in squat position, control trunk.

**5x (each side): 2 Sets**



## Broad jump and stick landing (Double Leg)

Ensure good squat technique.  
Bend in hips and knees.  
Push back through hips.  
Jump forward for distance.  
Soft landing in squat position, control trunk.  
Stick landing (not falling forward).

**3x: 2 Sets**



## Tuck jumps, stick landing on last

Keep body upright.  
Knees to chest.  
Tuck knees equally.  
Last landing soft in squat position.

**5x: Rest: 3 Sets**



## Drop box and stick landing

Bend in hips and knees.  
Push back through hips.  
Jump down off box.  
Soft landing in squat position.  
Equal weight bearing, control trunk.

**5x: 2 Sets**

**Adapt: Increase box height, jump and land onto box, jump off one box onto another.**



## Horizontal jump and stick landing

Ensure good squat technique.  
Bend in hip and knees.  
Push back through hips.  
Jump forward for distance.  
Soft landing in squat position, control trunk.  
Stick landing (not falling forward).

**5x: 2 Sets**



## Jump and land on one foot

Ensure good squat technique.  
Bend in hip and knees.  
Push back through hips.  
Jump in air off both feet and land on a single foot.  
Soft land, control trunk.  
Keep knee in-line with foot.  
Stick landing.

**5x (each leg): 2 Sets**



## Single leg vertical hop and stick landing

Ensure single leg technique.  
Bend in hip and knee.  
Push back through hip.  
Jump in air off one foot and land on single foot.  
Soft landing, control trunk.  
Keep pelvis level.  
Keep knee in-line with foot.  
Stick landing.

**5x (each leg): 2 Sets**

# Landing Skills: Level 2

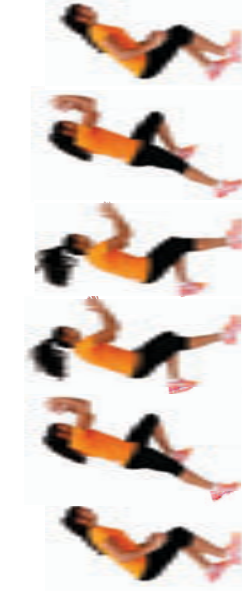
Players may be at different levels of this programme at any one time so adjust it for individual members of the team. Level two offers adaptations and alternatives for each player during the season.



## Horizontal hop onto one leg

Ensure good single leg squat technique.  
Bend in hip and knee.  
Push back through hip.  
Knees not in front of feet.  
Land on one foot in good single leg squat position.  
Control trunk, trunk not too far forward.

**5x: 2 Sets**



## Single leg horizontal hop

Same as previous exercise but with 5 repeated hops and stick the last landing.

**5x (each leg): 2 Sets**

**Adapt:** Add ball, call north, south, east and west - players land facing that position.



## Drop box, land, broad jump forward onto one leg

Bend in hips and knees.  
Push back through hips.  
Knees not in front of feet.  
Jump down off box, landing in a good squat position, soft landing.  
Broad jump forward onto one leg.  
Soft landing, control tuck.  
Pelvis level.

**4x (each leg): 2 Sets**



## Multi-directional hopping around a compass

Draw out a compass shape with tape.  
Balance in the center of the compass.  
Bend in hip and knee.  
Knee in line with foot.  
Head up.  
Control of trunk.  
Hop following compass.  
Ensure all landings have good technique

**5x: 2 Sets**



## Triple hop diagonally - forwards and backwards

Bend in hips and knees.  
Knee in line with foot.  
Knees not in front of feet.  
Hop forwards and to the side of the tape.  
On the same foot hop to the opposite side.  
Do three hops moving forwards.  
Control trunk, trunk not too far forward.

**3 sets each leg**

**Adapt:** Hop backwards, hop forwards and backwards.



## Jumping or hopping over hurdles

Bend in hips and knees.  
Knees not in front of feet.  
Control trunk, trunk not too far forward.  
Jump or hop over the hurdles and land on one or both feet.  
Stick final landing.

**5-10 jumps or hops: 1 each foot: 2 Sets**

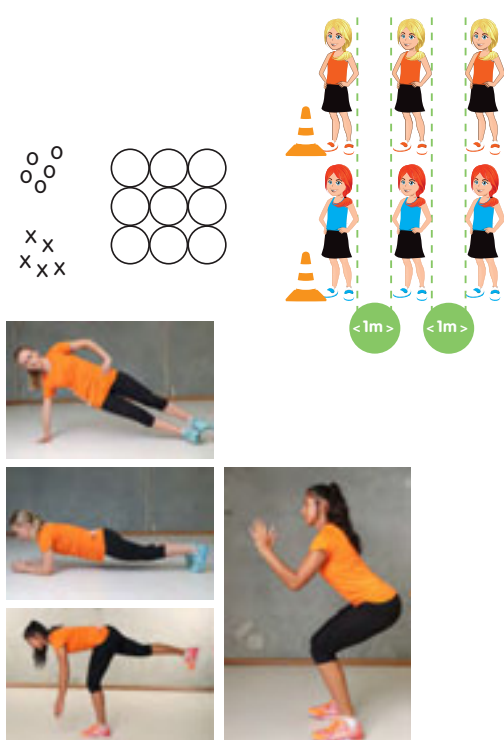
**Adapt:** if you do not have hurdles, use drink bottles or sweat shirts instead.

## Landing Skill Development Level 1 and 2

When teaching landing skills always focus on quality of the movement. Follow the simple instructions from the 'Landing Skills: Level 2' resource on pages 18 and 19. Select 2-4 activities for each training.

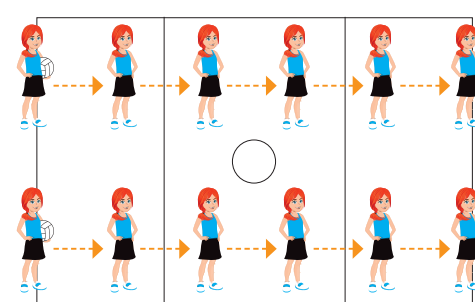
### Prep and Train Transition Skills

#### NOUGHTS AND CROSSES

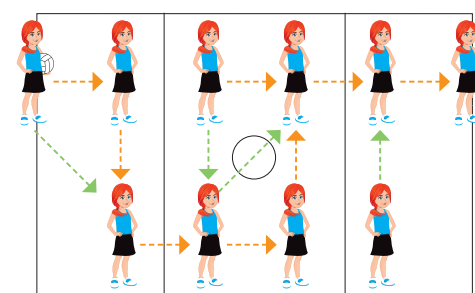


- Each group grabs 9 hoops and lies them in the middle of the court, in a grid system 3 by 3 or alternatively: pre-mark grid of noughts and crosses on court with chalk.
- On the side-line/goal line, place the "noughts" in one pile and your "crosses" in another pile.
- Split the group into a "noughts" team and a "crosses" team. 2-3 players per team and line up 1m apart opposite end/side of court to their pile of "noughts" and "crosses".
- Player 2 (+/- player 3) for both teams performs a bench activity (see images left).
- Player 1, for both teams, runs a shuttle run across/up the court and grabs a nought/cross.
- They run to the grid and place it in the grid and runs back to the team.
- Player 1 immediately drops into bench and player 2 runs to grab a "nought" or "cross". And so on.
- If no one has won and all 6 "noughts" and "crosses" are out in the grid, play continues whereby players move one of the noughts or crosses with each turn until a winner declared.
- On the next game, change bench hold to side bench, squat jumps, RDL, burpees or mountain climbers.

#### BALL DOWN COURT

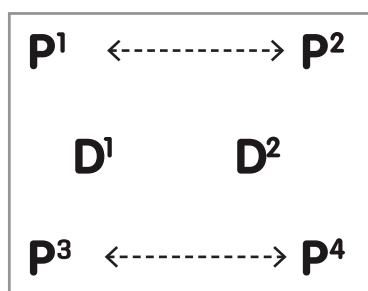


##### • Progression:



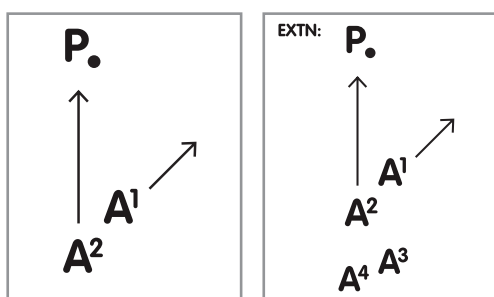
- Players line up down the court as outlined.
- Ball starts at the end of the court. Passing down the line the players focuses on turning fully in the air and landing well.
- **Progression:**
  - » Teams races each other to get the ball down the court as quickly as possible – use multiple balls.
  - » Players do a change of direction before receiving the pass.
  - » There are 2 passes in each 1/3 – straight line and then a square pass.
  - » Player moves to ball movement.
  - » Repeat 5–6 times.

## IN 6'S WITH A BALL



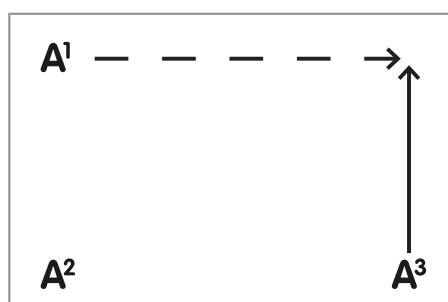
- Players P1 and P2, and players P3 and P4 are passing, players D1 and D2 try to intercept opposite passes. If successful return the ball to the posts.
- Encourage timing and footwork to ensure that they can get into positions to intercept the ball.
- **Questions:** How can the defenders work together to get a number of successful intercepts? What is important in the defenders body position to be successful?

## LEADS DOWN COURT



- In 3's with 1 ball – set up as shown in the diagram with a passer (P) and 2 attackers (A).
- A1 drives wide and A2 drives straight using the gap created by A1.
- The P passes to one and the other offers again to create a straight line play.
- Extension – P backs up to create a square option.
- Extension – set up in groups of 5 with attackers A4 and A5 working off the first 3 players.
- **NB:** Sometimes A1 will need to drive straight up the court to create space for A2 if the ball is taken wide initially.

## PASS AND MOVE



- Start in 3's with 1 ball.
- Create a square formation with the players with one corner missing.
- A1 passes to A3 who is driving to the missing corner. A1 turns and gives it to A2 who again is driving to the open corner. Drill continues as so. Explore the differences of turning into the ball and then turning outwards.

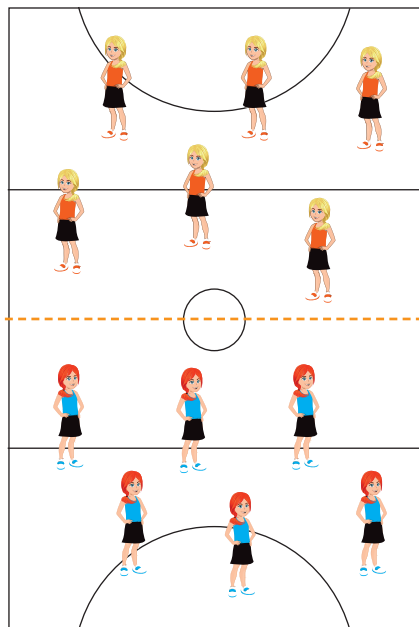


## Prepare to Play Netball Specific Games

The following games have all been chosen for their ability to be played with minimal inter-personal contact.

Where closer contact may occur (e.g. D vs A games) suggestions have been made for adaptations to suit physical distancing requirements. No man-to-man defence. Focus on zone defence (filling space and going for ball in flight).

### DODGE BALL



**Aim:** To eliminate all players of the opposing team by throwing one of three dodge balls.

**No. of players:** 2 teams of equal size

**Area:** One or two-thirds of the Netball court

**Equipment:** Bibs, 2 netball or soft balls

- Players spread out in their designated half court.
- Each team starts with a ball.
- Once the balls have been thrown, it is a sprint to retrieve the ball and throw it back.
- A player is out, if they get hit below the hip, by a ball thrown by the opposite team.
- If you throw a ball that is caught by the opposition, you are also out.
- No player is allowed to cross the centre line.
- Players are expected to be honest and take themselves out when hit or caught.

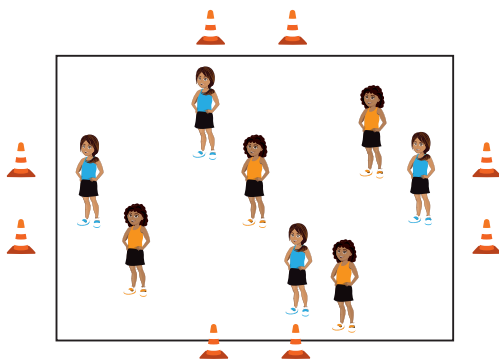
#### Physical Distancing Adaptations:

- Create a "no man's land" of approximately 3m in the centre of the court. Neither team can enter this space.
- Variations: Give each player an area/space to work in which distances them from their teammates. They can rotate through positions for variety. Add extra balls.
- Skill focus: e.g. must only use shoulder passes, stick landing if catching a ball on the full, extra points for an effective fake.

#### Coaching Questions:

- How can you ensure a strong accurate pass?
  - » Balanced landing, strong core, arm strength – relate these answers back to previous activities.
  - » Body weight strengthening, core, landing skills.
- What skills can you use to deceive the opposition?
  - » Fake with the body or the ball.

## RACE BALL



**Aim:** To score more goals than the opposition does, focusing on running and catching the ball at full extension, landing in a SBP and then stepping onto any goal to score a point.

**No. of players:** 8-12 players

**Area:** 10 x 10 metre square

**Equipment:** 4 balls, cones

- Four goals are created outside the third with cones.
- One team wears bibs.
- The coach throws a loose ball into the area and the first team to collect the ball starts on attack.
- This attacking team passes the ball between each other, attempting to score a goal by landing in court with the ball and then stepping between the goal (cones).
- The players practice landing and passing from SBPs.
- The opposition gains possession after a goal, a loose ball or an infringement.
- All Netball rules apply.
- **Progression:**
  - » Add 4 defense players inside the area.
  - » Increase the size of area.

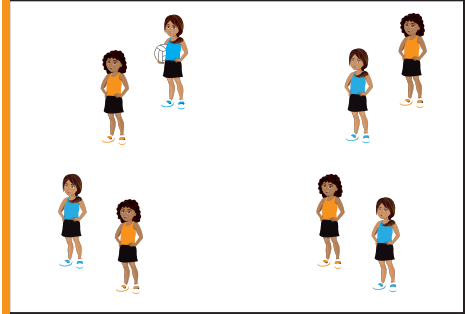
### Physical Distancing Adaptations:

- One team only.
- Attacking team aims to score as many goals in 3 minutes – passes to be a minimum of 1m. The team cannot score at the same place in a row.
- Variations: Everyone must receive a pass before scoring, coach numbers the scoring areas and calls the order, no passing back to the player who just passed the ball.
- Skill focus: e.g. balanced landings, preparation before receiving a pass, receiving the pass moving or turning fully – if a landing is judged by the coach as unbalanced, the score goes back to 0.
- The team must ensure they practice zone defence and with limited numbers on defence (ie 2) to ensure physical distancing.

### Coaching Questions:

- How can you balance the area so that every person receives a pass?
  - » Spread out and create space.
  - » Respond to your fellow players.
  - » React to their movements.
- What attacking skills can you use before you receive a pass?
  - » Dodging – move one way and cut back in another direction.
  - » Preparation – do preparation movement before receiving the pass.
  - » Forward to go back.
- How can you position your body, so you are aware of where your attacking team is and the space available?
  - » Ensure you are on an angle and can see players and space. Do not get “flat to the ball”.

## TOUCH DOWN



**Aim:** To develop spatial awareness.

**No. of players:** two teams of 4-6 players

**Area:** one-third of the Netball court

**Equipment:** 1 ball, bibs

- Using one-third of the Netball court, the group is divided into two teams.
- Two players, one from each team, use Paper, Scissors, Rock to establish which team starts with the ball.
- Each team is allocated a sideline.
- The objective of the game is for the team to pass the ball around, utilising the space, to get the ball to the sideline and touch down to score 2 points.
- If the ball is intercepted, or an error occurs, the opposition then passes the ball towards its sideline.
- Once a touchdown is made, the opposition team throws in.
- First team to score 10 points.

### Physical Distancing Adaptations:

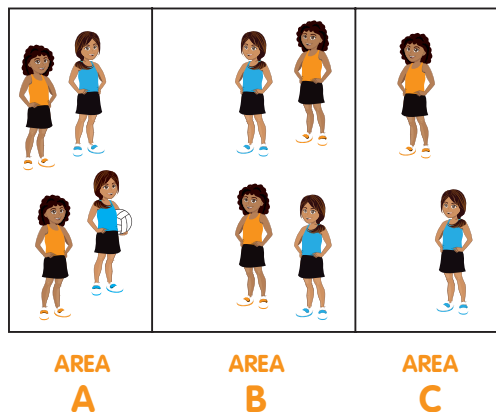
- One team only – passes to be a minimum of 1m.
- Continuous touch – One team on attack working towards one end, touch the ball down and then transition back to the other end. How many touch downs can the team get in 3mins?
- Variations: Everyone must receive a pass before scoring, flat passes only, once ball is passed player runs to the side-line before they can receive another pass. Put obstacles (i.e. cones) out for players to work around as 'static' defence.
- Skill focus: e.g. balanced landings, preparation before receiving a pass, receiving the pass moving, turning fully – if a landing is judged by the coach not to be balanced the score goes back to 0.

### Coaching Questions:

- How can you balance the area so that every person receives a pass?
  - » Spread out and create space.
  - » Respond to your fellow players and react to their movements.
- What attacking skills can you use before you receive a pass?
  - » Dodging – move one way and cut back in another direction.
  - » Preparation – do preparation movement before receiving the pass.
  - » Forward to go back.
- What can you do to ensure a fast transition to scoring at the opposite end?
  - » Respond to scoring.
  - » Zero phase of defence.



## CHOICE BALL



**Aim:** To use a variety of passes to maintain possession of the ball and score the most points in a given time.

**No. of players:** 10-12 players

**Area:** One-third of the Netball Court

**Equipment:** 1 ball, bibs, cones

- Divide the area in three – areas A, B and C.
- The attacking team is awarded points for each pass passed from area A to B (1 point) and A to C (5 points) but not from area B to A or B to C or C to B.
- Each team decides how many players it will have in each area.
- The attacking team starts with the ball in area A. They have 1 minute to score as many points as they can.
- If the defensive team intercepts the ball, the intercepting player places the ball on the ground immediately.
- The players or coach/manager keep a tally of the points.
- After 1 minute, allow the other team a turn to try and beat the score.
- **Progression:**
  - » Once both teams have had a turn, allow the teams 1 or 2 minutes to decide on a game plan to beat their last scores and discuss pass selection and delivery.
  - » Repeat the activity.

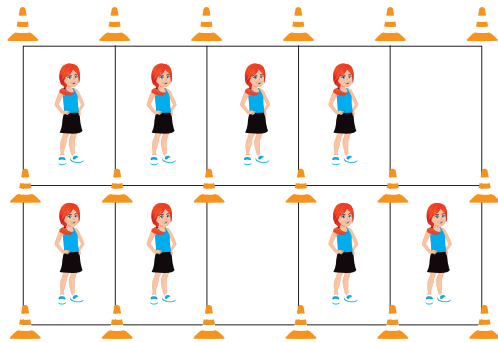
### Physical Distancing Adaptations:

- One attacking team in each third/area of court.
- Each team races to see how many passes, without errors, they can complete in 1 minute.
- Adaptations to change the challenge: Extend or shorten the time, change the shape of the space (e.g. long and narrow or short and wide or if using the goal thirds) or play inside or outside of the goal circle.
- Variations: Ball to travel from one end to the other. Every player to receive a pass in their area before the ball moves into the next area.
- Adaptations to change the challenge: Each area to number their players. Coach calls a number out and explains what that number must do e.g. "2" cannot receive a pass but must keep the area balanced, or "3" - must receive two passes.
- Skill focus: e.g. each player must complete two movements before receiving the ball, vary how long the ball must be held for, reward points for turning fully and landing well.

### Coaching Questions:

- What can you do to ensure minimal errors while moving the ball quickly?
  - » Turning fully to sight all the players.
  - » Timing movement for when player is ready to pass the ball.
  - » Ensure good landing strategy and balance on landing.
- What attacking skills can you use before you receive a pass?
  - » Change of direction or dodging.
  - » Changing pace.

## GRID BALL



**Aim:** To practise creating and maintaining a balanced court.

**No. of players:** Whole group

**Area:** One third of the Netball court

**Equipment:** 1 ball, spots/chalk, bibs

- Divide the third into grids as shown.
- Each player stands in a grid, working to spread out over the court as much as possible.
- One of the players adjacent to an empty grid moves into this grid freeing up their grid.
- The players keep moving continually to fill the next empty space.
- Encourage definite movements and quick resetting if two players move into the same empty grid.
- Add in a ball. The ball is passed into the empty grid with a player moving into the grid to receive it.
- If a player moves too soon into the empty grid, the passer will need to see which grid is now empty.
- Land in an SBP.

### Physical Distancing Adaptations:

- Set up a grid of 8-12 squares that are approximately 3m by 3m.
- Each player must receive a pass in each square, but only one player is allowed in a space at any given time.
- Encourage players to keep moving constantly (i.e. not standing still taking up space in a square).
- Variations: Add a defender in each square, increase or decrease the space or set a time limit.
- Skill focus: e.g. specify type of pass to be used, call out Left or Right and encourage balanced single leg landing.

### Coaching questions:

- What is going to be important to do to ensure you know who has received a pass in each square?
  - » Communication.
  - » Vision.
  - » Watching the ball.
- What can you do to keep moving even while not receiving the ball?
  - » Running on the spot, Side slipping in square etc. in anticipation of movement.

NetballSmart will be developing a further 1-2-page resource of different activities to add to this.  
Keep an eye on the NetballSmart website.

# Recovery

**Recovery is an important aspect of any training or game. It should never be left out no matter what the age group.**

Actively cool down with a light jog slowing to a walk. Continue for 5 minutes.

If there is not sufficient time on the court for a cool down an alternative is to walk on the spot or along the footpath keeping moving for five minutes.

**Static stretching:** Hold each stretch for 20 seconds each side. Include stretches for calves, quadriceps, hamstrings, hip flexors, gluts, arms etc.

Wellbeing is an important element of Recovery. Take your players through My Smart Roadmap to help them understand what they can do to maximise wellbeing and recovery.

## Other useful information:

<https://www.netballsmart.co.nz/netball-smart/resources.html>

- Recovery guide
- Hydration Guide
- Nutrition Guide

# Stretches

HOLD EACH STRETCH FOR  
20 SECONDS (MINIMUM) EACH SIDE

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SHOULDER-POSTERIOR



SHOULDER-FRONT



SHOULDER-PECS



QUADS



HIP FLEXORS



GLUTS



HAMSTRINGS



ADDUCTORS/GROIN



LONG CALF



SHORT CALF



SPINE-ROTATION

# My Smart Roadmap

My Smart Roadmap is designed to help players take responsibility for their own wellbeing and recovery to ensure they are keeping a good training/life balance. In each section check in on yourself by marking either a 1, 2, or 3.

- 1 Over stressed. Pick two options from that category that fits into your day.
- 2 Mildly unbalanced. Pick one option from that category that fits into your day.
- 3 Well balanced and ready to go. No actions needed.

## Smart Mind Balance

Ensure you have a clear mind. Where are you sitting mentally today, is your mind cluttered?

How do you feel?



### Meditation

Take 5–10 minutes out of your day to focus on your breathing and relax your mind.

### Positive Connection

Put aside some time in your day to have a positive connection with family or friends. This may just be 30 minutes over a coffee.

### Enjoyment

Take some time to do something you love! This could be art, baking, building, reading. This is “you time”.

### Get Outdoors

Take some time to remove yourself from it all and get some fresh air. This could be at the park, the beach, gardens, whatever works for you.

### Plan

Sit back from it all and organise your thoughts. This could be by creating a ‘To Do’ list or setting small goals.

## Smart Body Balance

How energised are you feeling today? Make sure you have done everything you can to look after your body.

How does your body feel?



### Sleep

Aim to get 9–10 hours sleep tonight or have a 30 minute nap between 12–4pm to make up for lost sleep.

### Screen Time

Minimise your screen time. Take an hour to put down all devices. This may also help with sleep quality.

### Hydration

Make a conscious effort to drink at least 2 litres of water. Training or games may require you to drink more. Guidelines are in Smart Preparation on the NetballSmart website.

### Nutrition

**ENERGY IN = ENERGY OUT.** Take a food diary to ensure you are fuelling yourself for what your day brings.

### Hygiene

Do something that makes you feel clean and relaxed. e.g. tidy/organise your room or desk, hot shower before bed.

## Smart Training Balance

Listen to your body and make sure you do what you can to look after it.

How do your muscles feel?



### Stretch Session

Incorporate a 15–30 minute stretching session into your day. Guidelines can be found on the NetballSmart website.

### Foam Rolling

Release affected muscles by incorporating a foam rolling session into your day. Guidelines can be found on the NetballSmart website.

### Massage

Massage is a good option for muscular release if foam rolling is not an option. This can be either self-administered or administered by somebody else.

### Active Recovery

Go on a light walk or bike ride to increase blood flow and relieve stress in muscles.

### Pool Recovery Session

Have a 30 minute pool session. This can aid mobility without putting excess stress on muscles and joints. May also help induce fatigue to help sleep quality.

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***ACC SportSmart***



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