

# SOCIAL NETBALLSMART POWER WARM-UP



ACC SportSmart



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
Part C: Dynamic Preparation	10. <b>Running - Quick Forwards and Backwards Sprints.</b> Run forward 3 steps and backwards 3 steps on spot.	Repeat 2-3 times
	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
Part D: Netball Specific Preparation	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
	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](http://netballnz.co.nz/useful-info/netball-smart)

5



10



11



12



13



15



17



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## **ACC SportSmart**

### **Social NetballSmart Power Warm-Up**

- > Confined space and restricted time can interfere with a good warm-up.
- > The Power Warm-up can be done in a confined space (on the sideline) and in 5 minutes. A short netball specific warm-up is better than no warm-up at all. It helps to decrease injury and gets you primed and ready to play.
- > For tips on technique and to watch the videos head to the NetballSmart website [www.netballsmart.co.nz](http://www.netballsmart.co.nz)



**NETBALL**  
NEW ZEALAND