

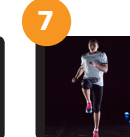
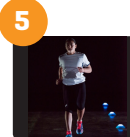
NetballSmart Dynamic Warm-Up: For Umpires



ACC SportSmart



	Exercise	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 leg (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 Single leg Romanian Dead Lift (RDL) ii. Intermediate Single leg Romanian Dead Lift (RDL)	3-5 each leg 5 each leg
	4. Calf Strengthening i. Double leg calf raises. Balance on 2 feet and hold onto wall. Rise up and lower on 2 feet. Lower with control. ii. Calf eccentrics. Balance on 2 feet and hold onto wall. Rise up on 2 feet and lower on 1 foot. Lower with control. Do 10 on 1 leg. iii. Single leg calf raises. Balance on 1 foot and hold onto wall. Rise up on 1 foot and lower on 1 foot. Lower with control. Do 10 each leg.	2 x 10 2 x 10 each leg 2 x 10 each leg
Part B: Running Warm-up	5. Running Straight Ahead. Run to centre of court and back. Repeat.	2 x 15 metres
	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.	2 x 15 metres
	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.	2 x 15 metres
	8. Run and side slip. Run to first cone, side slip to second cone, run to third cone. Repeat on way back.	2 x 15 metres
	9. Run and rotate. Run to first cone, run and rotate upper body to left to second cone and run and rotate upper body to right to third cone. Repeat on way back.	2 x 15 metres
	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.	2 x 15 metres



Part C: Dynamic Preparation	11. Squats i. Squats ii. Squat, calf raise and body extension iii. Single leg squat iv. Combination of all three	10 10 10
	12. Walking Lunges i. Walking lunges ii. Walking lunges and calf raises.	5 each leg 5 each side
	13. Well rotation. Stand with back to wall, fence, or post. Keep hips facing straight ahead and direction of feet and rotate upper body to the left and hands touch the wall, fence, or post. Repeat to the right.	5 each side
	Progress onto Umpire Specific movement and increase the speed of the activity. This will prepare you for the beginning of the game	
Part D: Umpire Specific Preparation	14. Running and Stopping. Run to first cone at 75-80% speed and stop 1-2 foot landing. Continue length of 15 metre and back stopping at each cone.	2x15 times
	15. Side slip and run and rotate. Side slip x4, run and rotate 5 steps, run baseline and stop to view the court. Run back.	Do 4-6 times
	16. 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

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