



Warming up before umpiring Netball prepares the body and mind for the upcoming activity. Netball umpiring requires a high degree of physical capability to cope with the unique umpiring movement patterns. Complete this warm up to ensure you are well prepared to umpire.

Please turn the page over for key exercises you can do at home to help you prepare for umpiring.

	Activity	
Running	1. Running straight ahead - Run 2/3 of the court.	2 x 20 metres
	2. Run and side slip - Starting at the goal line - run to the top of the circle, side slip to the 1 st transverse line, run to the centre circle, side slip to the 2 nd transverse line.	2 x 20 metres
	3. Run and rotate - Starting at the goal line - run to the top of the circle, run forward while rotating the upper body to the left to the 1 st transverse line, run to the centre circle, run forward while rotating the upper body to the right to the 2 nd transverse line.	2 x 20 metres

Do Toss

Dynamic Preparation	4. Squats, calf raise and body extension	Repeat 10 x
	5. Walking lunges and calf raise	10 each leg
	6. Wall rotation - Stand with the back to a wall, fence, or post. Keep the hips and feet facing straight ahead and rotate the upper body to the left until the hands can touch the surface behind. Repeat to the right.	5 each side

Do Team Checks

Umpire Specific	7. Running and stopping - Starting at 2 nd transverse line, run until in line with the centre circle at 75 – 80% speed and stop, squaring to the court. Do eye exercises (refer to umpire module). Repeat to the 1 st transverse line, top of the circle and goal line.	2 x 20 metres
	8. Side slip, change direction, sprint – Starting in line with the centre circle, side slip to the transverse line, change direction and run back to finish in line with the centre circle. Stop, squaring to the court. Do eye exercises (refer to umpire module).	Repeat 5 x each side
	9. Arch run - starting in line with the centre circle, side slip to the transverse line, run in rotation until in line with the top of the circle, run in an arch to the goal line and stop past the goal post, squaring to the court. Do eye exercises (refer to umpire module).	Repeat 5 x



Umpire Specific Strength and Flexibility Home Programme

It is important to have sufficient strength and flexibility in key muscle groups to be able to umpire well and help minimise injury risk. Strength and flexibility training helps to prepare the body to sustain the specific physical demands of umpiring - deceleration, stopping, and changing direction. Make sure you regularly incorporate the key exercises below into your training programme.

Activity			
Umpire Specific Strength and Flexibility	<p>1. Thoracic rotation – Start by lying on your side with the knees, hips and shoulders stacked. Keeping the hips and knees stacked and still, rotate the top arm and shoulder to the opposite side until the shoulder touches the floor.</p>	2 x 3 each side (hold for 20 – 30 sec)	
	<p>2. Calf stretch - Keeping the heel on the floor, bend the knee to touch the wall. Make sure that the knee stays in line with the 2nd and 3rd toes.</p>	2 x 3 each side (hold for 20 – 30 sec)	
	<p>3. Multi-directional lunges – Lunge out straight, return to starting position. Lunge out on the 45°, return to starting position. Lunge out to 90°, return to starting position. Keep the knee and ankle in line with every step. Make sure the upper leg and foot are facing the same way.</p>	2 x 15 (5 step outs per angle) each leg	
	<p>4. Straight leg calf raises – single leg – Standing on one leg, lift and lower heel. Raise the heel ending up as high as you can on the toes. Lower back down with control. Keep the heel in line with the 2nd and 3rd toe.</p>	2 x 10-12 each leg	
1	2	3	4
			