

Landing Skills: Level 1

Completing 10 mins of this Landing skill module after 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.