

Preparing for Netball – Home Program

“Success comes from knowing that you did your best to become the best that you are capable of becoming”.

This booklet contains:

- 1) Advice from Origin Diamonds Physiotherapist, Alanna Antcliff, on how to improve your game away from court
- 2) A series of preparation exercises programmed by Alanna and demonstrated for you by members of the Origin Diamonds
 - Choose one exercise from each of the 9 groups of exercises and commit to doing these exercise 3 times a week
 - Start at level 1 to establish a base, and once this is easy progress to level 2, and then to level 3
 - These exercises should be completed alongside your home strength and conditioning program
- 3) Advice and program ideas from NSW Swifts Strength and Conditioning Coach, Johann Ruys
 - Warm Up ideas that you can incorporate into your home sessions and use when you arrive at trials
 - Agility patterns to develop speed, change of direction and agility as you head into trials. You can also use agility patterns to work on change of pace
 - Conditioning ideas to make sure that you arrive at trials ready to hit the court with intensity and maintain that intensity!

1) General Advice from Alanna Antcliff

COVID restrictions, off season, exams, injury, holidays or training free days all provide a perfect opportunity to improve your game.

Diamonds Physiotherapist and creator of the Netball Australia Knee Program, Alanna Antcliff has been on the journey with many of Australia's finest netballers. She has helped them through good times and challenges and has some fabulous advice to help you be smart in your time away from the court so that the next time you step on the court you can confidently strive to achieve your goals.

Variety in training is key to staying motivated. See the positive in times away from the court due to as a chance to work on something different.

Listen to your body. If you are sick, injured or tired, always follow your Doctor or Physio's advice on what you can't do. Then, as you get better talk to the experts to find out what you can safely do.

Target body parts that you have previously injured. Be consistent in your rehabilitation and prehabilitation. Set time aside regularly to make them stronger than ever.

Ankle and knee exercises are a must. Your ankles and knees require strength and control for landing and change of direction, so it is important to maintain some stimulus during time away from court. Did you know that over 75% of netball injuries happen to ankles and knees?

Gradually build to full fitness. Know what your next goal is and make a plan to gradually build up. A graduated approach will ensure your tissues are protected from injury as best possible and that you can build the strength and endurance required to perform at your best.

Include netball specific movements. Gradually reintroduce netball movements such as agility patterns focusing on change of direction, deceleration and landing control. Allow time to build the number of repetitions you are doing so that have the endurance needed for your next game or trial.

High intensity movement. To go hard at trials or games you will need to increase your intensity in training. If COVID safe, gradually introduce contested training as your program continues.

Review and reflect. It is important to frequently review how you are coping both physically and psychologically with the training and adjust where necessary.



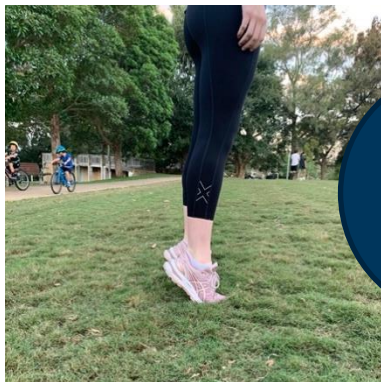
2) Preparation Exercises by Alanna Antcliff

Ankle Exercises

1. Calf Raises

Your calves play a critical role in stabilising your ankle. Keep your toes long and maintain weight through your second toe. Keep your knee straight and shoulders over feet. Slow and controlled movement (1 second up, 1 second down)

Level 1 - Double Leg Raises with knees straight



3 sets of
20 reps

Level 2 - Double Leg Raises with knees bent



3 sets of
20 reps

Level 3 - Both of the above progressed to single leg (ultimately add weight - backpack or handweight)



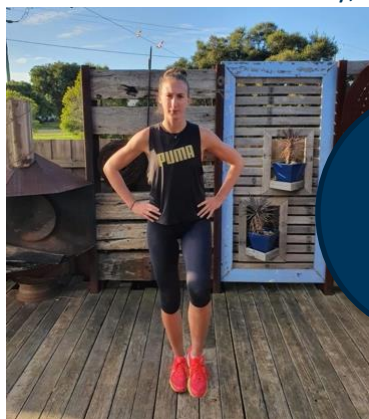
3 sets of
12 reps on
each leg

2. Single Leg Balance

Stand on one leg with your standing leg slightly bent.

Level 1 - Standing Balance

- If this is too easy, try closing your eyes!



Hold 2-3
minutes
each leg

Level 2 - Standing Balance on cushion/pillow

- Once it's easy, hold a ball out in front with both hands and rotate side to side



Hold 2
minutes
each leg

Level 3 – Standing Balance and ball

- Toss a ball over your head or around your body or do around the wall passes against the wall



Hold 2-3
minutes
each leg

3. Calf Power

Stand tall with your feet shoulder width apart. Come up onto the balls of your feet, trying not to bend your knees and bounce up and down on the balls of your feet. Minimise the time you spend on the ground.

Level 1 – Pogo Jumps on the spot



3 sets of
6 reps

Level 2 - Pogo Jumps forwards, swing arms rapidly to assist the movement



3 sets of
6 reps

Level 3 - Pogo jumps lateral (side to side)

- Remember not to allow knees to buckle inwards!



3 sets of
6 reps

4. Hop Series

Remain in a strong compact position with your hips and knees slightly bent, chest up and trunk stable.

Level 1 - Hop and Stick forwards/backwards

- Aim high!



3 sets of 6
reps on
each leg

Level 2 – Hop off one leg and land on the alternate leg

- To make it harder, add in a ball!



3 sets of
12 reps

Level 3 - Repeated hop lateral – hop to side to side on the same leg

- Hop over a hurdle or book to increase the difficulty



3 sets of 6
reps on
each leg

Knee Exercises

5. Quadriceps Endurance

Keep hips level, knees in line with foot and foot straight ahead.

Level 1 - Split Squats

- Assume split stance, drop though back knee then push up through front heel



3 sets of 6
reps on
each leg

Level 2 - Single Leg Step Ups

- Keep weight through front leg, maintain tall posture



3 sets of 6
reps on
each leg

Level 3 - Step Ups with toe off

- To progress, increase height of step and once up on step come up onto toes and hold 2 seconds. Progress further by adding weight or increasing reps



3 sets of 6
reps on
each leg

6. Gluteal Endurance

Bridge variations, lying on ground with feet and knees in line with your hips. Push through your heels and lift your hips off the ground. Tuck your tailbone under.

Level 1 - Double Leg Bridges

- Progress by adding a band across your hips or around your knees



3 sets of
12 reps

Level 2 - Double Leg Bridges on chair

- Progress by adding a band across your hips or around your knees



3 sets of
12 reps

Level 3 – Single Leg Bridge on flat

- If this is too easy, progress to on chair



3 sets of 8
reps on
each leg

7. Hamstrings

Russian deadlift variations.

Level 1 – Nordic Lower Kneeling on a soft surface/sweatshirt

- Make sure your knees are hip-width apart and cross your arms across your chest and your body is straight from head to knees. Your partner should kneel behind you with both hands gripping lower legs just above the ankles. Slowly lean forward as far as you can hold by using your hamstrings. It should take you 5 slow seconds to reach the ground. Return to upright and repeat



3 sets of
5 reps

Level 2 - Single Leg Romanian Dead Lift

- Standing on 1 leg with knee slightly bent, bend from your hips keeping your back straight until you feel a stretch in your hamstrings then return to start position. Keep your hips square



3 sets of 8
reps on
each leg

Level 3 - Single Leg Romanian Dead Lift with weight in hands (e.g. carton milk, bucket water)



3 sets of 8
reps on
each leg

8. Trunk

Level 1 - Bear Crawls

- Start on your hands and knees, tuck your belly button into your spine, flatten your back, and engage your abdominals
- Using your opposite arm and leg at the same time, take a step forward, moving each limb only as far as you can reach without allowing your body to rock from side to side



3 sets of
20 steps

Level 2 - Side Plank

- Lean through your forearm and knees (or ankles) with hips and shoulders facing forwards
- Lift hips up off the ground until your body is straight and balanced



3 sets of 30
second hold
on each side

Level 3 - Side Bridge with hip abduction

- Lean through your forearm and knees (or ankles) as above, once hips are lifted up, raise the top leg up
- Progress by adding a band around your feet



3 sets of
12 reps on
each side

9. Landing Control

When taking off keep your feet straight ahead, knees in line with feet and bend through hips and knees. Land “quietly” as if sitting back in a chair with feet straight ahead and knees in line with feet.

Level 1 – Double Leg jump and land

- You can do this in front of a mirror to check your technique
- If this is too easy, try closing your eyes!



3 sets of
8 reps

Level 2 – Double Leg jump, rotate and land

- Repeat as above but turn 180° before landing
- Once you have landed look down to knees to check alignment and correct



3 sets of
8 reps

Level 3 - Alternate Left to Right Single Leg Landing

- Hop off one leg and land on other leg
- Close your eyes to increase difficulty, and increase height or distance to progress further



3 sets of
8 reps

3) Warm Up, Agility, Conditioning by Johann Ruys

Warm Up

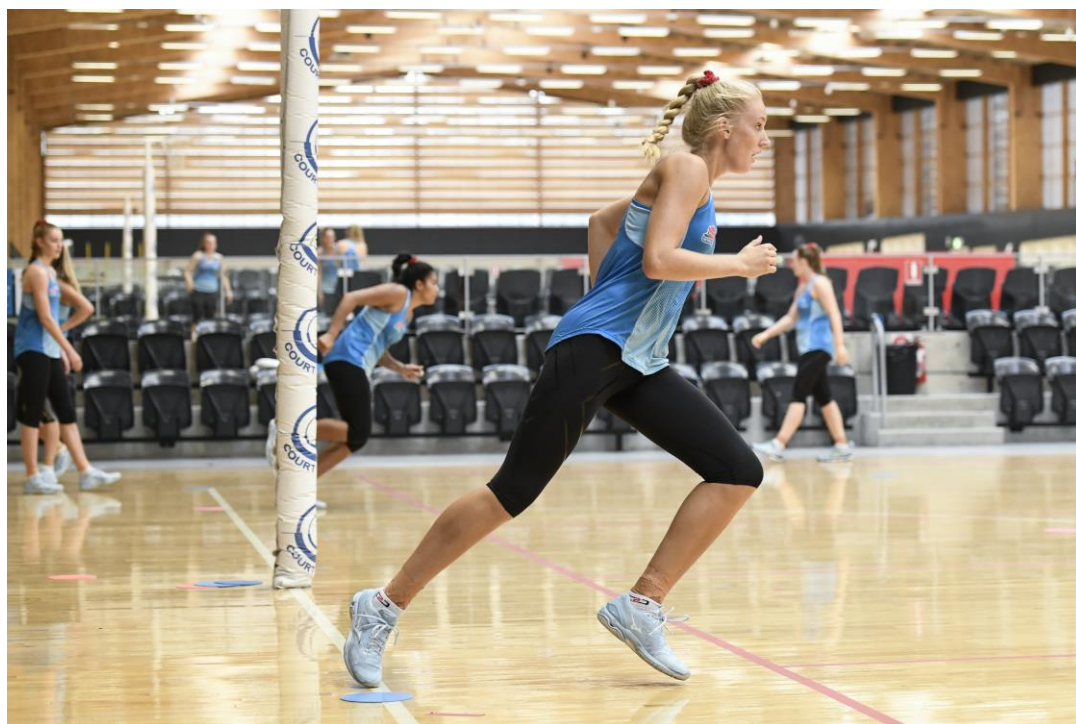
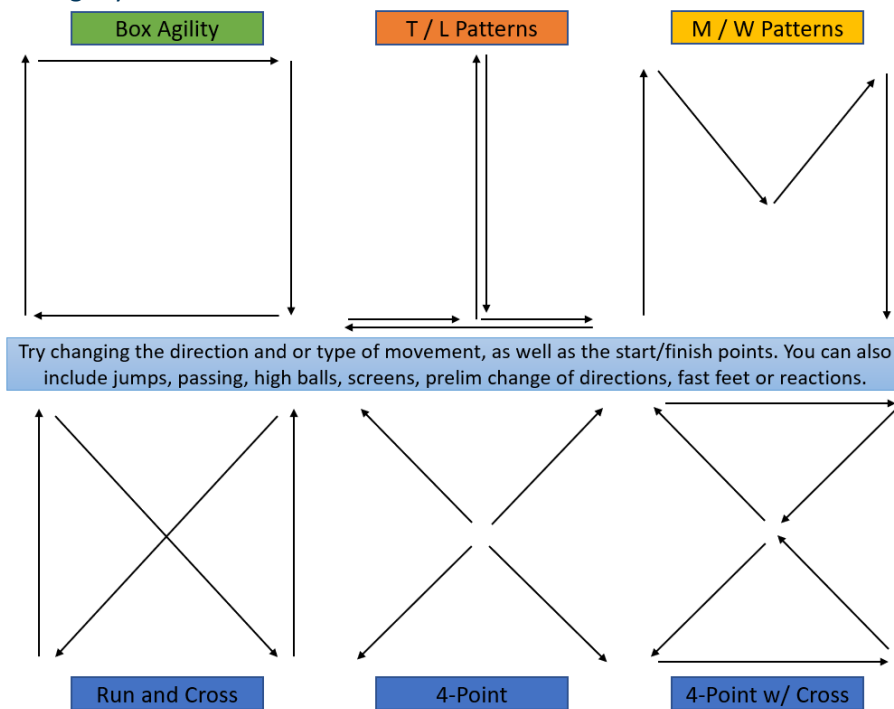
Netball is an explosive sport, requiring fast movements in all directions. To perform at your peak, the body needs to be primed for movement. We place a high importance on having a good warm-up before training, playing or even conditioning so that we can minimise the risk of injuring cold muscles, but also so that when you do start training/playing/moving your muscles are ready to work at maximal function. Use the following tips and the exercises to get the most out of your warm-up!

- Always start with a proper prehab, including mobility, stability, and strength exercises
- It is best to start your warm-up with some easy running / movement drills, followed by some active or dynamic stretches (such as leg swings or open/close the gate)
- Sprinting, changes of direction, jumping and landing happen constantly in netball, so a good warm-up needs to build up in intensity and include these movements
- Use some of the drills below to prepare and improve specific areas of performance
- Get creative! Warm-ups can be fun. Try new drills, or create your own by thinking how you can replicate netball movements in your warm-up
- A good warm-up should take at least 10 minutes
- Focused effort is the most important part of good preparation. Make sure to rest between drills so you get the most benefit from them

Type of Drill	Why it is helpful	Examples
Running technique	Improve your running efficiency to reduce wasted energy	<ul style="list-style-type: none"> • A-March • Straight leg running • Butt-kicks
Propulsive drills	Increase your explosivity of movement, and improve coordination between the ankle, knee and hip	<ul style="list-style-type: none"> • A-skip • B-Skip • High knees (fast)
Lateral movement	Helps with glute stability and power, as well as improving lateral speed and agility	<ul style="list-style-type: none"> • Fast lateral shuffle • Lateral high knees • Lateral A-skip
Acceleration drills	Build speed quicker, and transition from run/stop/jog to sprint like in a game situation	<ul style="list-style-type: none"> • Falling running • Forwards/backwards • Acceleration zones
Fast feet	Reduce contact time with the ground to increase speed and agility	<ul style="list-style-type: none"> • In and out • Icky shuffle • Switches
Jump and Land	Improve the stability of your landings, while helping with power production	<ul style="list-style-type: none"> • Double broad jump • Broad jump to lateral hop • Toe drop to hop
Hurdles	Increase your awareness of movement and proprioception, while reducing contact time	<ul style="list-style-type: none"> • Figure 8's • Stride lengthener • Lateral fast feet/high knees and stick

Agility

Use the below agility patterns to keep your netball fitness up over the off-season period. Once you've performed each of the below several times, start to mix it up and even use these as a base to create your own agility drills!



Conditioning

There are plenty of ways to keep fit while you're away from the court. Rather than providing specific sessions, think of the below as a series of guidelines to build your own sessions. A good place to start could be with a 10-15min warm-up, 10-15min of agility work and then 10-15min of fitness.

Remember to have enough rest to perform quality conditioning or agility sets, but to keep the total work blocks to a relevant length of time. During trials, you will be playing 8min quarters of netball, so it is a good idea to set your conditioning blocks to 8min

- Start simple with periods of running interspersed with periods of rest. Say 10 seconds of hard running, then 10s of rest. Repeat for 3-5 minutes followed by 2-3 minutes of rest
- You can develop this to mimic the trial game time of 8min – e.g set 3min of running intervals (such as 15s on 15s rest) followed by 1min of rest, and repeat twice
- Play around with the work to rest ratio to make your sessions harder or easier. For example; if you have a really short period of work with a longer rest, then the intensity of the work increases even though you get more rest – and vice versa
- Mix up your conditioning sessions to include both agility and running. Play around with the work to rest ratio, or alternate between sets of agility and sets of running
- For harder fitness, use the agility patterns but increase the length of each aspect. The quality of the agility will reduce the longer it gets, but the fitness component will increase – so make sure to find a balance and set aside time for your better quality agility work
- You could use a ball, throw it down the court/oval and chase it, rest for 10-20s and then repeat for several reps
- Or get a friend to help you! Start with fast feet and reactions (get your friend to make them hard so you must move) and after you've done 5-10 reactions go for a short but intense run. Rest for 10-20 seconds and repeat several times





nsw.netball.com.au | (02) 9951 5000

OFFICE: Netball Central, 2 Olympic Boulevard, Sydney Olympic Park NSW 2127
MAIL: New South Wales Netball Association Limited, PO Box 396, Lidcombe NSW 1825