

WARM-UP
WHAKAMAHANA

Warming up is vital to get your body ready for netball. It gets your muscles warmer, more flexible and programmed for action. Before you start, make sure you have good netball shoes. Running shoes don't provide enough support.

THE WARM-UP SHOULD INCLUDE:

- 1 Aerobic exercise.
- 2 Stretching, static and dynamic.
- 3 Netball-specific exercises.

AEROBIC
EXERCISE

HAUKORI TINANA

Run up and down court in different directions (forwards, backwards, diagonal, sideways), copying what happens in a game.

Keep moving for at least 10 minutes to work up a mild sweat. You must drink during warm-up – 200 mls, about 1/3 of an average sports bottle is the minimum.

STRETCHING
HŌKARI

Static stretching is most beneficial during the cool-down but can be performed in the warm-up also.

- ▶ Stretching needs to be slow and gentle – DO NOT allow bouncing up and down.
- ▶ Stretch to a point of tension, not pain. Hold for 20–30 seconds. Stretch two or three times on each side if the muscle is very tight.

Dynamic stretches are important part of warm-up. They prepare the body for the movements performed during a netball game. Dynamic stretches are smooth, controlled movements where muscles are moved through a full range of motion.

Place hands on wall or post, with one leg to rear. Keep rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg, taking stretch through rear calf.

A



LONG CALF STRETCH

SHORT CALF STRETCH

B



Place hands on wall or post, putting your weight on the rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.

C



QUADRICEPS STRETCH

HAMSTRING STRETCH



Kneel on sweatshirt. Keep your back straight and hips facing forward. Lean forward while keeping back straight.

Place one hand between shoulder blades. Place the other on your elbow and use it to pull the elbow towards midline.

E



TRICEPS/
SHOULDER STRETCH

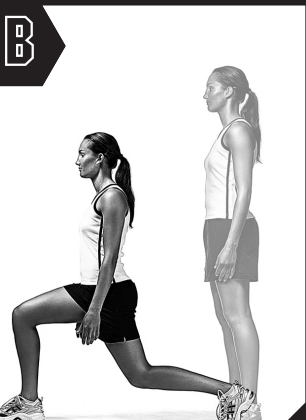
SQUATS



Keep your trunk upright and place feet shoulder width apart. Stick your bottom out and bend at hips and knees. Keep knees in line with feet, and heels on ground. Do ten.

Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Bend up to 90° – no greater. Do five each leg.

B



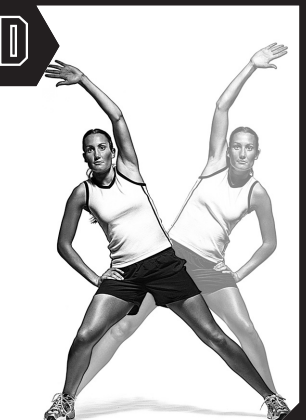
LUNGES

BENT-OVER UPPER
BODY ROTATION



Keep your back straight. Bend the knee as you transfer weight. Reach with your arm to the opposite foot. Do five each side.

D



STRETCH UP

NETBALL-SPECIFIC
EXERCISES
KORI TINANA MŌ TE POI
TARAWHITI

You need to prepare yourself for lots of sudden, sharp and strong movements. You'll be jumping every few seconds and landing safely is important for improving performance and reducing your risk of injury.

You should include jumping and landing, agility and stopping exercises. Make sure you do these before you start on team drills.

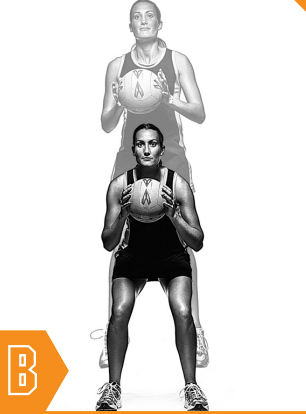
NETBALL-SPECIFIC

A



JUMP & LAND

JUMP, CATCH & LAND



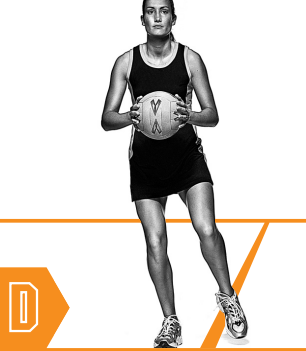
Practice jumping and landing while catching the ball. Do five.

C



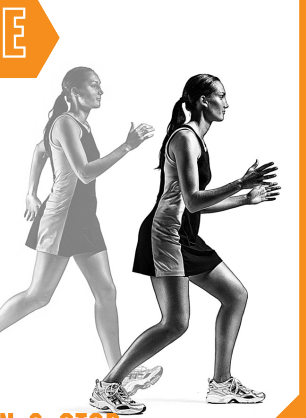
AGILITY
SIDE TO
SIDE ACROSS LINE

AGILITY – SIDE TO
SIDE ACROSS LINE &
CATCH BALL



Prop from right foot to left, land and catch the ball. Ensure your knee is in line with your foot and not collapsing inwards. Balance after each landing. Do five on each leg.

E



RUN & STOP



COOL-DOWN WHAKAMĀTAO

Cooling down and recovering properly makes all the difference to ensuring your body is prepared and ready for the next session – especially on the days you're playing or training more than once.

Cooling down helps remove the lactic acid produced during exercise that can make you feel stiff.

AFTER PLAYING OR TRAINING, PUT SOME TIME ASIDE FOR:

- 1 Light aerobic exercise (5 minutes).
- 2 Replacing fluids.
- 3 Static stretching (5 – 10 minutes).
- 4 Refuelling with recovery food.
- 5 Treating any injuries.

AEROBIC EXERCISE HAUKORI TINANA

Keep moving for five minutes. Start with a jog and slow to a walk. This could be done as a team, up and down the court. Drink as you walk. You may want to put on extra clothing to stay warm.

REPLACING FLUIDS ME INU WAI

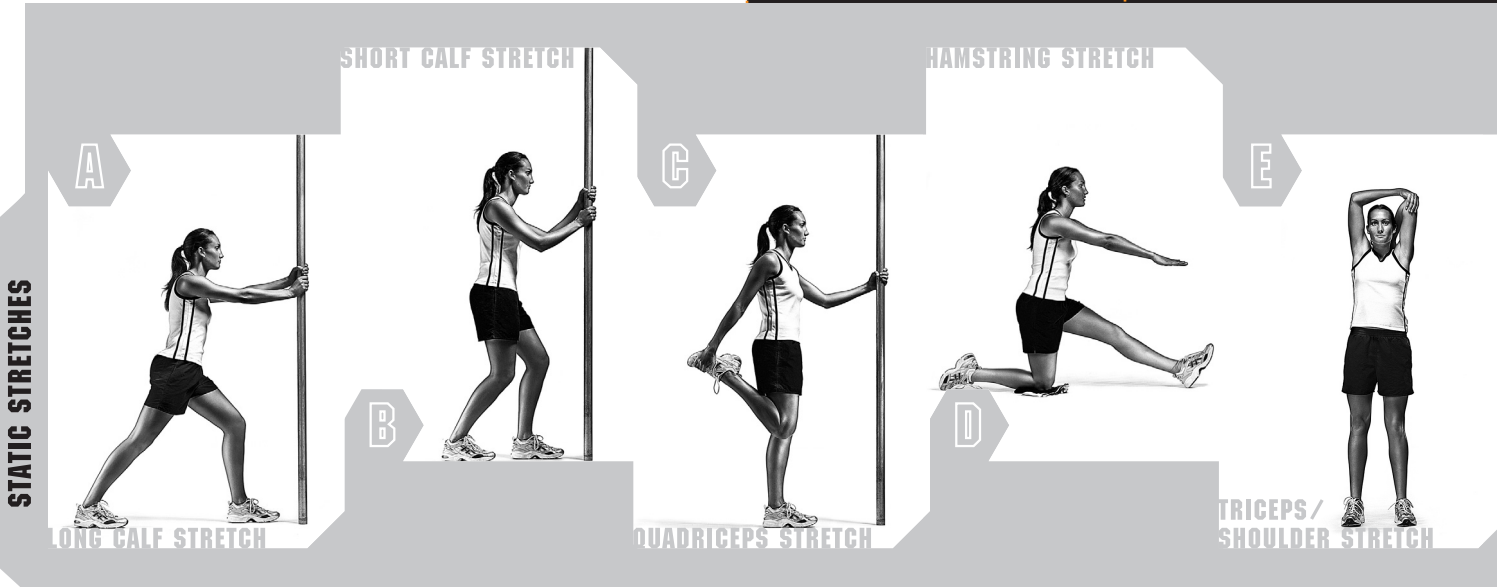
It's important that you replace fluids – even if you're only a little dehydrated it can affect your judgement and your game.

Drink during breaks to keep your fluids up. Either water or carbohydrate replacement drinks are fine.

Keep drinking while you cool-down and for up to two hours after the game or training session. In total, try and drink 1-2 litres.

STATIC STRETCHING KA TŪ KA HŌKARI

Static stretching of the major muscle groups that are used during a game of netball is most beneficial during the cool-down. This will help to increase flexibility and reduce muscular stiffness and post exercise soreness. Please refer to the front page for detailed instructions about these stretches.



REFUELLING TE WHAKAORA I TE HIRINGA O TE TANGATA

Your muscles use a lot of energy playing or training and that energy needs replacing. Have food on hand to eat soon after, especially if you need to play again that day.

Good recovery foods include:

- ▶ Bread roll and banana.
- ▶ Filled bread roll.
- ▶ Flavoured milk and sandwich.
- ▶ Carbohydrate drink (200ml) and a plain bread roll.

Netball players can now access free, tailored physical conditioning programmes for pre-season, in-season and off-season visit www.netballsmart.co.nz

For further information about the game of netball in NZ visit www.netballnz.co.nz

**Netball
Smart**
www.netballsmart.co.nz

TREAT INJURIES QUICKLY TO SPEED UP YOUR RECOVERY KIA TERE TE WHAKAMAIMOA WHARA KIA PIKI TE ORA

USE R.I.C.E.D. (FIRST 2 DAYS)

REST: To limit further damage, avoid moving the injured part as much as possible.

ICE: Place ice in a damp towel onto the injured part for 20 minutes, every two hours for the first 48 hours.

COMPRESSION: Bandage between ice treatments.

ELEVATION: Keep the injured area raised as much as possible.

DIAGNOSIS: If the pain or swelling hasn't gone down significantly in 48 hours, seek professional medical help.

AVOID H.A.R.M. (FIRST 3 DAYS)

HEAT: Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.

ALCOHOL: Alcohol increases bleeding and swelling at the injury site, and delays healing.

RUNNING: You should not exercise the injured part for 72 hours unless approved by a medical professional.

MASSAGE: Massaging an injury in the first 72 hours can slow down recovery.

RETURNING AFTER INJURY TE HOKINGA MAI I MURI I TE WHARATANGA

You shouldn't return to netball until:

- ▶ You've fully regained strength and movement in the injured area.
- ▶ You have resumed full training for at least a week with no problems.
- ▶ You can pass the simple netball fitness test alongside.
- ▶ **Any injury needs looking after. Even if it isn't serious and you are back training the following week, keep an eye on it. If you can't get back to normal activity within a week, get advice.**

FITNESS TEST WHAKAMĀTAUTAU WHAKAPAKARI TINANA

For lower limb injuries, check that you can do all of these confidently and without pain:

- ▶ Run the full length of a netball court – 4 times.
- ▶ Jump and land on both feet – 10 times.
- ▶ Jump and land on one foot – 10 times (if your foot was injured, test that one).
- ▶ Hop from one foot to the other – 10 to 20 times.
- ▶ Take part in full training.

**Netball
Smart**
www.netballsmart.co.nz