

NetballSmart Dynamic Warm-up

A. STRENGTHENING - Netball is a strength-based sport and developing the necessary leg strength and control to jump and land well for performance and safely for injury prevention is important. Starting young with the basics allows the players to start developing the necessary strength and control for Netball. Balancing, jumping and landing take strength and control and are fundamentals of Netball.

B. RUNNING WARM-UP - activities which 'begin slowly' and at low intensity, and which gradually increase. In this phase, individuals will experience increased body temperatures and ranges of movement and, also, they will begin to sweat slightly. This phase should last around 5 minutes.

C. DYNAMIC PREPARATION - movements that prepare the body more specifically for those which will be performed during the following Netball game/skills session. Dynamic preparation also helps to move muscles through a full range of motion (ROM) and maintain the increase in body temperature which was achieved during the aerobic phase of the warm-up.

D. NETBALL-SPECIFIC PREPARATION - a progression to higher-intensity activity, which involves quickening up activities such as fun sprints, fast footwork and Netball-specific exercises. These include activities such as jumping, landing, stopping, dodging, etc. This phase should last up to 5 minutes on Game Day and at practice sessions.

Refer to www.netballsmart.co.nz for the videos of all the NetballSmart Dynamic Warm-up exercises.



	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part A: Strengthening	1. The Bench i. The Bench-static - static bench on forearms (or hands) and feet. Lift pelvis off ground. ii. The Bench - alternate leg lifts (hold each 2 seconds). Continue for 20 - 30 seconds	3 x 20-30 sec 3 x 20 - 30 sec
	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 this position ii. Sideways Bench - on elbow (or hand) and legs out straight, raise and lower hips.	2 x 20-30s ea side 2 x 20-30 s ea side
	3. Hamstrings i. Beginner Nordic hamstring or Single leg Romanian Dead Lift (RDL)	3-5 or 5 each leg
	4. Balance i. Single leg stance - hold the ball (or imagine holding ball). Progress to moving ball around back. ii. Single leg standing throwing ball with partner	2 x 30 sec ea side 2 x 30 sec ea side
Part B Running Warm-up Place 3 cones out evenly between base line and centre court	5. Running straight ahead. Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.	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. Running - Circling partner. Run to first cone, side shuffle inwards towards and around partner and back out to cone. Run to next cone and repeat. Continue length of 15m and back.	2 x 15 metres
	9. Running - Shoulder contact. Run to cone, side shuffle to the middle, jump shoulder to shoulder contact. Land in good stable body position. Continue length of 15m and 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 5 each leg
	12. Walking Lunges i. Walking lunges ii. Walking lunges and calf raise	5 each side 5 each side
	13. Jumping and landing i. Vertical jump and land on 2 feet in a stable body position (SBP) ii. Lateral jump - jump sideways 1 m off one leg and land on other leg.	5 5 each side
	14. Jumping, turning and landing i. Vertical jump and turn 90 degrees and land in SBP ii. Vertical jump and turn 180 degrees and land in SBP	5 turns each side 5 turns each side
Part D: Netball Specific Preparation	15. Running and stopping. Run to first cone at 75- 80% speed and stop. Use either a double foot or 1-2 foot landing. Continue length of 15 m and back stopping at each cone.	2 x 15m
	16. Running- plant and cut. Run at 80-90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 m and back	2 x 15m
	17. Prop, Prop and stick. Prop from one foot to other and other and then "stick" final landing for 2 seconds in a stable body position.	15m and jog back



Part A – Strengthening

1. The Bench

i. The Bench – Static

- Support body on elbows or on hands and feet.
- Lift upper body, pelvis and legs until body is in a straight line from head to foot.
- Keep back straight and butt down. Elbows are directly under shoulders.
- Do not sway or arch back. Pull shoulder blades back and together.
- Do 3 benches holding for 20-30 seconds.



ii. The Bench – alternate leg

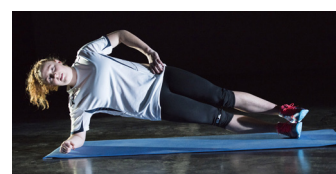
- Support body on elbows or on hands and feet.
- Lift upper body, pelvis and legs, ensuring a straight line from head to foot.
- Keep back straight and butt down. Elbows or hands are directly under shoulders. Shoulder blades back and together against spine.
- Do not sway or arch back. Lift 1 leg slightly off ground. Do not move body or lift butt.
- Hold 2 seconds. Continue alternate leg lifting for 20-30 seconds. Do 3 each side.



2. Hips – Sideways Bench

i. Sideways Bench – Static

- Keep back straight and prop body on elbow on sweatshirt or on hand.
- Bend bottom leg, if necessary, or keep leg straight.
- Lift pelvis off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Keep pelvis stable and do not let it tilt downwards.
- Hold pelvic lift for 20-30 seconds.
- Do 2 each side.



Part A – Strengthening

ii. Sideways Bench – raise and lower hips

- Keep back straight and prop body on elbow on sweatshirt or on hand.
- Bottom leg straight (or bent if necessary)
- Lift pelvis off ground.
- Upper shoulder, hip and upper leg should be in a straight line.
- Lower hips to the ground and raise them back up again. Repeat for 20–30 seconds.
- Do 2 each side.



3. Hamstrings

i. Beginner Nordic Hamstrings or single leg Romanian Dead Lift (RDL)

- Kneel on a soft surface/sweatshirt, knees hip-width apart and crossing arms across chest. Partner kneels behind and, with both hands, grips lower legs just above the ankles.
- Body completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with hamstrings.
- Return to upright – do 3–5 of these.
- OR single-leg Romanian Dead Lift (RDL).
- Holding ball/stick. Head up and back straight.
- Front leg knee bent 20 degrees. Whilst keeping back straight, bend forward at the hip and return to upright.
- Do 3 – 5 on each leg.



4. Balance

i. Single-leg stance – hold the ball

- Start by standing on 1 leg and holding the ball in front of body in both hands.
- Bend knee and hip a little so upper body leans slightly forwards.
- Keep balance and hold body weight on the ball of the foot for 30 seconds, then change legs and repeat.
- This exercise can be made more difficult by lifting heel slightly off the ground, or passing the ball around waist.
- 2 sets of 30 seconds on each leg.



Part A – Strengthening

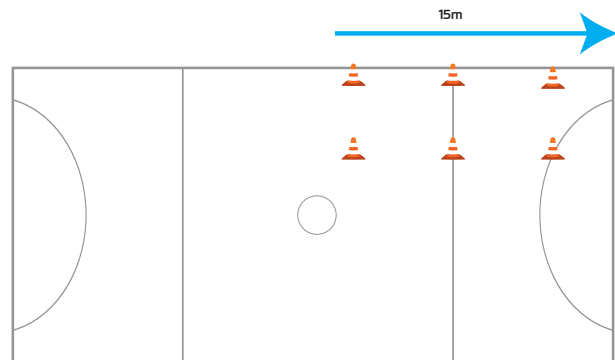
ii. Single-leg stance - throwing ball with partner

- Start by standing 2-3 metres apart from partner, balancing on 1 leg.
- Bend knee and hip a little so upper body leans slightly forwards.
- Keep balance and throw ball to partner.
- Continue for 30 seconds then change legs and repeat
- Do 2 each side.



Part B – Running Warm-up

This is where the Game warm-up starts and the practice warm-up continues. Place 2 cones and sticks out every 3 metres on court as shown. There are six running warm-up components. Do each component.



5. Running

i. Running – straight ahead

- Keep upper body straight. Hips, knees and feet should be aligned.
- Vary direction as happens on the Netball court.
- Run to halfway/centre court and back. Repeat.



6. Running – hip out

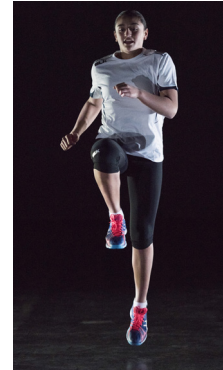
- Jog to the 1st cone.
- Stop and lift knee forwards. Rotate knee to the side and put foot down.
- Make sure body remains upright, pelvis horizontal and core engaged – a solid and strong core is needed in Netball.
- Hip, knee and foot of the supporting leg should be aligned.
- Don't let the knee of supporting leg buckle inwards.
- When reach the last cone, turn and repeat on the way back to the start.



Part B – Running Warm-up

7. Butt kicks and skipping

- Butt kick to the first cone, kicking heels up to butt. Keep the body upright and knees in line with the hips.
- Skip to the 2nd cone. Keep body upright and core strong.
- Repeat sequence out to last cone and back.
- Hip, knee and foot of the supporting leg should be aligned.



8. Running – circling partner

- Run forwards as a pair to the 1st set of cones.
- Shuffle sideways at a 90-degree angle towards partner; shuffle an entire circle around each other.
- Look straight ahead.
- Shuffle sideways back out to the 1st cone.
- Concentrate on bending hips and knees slightly and carry body weight on the balls of the feet.
- Run to next cone and repeat.
- When reach the last cone, turn and repeat on the way back.
- Keep movements crisp and sharp.



9. Running – shoulder contact

- Jog to the 1st cone.
- Shuffle sideways at a 90-degree angle towards partner.
- In the middle, jump sideways towards partner to make shoulder-to-shoulder contact.
- Land on both feet with hips and knees bent and don't let knees buckle inwards.
- Shuffle back to the 1st cone.
- Then jog to the next cone and repeat the exercise.
- When reach the last cone, turn and repeat exercise on the way back.



Part B – Running Warm-up

10. Running – quick forwards and backwards sprints

- In pairs, run quickly to the second cone then run backwards to the first cone, keeping hips and knees slightly bent.
- Repeat this, running 2 cones forwards and 1 cone backwards.
- Make sure upper body is straight.
- Hips, knees and feet should be aligned.
- Do not let knees buckle inwards.
- Turn at last cone and repeat on way back.



Part C – Dynamic Preparation

Squatting and lunging are fundamental movement patterns in Netball. They need to be practised and mastered to make landing and stopping efficient (for performance) and safe (for injury prevention). Jumping and landing are natural progressions from squatting and lunging.

Jumping and landing needs to be practised in the warm-up so that the athlete is prepared for the jumping and landing components of the game.

There are two or three progressions. Start your athletes/team at the level they are capable of performing and progress as your athletes improve. Always monitor quality of movement.

11. Squats

Focus on one level, or once the athletes are proficient with the squat component of the warm-up they may include elements of all three levels. i.e. four squats, four squats, calf raises and body extensions, and two single squats. Or, four squats, calf raises and body extensions and six single leg squats.

i. Squats

- Stand with feet hip-width apart and hands out in front.
- Bend in hips, knees and ankles until knees are flexed to 90 degrees.
- Ensure knees are in line with feet.
- Do not let knees buckle in.
- Lean upper body forwards slightly.
- Straighten and slowly lower body again.
- Do 10 squats.



Part C – Dynamic Preparation

ii. Squats, calf raises and body extension

- Stand with feet hip-width apart and hands out in front.
- Bend in hips, knees and ankles until knees are flexed to 90 degrees.
- Ensure knees are in line with feet.
- Do not let knees buckle in.
- Lean upper body forwards slightly.
- Straighten and slowly lower body again then stretch up onto toes and extend arms above head.
- Do 10 squats.



iii. Single leg squats

- Stand on one leg. Hold raise leg slightly behind the supporting leg.
- Slowly bend in hip and knee, ensure knee is in line with foot. Bend knee to 90-degrees if possible.
- Lean upper body forward slightly and keep it stable.
- Straighten up again.
- When viewed from the front the hip, knee and foot are in a straight line.
- Do not let knee buckle inwards and bent knee should not extend beyond the toes.
- Do 5 of each.



12. Walking Lunges

i. Walking Lunges

- Stand with feet hip-width apart and hands on hips.
- Lunge forwards slowly at an even pace.
- Bend hips and knees until leading knee is flexed to 90 degrees.
- Hip, knee and foot should be in a straight line.
- Bent knee should not extend beyond the toes.
- Keep upper body straight and strong and pelvis horizontal.
- Lunge towards the last cone and back.
- Do 5 lunges on each leg.



Part C – Dynamic Preparation

ii. Walking lunges and calf raise

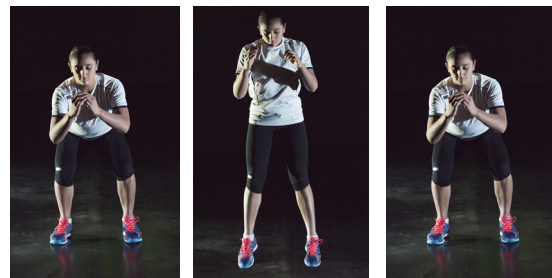
- Stand with feet hip-width apart and hands on hips.
- Lunge forward slowly at an even pace.
- Bend hips and knees until leading knee is flexed to 90 degrees.
- Hip, knee and foot should be in a straight line.
- Bent knee should not extend beyond the toes.
- Keep upper body straight and strong and pelvis horizontal.
- Bring feet together at the end of the lunge and rise up on toes.
- Do 5 lunges on each leg.



13. Jumping and landing

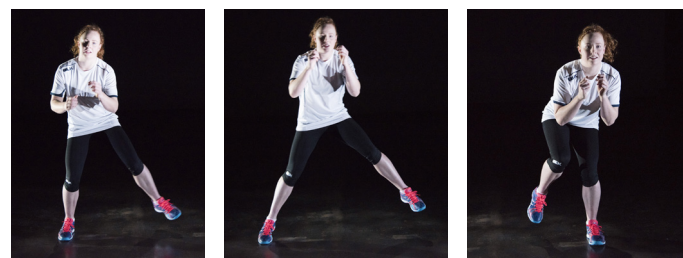
i. Vertical jump and land on two feet in a stable body position (SBP)

- Stand with feet hip-width apart
- Slowly bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for 1 second, then jump and land.
- Land with hands in the catching position.
- Straighten whole body and extend arms above head during jump.
- Land softly on the balls of the feet and slowly bend hips, knees and ankles as far as possible. Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps.



ii. Lateral jump – jump sideways 1 metre off one leg and land on other foot

- Stand on 1 leg. Bend hips, knee and ankle slightly and lean upper body forwards slightly.
- Do not let knee buckle inwards
- Jump approximately 1 metre to the side from 1 leg to other leg.
- Land gently on the ball of the foot and bend hips, knee and ankle. Do not let knee buckle inwards.
- Hold this position for about 1 second and then jump onto the other leg.
- Keep upper body stable and facing forwards with pelvis horizontal.
- Repeat for 30 seconds or do 2-5 each leg



Part C – Dynamic Preparation

14. Jumping, turning and landing

i. Vertical jump and turn 90 degrees and land in an SBP

- Stand with feet hip-width apart.
- Bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for 1 second then jump and turn 90 degrees in the air and land.
- Control body in the air – use core.
- Land with hands in the catching position.
- During jump, straighten whole body.
- Land softly on the balls of the feet and slowly bend hips, knees and ankles as far as possible.
- Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps in each direction.



ii. Vertical jump and turn 180 degrees and land in an SBP

- Stand with feet hip-width apart.
- Bend hips, knees and ankles until knees are flexed to 90 degrees.
- Lean upper body forwards slightly.
- Hold this position for 1 second then jump and turn 180° in the air and land.
- Control body in the air – use core.
- Land with hands in the catching position.
- During jump, straighten whole body.
- Land softly on the balls of the feet and slowly bend hips, knees and ankles as far as possible.
- Make sure knees do not buckle inwards on jumping or landing.
- Do 5 jumps in each direction.



Part D – Netball Specific Preparation

This component of the warm-up progresses the athlete to Netball specific activity, running, cutting and stopping and is the final preparation before ball drills.

Stopping is fundamental in Netball and should be practised before the game or training starts. Often, the first ball an athlete receives requires the athlete to stop.

In addition, you should factor a stopping activity into the first Netball activity.

Planting and cutting is an important movement pattern in change of direction and dodging.

Control on one leg is very important for injury prevention.

15. Running and stopping

- Run to first cone at 75-80 percent speed and perform a 1-2-foot/2-foot landing.
- Make sure upper body is straight and upright.
- Hip, knees and feet should be aligned.
- Do not let knee buckle in when stopping.
- Run to each cone and stop. Reach the last cone, turn and repeat on the way back to the start.
- Make sure each stop is properly controlled (remember a player has 3 seconds with the ball).



16. Running – plant and cut

- Jog 4 or 5 steps towards cone.
- Plant on the left leg and cut to change direction to the right, and accelerate again.
- Do not let knees buckle inwards as plant and cut.
- Place the left leg under the centre of gravity - not out to the side.
- Sprint for 5 to 7 steps at 80-90 per cent of maximum pace. Then decelerate and plant on the right foot and cut to change direction to the left. Repeat the exercise until reaching the last cone, turn and repeat on the way back.



Part D – Netball Specific Preparation

17. Prop, prop and stick

- Stand on left leg, prop forward and to the right landing on the right leg.
- Bend in the hip and knee on landing. Keep the body upright and do not let the knee buckle inwards. Ensure landing is soft.
- Immediately prop to the left and land on the left.
- Bend in the hip and knee on landing. Keep the body upright and do not let the knee buckle inwards. Ensure landing is soft.
- Immediately prop to the right and land on the right.
- Bend in the hip and knee on landing. Keep the body upright and do not let the knee buckle inwards.
- Ensure landing is soft.
- Hold this landing with control for 3 seconds.
- Continue forward until the last cone. Jog back.

