

NetballSmart Dynamic Warm-up

Warming up is important for everyone prior to physical activity regardless of age, ability or level of play. This structured warm-up should be used at least 4 times during the 10-week programme. It can be replaced by the alternative warm-up activity 6 times.

Warming up has many benefits such as:

- increasing blood supply to the heart and working muscles
- making the muscles more pliable
- preparing the mind and body for physical activity
- practicing movement patterns that frequently occur during the game
- improving movement skill development
- increasing body temperature
- assisting with injury prevention.

While younger players may be more flexible than those more senior, it is important to include good neuromuscular (stimulating both the neural system and the muscles to improve coordinated movement) warm-up practices early as these will establish familiarity with these routines and may increase the likelihood of these practices continuing throughout future participation as players, coaches or umpires. Junior warm-up routines should last approximately 5 - 6 minutes. In the alternative warm-up activity, ensure skill movement development is monitored.

The warm-up should focus on:

	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part A: Strengthening	1. Balance i. Single leg stance - holding ball. In pairs face each other. One ball between two and both hands on the ball to help balance	2 x 10 - 20sec each side
Part B: Running Warm-up Place 3 cones out evenly between goal line and transverse line	2. Running - straight ahead. Run to transverse line and back. Repeat. You can vary direction of running path as happens in a netball game.	2 x 10m
	3. Skipping. Skip to the transverse line and back	2 x 10m (transverse line)
	4. Butt kicks and jog. Butt kicks to first cone, jog to second cone, butt kick to third cone and back	2 x 10m
Part C: Dynamic Preparation	5. Running. Quick forwards and backwards sprints. Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 10m and back	2 x 10m
	6. Squats i. Demi Squats	10
Part D: Netball Specific Preparation	7. Running and stopping. Run to first cone (50-90% speed) and stop in SBP. Continue length of 10m and back.	2 x 10



A - Strengthening

1. Balance

i. Single-leg stance - holding ball

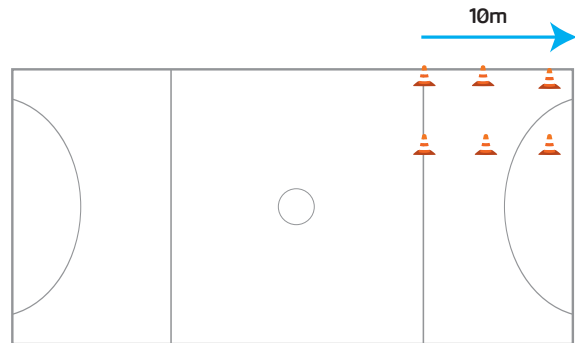
- Stand on 1 leg and hold the ball in front in both hands or stand in pairs facing each other and both hold the ball.
- Bend knee and hip a little so upper body leans slightly forwards.
- When viewed from the front, hip, knee and foot of supporting leg are in a straight line.
- Hold your raised leg slightly behind your supporting leg.
- Hold 10-20 seconds. Do 2 each side.
- To challenge players, lift ball up and down whilst balancing or move ball around waist.



B – Running Warm-up

AEROBIC EXERCISE - In this phase, individuals will experience increased body temperatures and ranges of movement. Individuals may also begin to sweat slightly and experience an increase in their heart rate. Activities include jogging backwards and forwards, skipping, butt kicks, marching.

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 four running warm up components. Do each component.



2. Running – straight ahead

- Jog to the last cone (transverse line) and back, keeping upper body straight. Hips, knees and feet should be aligned. Vary direction as happens on the Netball court.
- The key points are:
 - Don't let knees buckle inwards.
 - Make a bit more effort on the way back.
- Repeat twice.



3. Skipping

- Skip to last cone (transverse line) and back, keeping upper body straight.
- The key points are:
 - Don't let knees buckle inwards.
 - Make a bit more effort on the way back.
- Repeat twice.



B – Running Warm-up continued

4. Butt kicks & jog

- Butt kick to the 1st cone, kicking your feet up to butt. Keep the body upright and knees in line with the hips.
- Jog to second cone.
- Butt kick to the third one.
- The key points are:
 - Keep body straight.
 - Don't let knees buckle inwards.
- Do 2 x 10m (to transverse line and back)



5. Running – quick forwards and backwards sprints

- As a pair, run quickly to the second cone then run backwards to the first cone, keeping hips and knees slightly bent.
- Repeat this, running 2 cones forward and 1 cone in reverse. Do 2 x 10m.
- Make sure you keep upper body straight.
- Hips, knees and feet should be aligned.
- Don't let knees buckle inwards.



C – Dynamic Preparation

6. Squats

i. Demi Squats

- Stand in pairs facing each other with feet shoulder-width apart.
- Do a small squat (hips back and with a bend in hips and knees).
- Keep knees in line with feet.
- Hold head upright, look at each other and keep back straight.
- Do 10 of these.



D – Netball Specific Preparation

7. Running and stopping

- Run to first cone at 50 percent speed and perform a 1-2-foot/2-foot landing.
- Make sure upper body is straight.
- Hips, knees and feet should be aligned. Ensure that knees do not buckle in when stopping.
- Run to each cone and stop. At the last cone, turn and repeat on the way back to the start.
- Make sure each stop is properly controlled.
- Alternatively, the coach can blow the whistle and players must stop.



Cool-down

Cooling down is the first and most important step in the recovery process and should last 3-5 minutes at junior levels.

Effective cool-down processes will allow individuals' body temperature to decrease, will reduce post exercise soreness and will restore muscle length and joint range of motion.

The cool-down process should consist of three phases:

LIGHT AEROBIC EXERCISE - This phase should start as soon as the game or training session has ended. Players should jog two lengths of the whole court beginning at a moderate pace and decreasing to a walking pace for a further two lengths.

FLUID AND FOOD - Hydration practices should begin as soon as the cool-down process starts. Individuals need to ensure they have a full drink bottle for use during this phase and that they continue sipping water when performing cool-down exercises and activities. Post-exercise nutrition is important to restore energy. Eat healthy and eat well.

STATIC STRETCHING - Each week the Year 1 & 2 players should stretch their calves, triceps/shoulders and quadriceps. The aim here is that individuals learn the practice of incorporating static stretches which are held for up to 10 seconds into their cool-down practices.

Cool-down continued

Hold each stretch for 10 seconds on each side.

Long calf stretch

- Take a long step back with one leg
- Bend the front knee and keep the back leg as straight as possible with both feet flat on the floor
- Turn your back foot inwards slightly



Short calf stretch

- Take a short step back
- Place your weight in your back foot
- Keep both heels on the ground and turn the back foot inwards slightly
- Bend the back knee forwards in line with the middle toe of the back foot.



Triceps/shoulder stretch

- Extend one arm upwards keeping the body in a neutral position (picture 1)
- Bend the extended arm and place your opposite hand on your elbow (picture 2)
- Place one hand between your shoulder blades (rear view)
- Pull your elbow so that one hand moves down your spine between your shoulder blades (rear view)
- Keep your body upright throughout this stretch with your stomach pulled in without arching your back.



Quadriceps

- Keeping your back straight hold one foot (with your hand over your shoelaces)
- Pull your heel towards your buttock
- Keep both knees in line with each other and your hips facing forward

