

NetballSmart Dynamic Warm-up

	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part A: Strengthening	1. Balance i. Single leg stance - holding ball	2 x 20sec each side
Part B: Running Warm-up Place 3 cones out evenly between base 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
	5. 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 10m and back.	2 x 10m
	6. 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
Part C: Dynamic Preparation	7. Squats i. Demi Squats	10
	8. Lunges i. Demi Lunges	5 each side
	9. Jumping and landing i. Vertical jumps and land on 2 feet in good stable body position (SBP)	5
Part D: Netball Specific Preparation	10. Running and stopping. Run to first cone (60-70% speed) and stop in SBP. Continue length of 10m and back.	2 x 10

