

Smart Tournament - 10 Top Tips

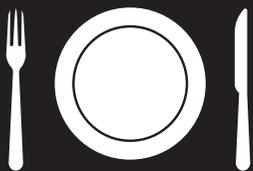
Prepare - Play - Recover - Repeat
Be tournament ready with these 10 Top Tips

1 Hydrate



Drink 500ml in the hour before the game. Plus drink during and after each game.

2 Eat



ENERGY IN = ENERGY OUT
Eat well to play well

Have a full breakfast, two hours before first game. Protein, Carbohydrates, Fats

3 Sleep



Minimum 8 hours, aim 9 - 10 hours technology goes away 30min before sleep time.

4 Prepare



Shoes with tread, Warm clothes towel, Sunscreen

Do not get cold between games!

5 Warm Up

NetballSmart Dynamic Warm Up to start the day. Power Warm Up thereafter



6 Share The Load



Coaches: play all team members, share the load, share the fatigue



Improved overall performance of your players and team

7 Manage Injuries

Remember P.R.I.C.E.D

Do not return player to court unless they can comfortably do the full NetballSmart Dynamic Warm-Up



8 Snacks

Eat healthy snacks within 30min of game finishing & 30 min prior to next game



8 Cool Down

Jog or Walk



Layer-Up



Hydrate



Stretch



10 Team Spirit

Celebrate Successes



Have fun and play fair

